



FIT & FINE

SLIMMING & BEAUTY CLINIC



DISCOVER *a new* YOU

FAT LOSS

INCH LOSS

BODY SHAPING

FIGURE CORRECTION

ANDHERI • BANDRA • GRANT ROAD • MALAD

www.fitandfine.co.in

INTRODUCTION

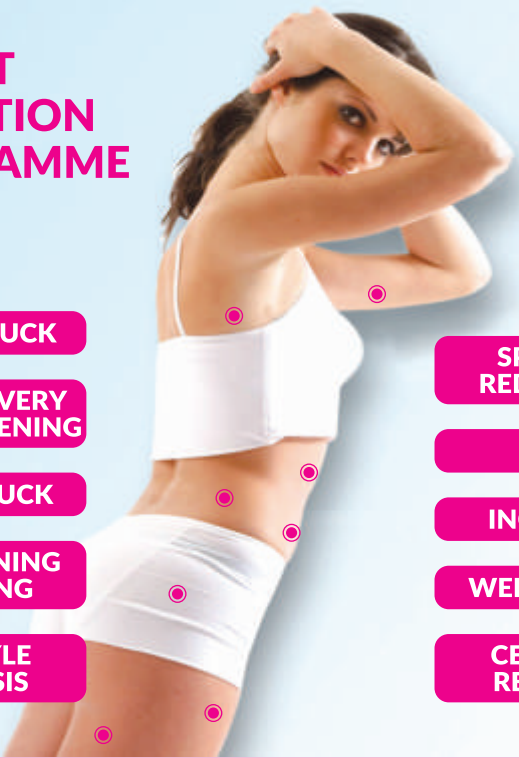
FIT N FINE slimming clinic is a chain of complete non-surgical slimming clinic throughout Mumbai. Having our presence for years, we have catered successfully to all strata of the society. This has been possible because of our Ultramodern Technology Treatments along with expertise of providing Customized packages. With a rapid growth in our network over the years, we have maintained our attitude of being result oriented and providing more than 90 percent customer satisfaction. We provide special attention to lose body weight, body fat, inch loss, improving cellulite areas as well as toning and strengthening of the muscles there by improving overall fitness level of an individual.

We provide a friendly, relaxed environment when our clients walk in to any of our clinic we offer in-depth consultation and personalized treatment with the help of our well trained & experienced team.

WEIGHT REDUCTION PROGRAMME

- TUMMY TUCK
- POST DELIVERY
SKIN TIGHTENING
- THIGHS TUCK
- BODY TONING
& FIRMING
- LIFE STYLE
ANALYSIS

- SPOT FAT
REDUCTION
- HIPS
- INCH LOSS
- WEIGHT LOSS
- CELLULITE
REMOVAL



OBESENITY

When people eat more calories than they burn their bodies store the extra calories as fat. Obesity is an accumulation of this excess body fat to an extent that may impair health. This occurs over a period of time. The balance between calories

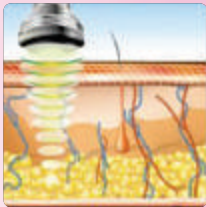


intake and burning calories varies from person to person depending upon eating habits and sedentary life style. Obesity is defined as an excess of fat storage in men with more than 25% of fat and in women with more than 30% of fat.

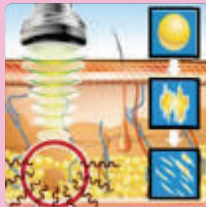
CAVITATION LIPOLYSIS

Cavitation Lipolysis is the most revolutionary method of reducing excess body fat, which is absolutely painless and effective method to get results as compared to surgical removal of fatty deposits and cellulite. The device, called cavitation lipolysis designed specifically for medical centers, beauty clinics and salons which generates low frequency ultrasonic waves with some very stringent technological characteristics (frequency, pressure and density of the flow). Inside fat cells, this ultrasonic wave creates micro bubbles that are just burst releasing energy that breaks down fat cells permanently.

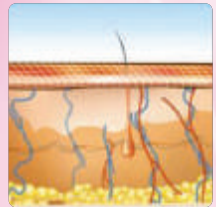
The **Best**
way to Eliminate **FAT**



Fat accumulates under the skin



Cavitation is created by low - frequency ultrasound.



The dead fat cells are drained out through metabolism

WEIGHT LOSS/INCH LOSS AND BODY CONTOURING

Our machine stimulates the nerves to induce expansion and contraction of the muscles through low voltage Bio Stimulation which is similar to what a person does during physical exercise. The only difference being that an individual is not required to put in any manual effort.

The ULTRA TORC has a high frequency of 5000 cycle per second which enables it to stimulate deep scaled muscle and fat such as muscle of the pelvic region etc. It also stimulates muscle for torsional contraction (twisting motion) which helps the elimination of excess body fluid and metabolic waste.

Weight loss is achieved by combining the use of our machine with a negative calorie diet. By negative calorie diet means that the person is having his full meal but the calorie content of his food is low.



BODY TONING & FIRMING

As we all know that while we lose weight not only do we lose body fat but also muscle and water. To avoid the body from getting a saggy look as we lose weight the muscle have to be toned and firmed. The Electronic Muscle Exerciser devices are an excellent medium if given regularly for maintaining the tone and firmness of the muscles. These machines help the body to look more slender and toned for any occasion in a very short period of time, which is not possible through active exercise.



CELLULITE REDUCTION

Cellulite is lumpy unevenly distributed bulges of fatty tissues which often have a cottage cheese tendency. It comprises of gel like lumps of water, fat & residue of toxic substances that should have been eliminated from the body. Cellulite usually accumulates in the abdomen, thighs and buttocks regions.



Cellotherm heat stimulates the body metabolism in specific areas so that '**targeted fat**' cells are burned. Cellotherm heat's fast, specific action is based on the fact that increasing the body temperature provides the chemical energy that stimulates the metabolism.

The cellotherm heat therapy strengthens firm tissues, which can help to reduce cellulite substantially. The cellotherm heat therapy is able to accelerate chemical changes within the epithelial cells which breakdown the fat droplets so that the lymphomas can dispose of these fats as wastes, via the lymphatic system and through the skin by perspiration.

BEAUTY & WELLNESS

(Advanced Technology for Skin Care)

- ✓ Anti-Ageing
- ✓ Acne / Pigmentation
- ✓ Pimples / Scars
- ✓ Chemical Peel
- ✓ Face Lifting & Toning
- ✓ Wrinkles
- ✓ Fine Line Elimination
- ✓ Under Eye Dark Circle



ANTI-AGEING

Everyday our skin is exposed to harsh UV radiation and is undergoing sun damage. Apart from external factors like sun rays & pollution, skin ageing is sometimes also determined by the inherited genes. Some of the common signs of ageing are fine lines, wrinkles, noticeable loss of firmness in facial/ Neck muscle causing to sag and drop, dry skin that may itch, age spots and blotchy complexion. At Fit & Fine we have an entire range of specially designed packages to help you reverse the clock of ageing skin.



CHEMICAL PEEL

Chemical peel use several types of fruit acid solution to improve and smooth the texture of your facial skin. The acid works by removing damaged outer layers and are sometimes also used on the neck and hands. Chemical Peel have been proven to be among the most non-surgical cosmetic procedures chosen by clients.

Chemical vary according to their specific ingredients and strength. The actual depth of peeling can also depend on other consideration such as how long the solution remains on the skin if they are lightly, heavily or vigorously applied.



NON SURGICAL FACE LIFTING & TONING

This is effective method of tightening wrinkled and sagging skin on the face, abdomen, upper arms and other areas through micro-current.

A micro-current facelift uses technologies developed in the medical and physiotherapy fields to activate the skin's natural chemical responsible for health and vitality. It is highly effective to improve muscle tone of face and neck, lift jaws and eyebrows etc.



FAT FREEZE CRYOLIPOLYSIS

Fat Freeze is an advanced non surgical program/procedure that uses Cryolipolysis Technology along with other weight loss processes to give amazing results for spot reduction, inch loss & weight loss. This procedure targets only crystallize fatty cells. Through fat freeze, the stubborn fat cells are subject to controlled cooling to kill the fat cells without harming the surrounding tissues. It is Non surgical & safe. No exercise/ No liquid diet/ No pain and have long lasting results.



a Some stubborn fat bulges are immune to diet and exercise



b Cryolipolysis uses a cooling technology that targets and cools fat cells to temperatures that trigger fat cell apoptosis.



c No damage to nerves or other tissues because lipids in fat crystallize at a warmer temperature than water in other cell types.



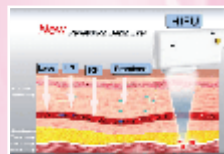
d Following treatment, fat cells enter an apoptotic death sequence and are gradually removed in the next few weeks and months by the immune system.



e Fat layer thickness significantly reduced.

HIFU (HIGH INTENSITY FOCUSED ULTRASOUND)

Our device combines Vacuum & High Intensity Focused Ultrasound Fat Reduction technologies, it delivers focused ultrasound energy into subcutaneous fat layer at controlled depths while vacuum sucked skin and fat into treatment head, which causes destruction of fat cells more effectively with high safety & comfort. High ultrasound energy targets only subcutaneous fat tissues & destroys localized fat cells immediately, releasing the fat in the form of triglycerides & be processed through liver & body's natural physiological and metabolic pathways. Its a non-invasive way for fat reduction and body contouring which offers clients a satisfactory treatment experience with long lasting results.



Contact us for more information

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*Disclaimer: *Results may vary from person to person depending upon age, sex, basal metabolic rate, medical history, family history, lifestyle and physical activity.*