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INFORMED CONSENT FOR BODY ENDOLIFTING

What is body endolifting?

Body endolifting uses an optical microfiber inserted through a micro-incision to apply laser energy to deep layers (deep dermis and superficial hypodermis, depending on the case). Some protocols use wavelengths around 1470 nm, but the determining factor is not the number: it's the indication, the treatment plane, and the technique.

In our practice, we see this daily: many people believe they "only" have fat... and what truly worsens their contour is the combination of small volumes and loose skin. Or vice versa: they focus on the skin, but the contour doesn't fully improve because a localized fat deposit remains. When this is the right fit, this treatment addresses precisely that intermediate point.

Why it can improve both sagging skin and fat at the same time

Body skin tightening: Controlled heating promotes retraction and stimulates remodeling processes (collagen/elastin), with improvements that typically build over time.

Laser lipolysis (selected cases): It can help treat subcutaneous fat in localized deposits to refine the contour. It is not a weight-loss treatment.

How it works step by step

1) Micro-incision and local anesthesia

This is an outpatient procedure. Local anesthesia is usually used for your comfort. The entry point is minimal (a micro-incision), and from there we work on the area with controlled movements. If you are easily injured or nervous, we will plan the procedure to make the experience as comfortable as possible.

2) Laser energy in the appropriate plane

The fiber conducts the energy to the chosen plane. The goal is not simply to heat the area: it is to trigger a controlled tissue response to achieve body contouring without surgery and a real improvement in firmness, within realistic limits.

3) Dual action: initial effect and progressive improvement

There may be an initial effect due to tissue contraction, followed by progressive results as the body reorganizes collagen. If small, localized fat deposits are being treated, the contour is more noticeable once the post-treatment swelling subsides and the tissue settles.

Areas Typically Treated

On the body, we usually recommend this treatment for small to medium-sized areas where the problem is a combination of laxity and localized fat deposits. These are the most common areas:

Inner arms: when you notice loose skin and are looking for firming without surgery if the excess is not significant.

Abdomen: for loose skin after childbirth or weight loss, when the goal is to improve tissue and contour (not to "remove belly fat").

Flanks: to refine the waistline and improve firmness if there is a small accumulation of fat and loose skin.

Inner thighs: when the tissue appears sagging and you are looking for greater firmness, with a gradual change.

Knees: if the skin wrinkles or sags slightly and you want a firmer finish.

Buttocks (selected areas): this treatment is evaluated to improve skin firmness and quality, not to increase volume.

Benefits of Body Endolifting

Minimally invasive: small incision, no large cuts, and discreet scarring in most cases.

Body skin tightening: improved firmness through tissue retraction and remodeling.

Progressive firming: the tissue may appear more compact over the following weeks.

Selective reduction of localized fat: effective for localized fat deposits, without promising changes in dress size.

Typically quick recovery: you can resume your routine soon, although some swelling and bruising may occur.

One session per area in many cases, although this depends on the tissue, the desired outcome, and the area treated.

Results: When to See Them and How to Evaluate Them

It's common to notice something at first, but the most significant improvement usually consolidates over time through tissue remodeling. To keep expectations realistic, we prefer to describe the typical progression:

First few days: variable swelling and sometimes bruising.

First few weeks: swelling subsides and the contours begin to look cleaner.

Weeks to months: progressive results consolidate through collagen remodeling.

Duration: depends on the area treated, skin quality, lifestyle, sun exposure, smoking, and weight fluctuations. If you want the results to last, you need to take care of the treated area.

Recovery and post-treatment care

In practice, you can expect swelling and bruising for a few days (depending on the area, tissue response, and how easily it marks). If you have an event coming up, plan ahead: sometimes you think you look fine, but the color decides to appear when you least expect it.

Typical First Days

Post-treatment swelling and edema: common; usually subsides gradually.

Bruising: possible; most are minor.

Tenderness or tightness: a sensation of the treated area, usually temporary.

Practical Care

Avoid intense heat (sauna, steam room, direct sunlight) for the first few days to prevent prolonging inflammation.

Do not massage unless medically advised; excessive pressure can cause irritation.

Intense training: take a short break if inflammation is present and gradually resume training.

Depending on the case, lymphatic drainage may be considered once the acute phase has passed (always as prescribed).

Risks and Side Effects

Like any medical-aesthetic procedure, it carries risks. Most of the described effects are usually mild and self-limiting (redness, swelling, bruising), but rare complications can occur. Diagnosis, technique, and follow-up reduce the risk.

Common: redness, swelling, bruising, tenderness.

Less common: temporary irregularities due to swelling or tissue response.

Rare but relevant: burns, infection, asymmetries, and nerve damage (if any signs appear, they are evaluated immediately).

CLARIFICATIONS

-There is no money-back guarantee when: the effect of the treatment is adequate, but it is not to the patient's liking; as the amount corresponds to the costs generated by the proper application of the treatment, care by qualified personnel, and the guarantee of using quality products (endorsed for this use).

Also in cases where the patient does not allow photos to be taken before application and for control; taking into account that in this case the only way to verify the result is by comparing the photographs taken before the application.

The practice of medicine and surgery is not an exact science and although good results are

expected, there is no explicit or implicit guarantee regarding the results that may be obtained. Infrequently, additional treatment is needed to improve the results.

I have understood the nature of the procedure that has been successfully explained to me by the professional, and I understand that if I withhold relevant information about my health condition and/or previous procedures performed, which could influence the results, unexpected side effects could occur. I sign this document understanding everything described in it, agreeing with it, authorizing the performance of the procedure, and being clear that if any of the possible risks mentioned occur, they are not attributed to professional malpractice, but to the inherent nature of the procedure.

CONSENT DECLARATION

I have received clear and simple information, both orally and in writing, about the procedure, and Mariana Bowers has explained the process to me satisfactorily.

She has informed me of possible and remote risks, as well as the risks in relation to my personal circumstances.

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I have received answers to all my questions. I have understood everything previously explained and that the decision I make is free and voluntary, as well as that I can withdraw my consent whenever I wish.

I also acknowledge, accept, and expressly declare that in any case and by virtue of the nature of the service provided, Mariana Bowers' obligation, the development of the procedures established in this treatment plan, consultation, guidance, requested by me or offered in any capacity, will always be based on means and not on results.

In any case, I declare that the information provided by me for the purposes of the medical history is true. I understand and accept the civil and criminal responsibility that applies to me for omission or incorrect statement regarding my actual health condition.

I agree to allow my images before and after each procedure to be used on the social media of Forever Young Luxe Spa.

-I accept that if I do not attend my appointment without having canceled at least 24 hours in advance, my appointment will be recorded as attended.

PATIENT'S SIGNATURE

PROFESSIONAL SIGNATURE
AND SEAL

[illegible]

WORTH

Recommended sessions

Recommended treatments to take at home

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