

MINNEAPOLIS + HEALTHCARE PROFILES

Sculpt away fat. Build muscle. No sweat.

Introducing Minnesota's first EMSculpt® system.



Jennifer L. Harrington, MD, is the director of North Memorial Health's Plastic & Reconstructive Surgery program. Internationally acclaimed, she has been the keynote speaker at numerous scientific meetings around the world. She also volunteers for mission trips treating the underserved in the developing countries.

who regularly sees patients from all over the world. "Patients won't realize all the benefits until two to four weeks after the last session. Improvements continue for several weeks, but most report their core muscles feel tighter on day one. After the abdominal treatment, many of my patients experience immediate back pain relief."

After each treatment, patients return to normal activities—without downtime. Follow-up sessions can be scheduled for six months later. It's so comfortable, Harrington + Associates often hosts couples who choose to have their abdominal treatments at the same time, before heading out for a day of shopping or an evening out.

While EMSculpt does what other body-sculpting systems cannot, the cost is comparable. "A four-session treatment costs about the same as CoolSculpting, for example," says Practice Manager Margo Blomberg.

Catapult Your Fitness Goals

EMSculpt can be used on almost anyone, but an optimal candidate is someone who wants to take their fitness regimen to the next level. In the gym, strength and endurance skyrocket. Six-pack abs and firm buttocks begin to emerge.

"Both men and women can see results they likely could never achieve on their own," says Dr. Harrington. "With EMSculpt, people have more control of their own bodies."

"Technology is rapidly changing the face of plastic surgery. Treatments introduced just a few years ago are now considered the gold standard of care," says Jennifer Harrington, MD, of Harrington + Associates Plastic Surgery. And she should know; she has been instrumental in bringing many of the best advances—including CoolSculpting® and miraDry® sweat reduction—to the Greater Minneapolis area.

It's little wonder, then, that Harrington + Associates became the first practice in Minnesota to offer EMSculpt®, an FDA-cleared, noninvasive system that firms the abdomen and lifts the buttocks.

Director of North Memorial Health's Plastic & Reconstructive Surgery program, Dr. Harrington carefully evaluates any new treatment. "EMSculpt is a breakthrough. Other body-sculpting techniques focus exclusively on removing fat," explains the board-certified plastic surgeon. "EMSculpt builds and tones muscle."

Noticeable Results in About 30 Days

EMSculpt uses noninvasive electromagnetic energy. Relax, lie down, and let the equipment do the work. Applicators applied to the treatment areas pulse energy through the skin, causing the muscles below to contract. The contractions simulate the effect of 20,000 sit-ups or 20,000 squats in 30 minutes. Four sessions, usually two to three days apart, are needed.

"In response to the strong contractions, muscle tissue increases and up to 17 percent of body fat is eliminated around the treated area," says Dr. Harrington,

The contractions simulate the effects of 20,000 sit-ups or 20,000 squats in 30 minutes.

HARRINGTON
+ ASSOCIATES

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