

A hand holding a black and red roller over a person's leg. A heart-shaped gel application is visible on the skin. The background is a soft, warm-toned skin surface.

An At Home Guide to

*Body Sculpting*

By BodyCutright Sculpting



# About Me

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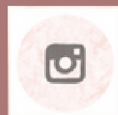
Hey there! My name is Nekia. I'm known as BeautyCutright + BodyCutright in the social media world. I love helping people improve their quality of life by showing you how I navigate and live life. I love to inspire and hope the information in this digital book will help you improve your body image how you want to.

In 2017 I competed in the World Beauty Fashion & Fitness Bodybuilding Competition within the Transformation Division. As a result of 4 years prepping for the competition, I began health coaching and became a Nutritionist.

Fast forward to 2021, I decided to have liposuction at Sono Bello and loved my results. Shortly in 2022 I gained stress weight and decided to start my own body sculpting journey. I'm excited to share with you how I made this journey a success for myself in hope it can be helpful and healing for you.



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An introduction laser lipo cavitation machine and the benefits of doing it yourself at home.

## 2 BEFORE YOU GET STARTED

There are several thing you will need to know and do before considering body sculpting at home.

## 3 TIMING | HOW OFTEN?

introduction to 3 basic timing rule to follow when body sculpting at home

## 4 THE BODY SCULPTING TECHNIQUE

Describes a 4 step process (technique) to performing body sculpting at home

## 5 BODY SCULPTING TOOLS

Discover the tools used to do body sculpting and tips on creating your own body sculpting plan



Laser lipo cavitation is a non-invasive cosmetic procedure that uses laser energy or ultrasound to break down and eliminate fat cells. Doing body sculpting at home can offer several benefits, including:

1. **Convenience:** Performing body sculpting treatments at home allows you to schedule sessions at a time that is convenient for you, without the need to travel to a clinic or spa.
2. **Cost-Effectiveness:** Home body sculpting treatments can be more cost-effective in the long run compared to multiple sessions at a professional clinic, as you may save on travel costs and treatment fees.
3. **Privacy:** Some people prefer the privacy of their own home for cosmetic treatments, allowing them to feel more comfortable and relaxed during the procedure.
4. **Control:** By performing body sculpting treatments at home, you have more control over the process, including the intensity and duration of the treatments, as well as the ability to customize the treatment to suit your individual needs.

# Chapter 1

## What is Laser Lipo Cavitation?



# Chapter 2

BEFORE YOU GET STARTED, KNOW THIS...



A self-consultation when preparing to do a body sculpting treatment involves assessing your goals, understanding the treatment, and ensuring that you are a suitable candidate.

Performing a self-consultation before undergoing a body sculpting treatment can help ensure that you are well-informed and prepared for the procedure, leading to a more successful outcome.

Here's how you can perform a self-consultation:

- 1. Identify Your Goals:** Determine what specific areas of your body you want to target and what results you hope to achieve with the body sculpting treatment. For example, do you want to reduce fat in certain areas, improve muscle tone, or tighten skin?
- 2. Review Treatment Options:** Evaluate the available treatment options based on your goals, budget, and lifestyle. Consider factors such as the number of sessions required, downtime, and expected results.
- 3. Set Realistic Expectations:** Understand that body sculpting treatments are not a substitute for weight loss or a healthy lifestyle. While they can help contour and shape your body, they are most effective when combined with a balanced diet and regular exercise.
- 4. Plan for Recovery:** Depending on the treatment, you may experience some discomfort, swelling, or bruising after the procedure. Plan ahead for any downtime or recovery time needed.
- 5. Planning for Maintenance:** This is an important aspect of any body sculpting treatment. Maintenance typically involves adopting healthy habits to help maintain the results achieved from the treatment



Doing laser lipo cavitation at home can have both pros and cons. It's important to consider these factors before deciding whether it's the right option for you:

## Pros:

1. **Convenience:** Performing laser lipo cavitation at home allows you to schedule treatments at your convenience without having to visit a clinic or spa.
2. **Cost-Effective:** In-home laser lipo cavitation can be more cost-effective in the long run compared to multiple sessions at a professional clinic.
3. **Privacy:** Some people prefer the privacy of their own home for cosmetic treatments.
4. **Control:** You have more control over the treatment process, including the duration and intensity of the sessions.

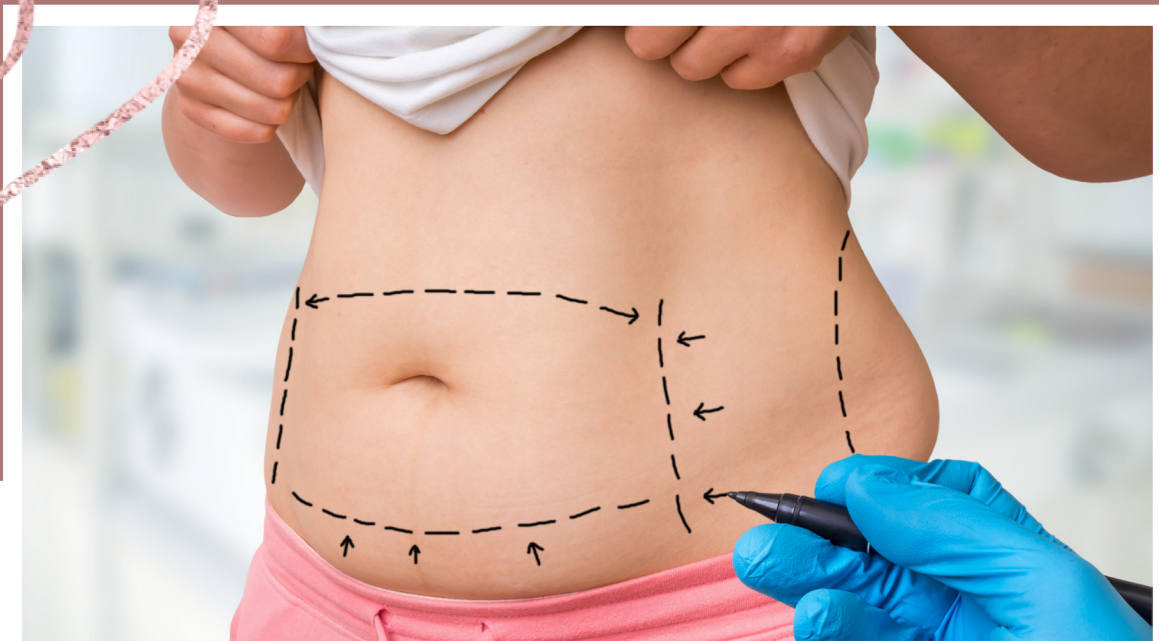
## What are the Pros + Cons?



## Cons:

1. **Risk of Injury:** Without proper training and guidance, there is a risk of injury, including burns or skin damage, if the device is not used correctly.
2. **Effectiveness:** Home devices may not be as effective as professional-grade equipment used in clinics, leading to potentially less noticeable results.
3. **Need for Maintenance:** Home devices may require regular maintenance or replacement parts, adding to the overall cost.
4. **Health Risks:** Individuals with certain medical conditions or skin types may not be suitable candidates for at-home laser lipo cavitation, increasing the risk of complications.





## *Liposuction vs Body Contouring*

Liposuction and body contouring/body sculpting are both procedures aimed at improving body shape and contour, but they differ in their invasiveness and the techniques used.

Liposuction is a surgical procedure that involves the removal of fat deposits from specific areas of the body using a suction technique. It is typically performed under general anesthesia and requires incisions to be made in the skin.

Liposuction is more invasive than body contouring or sculpting procedures and is often used for larger fat removal volumes or when more significant reshaping is desired.

On the other hand, body contouring or sculpting refers to non-surgical or minimally invasive procedures that aim to reduce fat and tighten skin to enhance body contours.

These procedures, such as laser lipo cavitation, cryolipolysis (coolsculpting), or radiofrequency treatments, are usually performed without the need for incisions or general anesthesia, leading to shorter recovery times and fewer risks compared to liposuction.

Body contouring or sculpting is ideal for individuals who are looking for a less invasive alternative to traditional liposuction or who have smaller areas of concern that do not require surgical intervention.

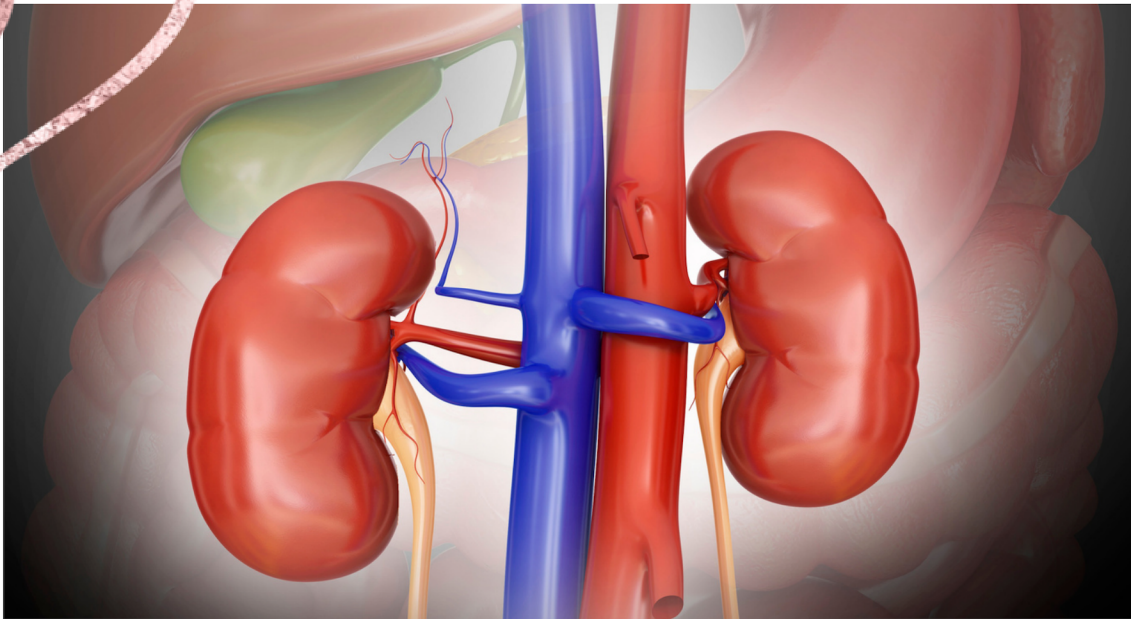


## Why You Should Detox First

Detoxing the body before performing laser lipo cavitation can have several potential benefits:

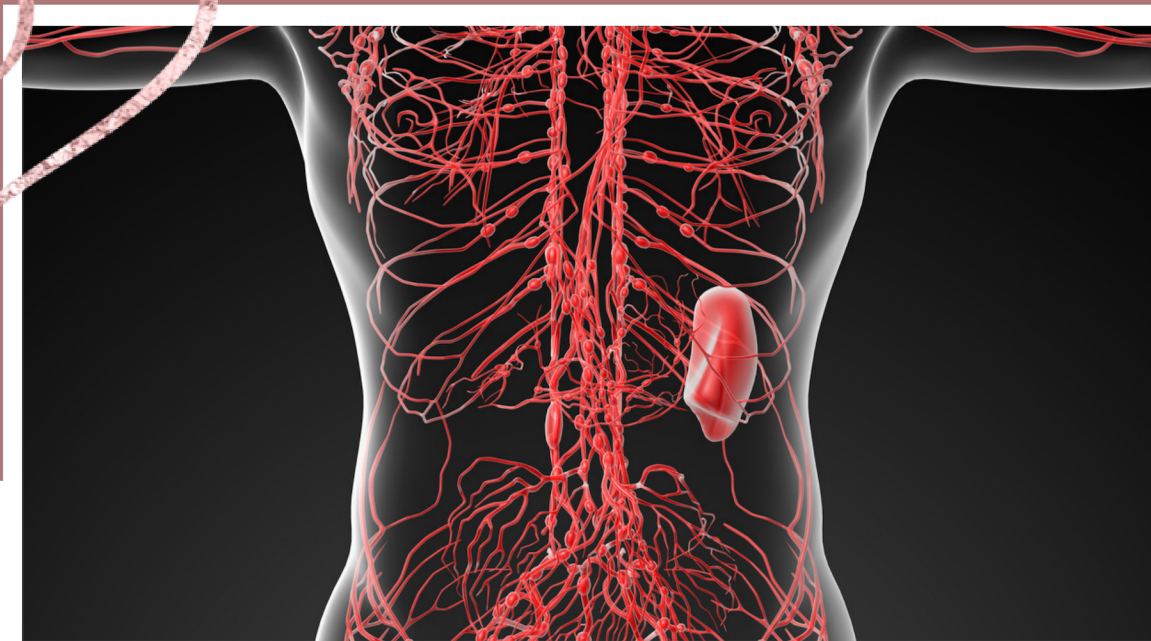
- 1. Improved Lymphatic Function:** Detoxing can help support the lymphatic system, which plays a crucial role in removing toxins and waste from the body. A healthy lymphatic system can enhance the elimination of fat cells targeted during the treatment.
- 2. Enhanced Circulation:** Detoxing can improve blood circulation, which can aid in the removal of toxins and waste products from the body, including those released during the laser lipo cavitation process.
- 3. Reduced Inflammation:** Detoxing can help reduce inflammation in the body, which may improve the body's response to the laser lipo cavitation treatment and promote faster healing.
- 4. Optimized Body Function:** Detoxing can support the liver, kidneys, and other organs involved in detoxification, helping them function more efficiently and effectively.
- 5. Improved Skin Health:** Detoxing can help improve skin health by promoting the elimination of toxins and waste products through the skin, which may enhance the results of laser lipo cavitation on the skin's appearance and elasticity.





The kidneys play a crucial role in the body's detoxification process by filtering waste products and toxins from the blood, which are then excreted from the body in the form of urine. Here's how the kidneys contribute to detoxing:

- 1. Filtration:** The kidneys filter waste products, excess minerals, and toxins from the blood, including substances that are not needed or harmful to the body.
- 2. Regulation of Fluid Balance:** The kidneys help regulate the body's fluid balance by adjusting the amount of water excreted in the urine based on the body's needs.
- 3. Acid-Base Balance:** The kidneys help maintain the body's acid-base balance by excreting hydrogen ions and reabsorbing bicarbonate ions, which helps keep the blood's pH level within a narrow range.
- 4. Toxin Removal:** The kidneys play a vital role in removing various toxins, such as urea, creatinine, and excess electrolytes, from the body. These toxins can accumulate in the blood if not properly excreted, leading to health problems.
- 5. Activation of Vitamin D:** The kidneys play a role in activating vitamin D, which is important for calcium absorption and bone health.
- 6. Blood Pressure Regulation:** The kidneys help regulate blood pressure by adjusting the volume of blood and the concentration of sodium and other electrolytes in the body.
- 7. Hormone Production:** The kidneys produce hormones, such as erythropoietin, which stimulates the production of red blood cells, and renin, which helps regulate blood pressure.



As for how the body expels destroyed fat cells after laser lipo cavitation, the process primarily involves the lymphatic system and the liver:

- 1. Lymphatic System:** The lymphatic system is a network of vessels and organs that helps remove toxins, waste, and other unwanted materials from the body. After laser lipo cavitation, the disrupted fat cells release their contents, primarily triglycerides and fatty acids, into the interstitial fluid. The lymphatic system then transports these waste products to lymph nodes, where they are filtered out and eventually eliminated from the body.
- 2. Liver:** The liver plays a crucial role in processing and metabolizing fats. After the lymphatic system transports the fatty acids and triglycerides released from the destroyed fat cells to the liver, the liver processes these substances. Fatty acids are converted into energy or stored as fat for later use, while triglycerides are broken down and eliminated from the body through bile or converted into energy.

Overall, a healthy lymphatic system and liver function are essential for the effective elimination of destroyed fat cells and the waste products released during laser lipo cavitation. Detoxing the body can help support these processes and optimize the results of the treatment.



Before undergoing laser lipo cavitation, you can use various methods to help detoxify your body and prepare for the treatment. Here are three top detoxing methods you can consider:

- 1. Hydration:** Drinking plenty of water is one of the simplest and most effective ways to detoxify your body. Water helps flush out toxins and waste products, supports kidney function, and improves overall hydration. Aim to drink at least 8-10 glasses of water per day, and consider adding lemon or cucumber slices for added flavor and detoxifying benefits.
- 2. Healthy Diet:** Adopting a healthy diet rich in fruits, vegetables, whole grains, and lean proteins can support your body's natural detoxification processes. Avoid processed foods, sugary drinks, and excessive amounts of caffeine and alcohol, as these can contribute to toxin buildup in the body. Consider incorporating detoxifying foods such as leafy greens, berries, garlic, and turmeric into your diet.
- 3. Exercise:** Regular physical activity can help detoxify your body by stimulating circulation, promoting sweating, and supporting lymphatic drainage. Aim for at least 30 minutes of moderate-intensity exercise most days of the week. Activities such as brisk walking, jogging, cycling, or yoga can be beneficial.

# Chapter 3

## TIMING | HOW OFTEN?



Now lets talk about timing...how often should you perform body sculpting safely at home?

The frequency of laser lipo cavitation sessions that can be safely performed on oneself depends on a variety of factors, including the individual's overall health and the intensity of the treatment.

It is generally recommended to wait at least 2-3 days in between sessions to allow the body to properly eliminate the fat cells that have been targeted.

Most people typically undergo a series of 6-12 treatments over a period of several weeks, with the frequency of the sessions ranging from 1-3 times per week.

So here are 3 Rules to follow when it comes to how often you plan to perform this procedure at::

**Rule #1** - 3 day break between sessions. Your body needs time to process and expel from the body.

**Rule #2** - No more than 12 consecutive at home sessions within a 3 month period. Especially when using the RF Lipo Cavitation Machine.

**Rule #3** - Create "*even timing*" for each process you perform. For example...

*30 minute session will have 10 min heating of skin, 10 minutes of cavitation, then 10 minutes of wood therapy for lymphatic drainage.*



# Chapter 4

“JUST SWEAT THE TECHNIQUE!!!”



The step-by-step process of using a laser lipo cavitation machine with radiofrequency (RF) and wood therapy for drainage typically involves the following:

1. Prep
2. Heat Therapy
3. Cavitation
4. Lymphatic Drainage
5. RF Therapy

I call this the **heat, break down, drain, then tighten** strategy for at home body sculpting.

Keep in mind, you will see results with this process if you detox first. If you have generally good healthy eating habits and already exercise and drink plenty of water... you can start right away like I did. However, if you feel that your body could use a 3 day detox here is one you can try:

**Day 1:** Fast from food, drink only fluids; water, tea, juice...**NO COFFEE**

**Day 2:** Drink only fluids: water, tea, juice, smoothies (preferable triple berry smoothies)

**Day 3:** Drink plenty of water (again no coffee) and have a smoothie to break your fast and a salad of your choice for dinner

This detox is simple to do and is very powerful in Re-setting your body's overall health. Don't be afraid to practice this detox method once a month no matter your diet or lifestyle.



### 1. Preparation:

- Cleanse the treatment area to remove any dirt, oil, or residue.
- Apply a conductive gel or cream to the skin to facilitate the passage of the cavitation and RF waves.

### 2. Heat Therapy:

- Use the laser lipo cavitation machine with the heat function to warm up the treatment area. Heat therapy helps to increase blood circulation and relax the muscles, making it easier for the cavitation and RF waves to penetrate the skin.

### 3. Cavitation:

- Use the cavitation function of the machine to emit ultrasonic waves into the skin. These waves create microbubbles in the fat cells, causing them to break down and release their contents into the surrounding tissue.
- Move the cavitation handpiece in circular motions over the treatment area for the desired duration. The intensity and duration of the cavitation can vary depending on the machine and the treatment plan.



#### 4. Drainage:

- After the cavitation treatment, use wood therapy tools, such as wooden sculpting tools or rollers, to massage the treated area. Wood therapy helps to stimulate the lymphatic system, aiding in the drainage of the released fat and toxins from the body.
- Use light pressure and gentle strokes to massage the area in the direction of lymphatic flow, typically towards the nearest lymph nodes.

#### 5. Radiofrequency (RF) Therapy:

- Use the RF function of the machine to deliver radiofrequency energy into the skin. RF therapy helps to tighten the skin by stimulating collagen production and improving skin elasticity.
- Move the RF handpiece in circular or sweeping motions over the treatment area for the desired duration. The intensity and duration of the RF treatment can vary depending on the machine and the treatment plan.



# Chapter 5

## BODY SCULPTING TOOLS



The tools that you will need to do at home body sculpting + body contouring are:

40k RF Laser Lipo Cavitation Machine (to heat the skin, break down fat, and tighten the skin)

Wood Therapy Tools (to help with Lymphatic Drainage and shaping the body)

Waist Trainer (great for contouring and slimming the waist line)

A good massage oil or gel for use with the machine. The best examples are:

1. **Ultrasound Gel:** This is a water-based gel that is widely used for ultrasound and cavitation treatments. It is hypoallergenic, non-greasy, and easily removed from the skin.
2. **Aloe Vera Gel:** Aloe vera gel is known for its soothing and moisturizing properties. It can be used as an alternative to ultrasound gel, especially for clients with sensitive skin.
3. **Conductive Gel:** Some manufacturers offer conductive gels specifically formulated for use with cavitation machines. These gels are often enriched with ingredients that help improve skin elasticity and firmness.
4. **Hydrating Gel:** Hydrating gels are formulated to provide additional moisture to the skin during cavitation treatments. They can help prevent the skin from drying out and becoming irritated during the procedure.







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*How to create  
your body  
sculpting plan.*

When creating your 3-12 month plan, keep in mind these factors:

1. Work with one area at a time. For example torso, arms, or legs for 6-12 sessions
2. Wait at least 3 days before your next treatment so your body can process out the destroyed fat cells
3. Perform the procedure at least 20 minutes per area. Keep in mind to even the time out as discussed previously.

If you plan to do multiple areas at a time, such as torso and legs within the same session...it is not recommended.

Remember  
consistency  
is key.

