



FIT & FINE

SLIMMING & BEAUTY CLINIC



DISCOVER *a new* YOU

FAT LOSS
INCH LOSS
BODY SHAPING
FIGURE CORRECTION

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**



OBESEITY

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

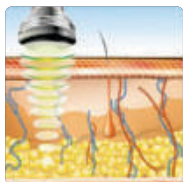
intake and burning calories varies from person to person depending upon eating habits and sedentary life style. Obesity is defined as an excess of fat storage in men with more than 25% of fat and in women with more than 30% of fat.



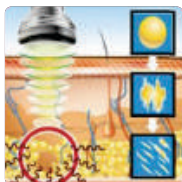
CAVITATION LIPOLYSIS + RADIO FREQUENCY (RF)

Cavitation Lipolysis is the most revolutionary 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.

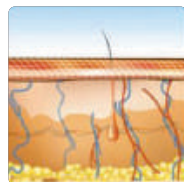
The **Best**
way to Eliminate **FAT**



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.

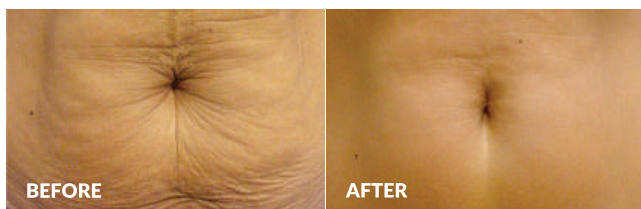
The ULTRA TORC has a high frequency of 5000 cycle per second which enables it to stimulate deep scaled muscle and fat such as muscle of the pelvic region etc. It also stimulates muscle for torsional contraction (twisting motion) which helps the ~~elimination~~ elimination of excess body fluid and metabolic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



LASER HAIR REMOVAL

Laser hair removal is a revolutionary, non-surgical procedure that permanently reduces unwanted body and facial hair. It offers long-term results by using laser energy to destroy the active hairs in their follicles. During the procedure, a beam of light is sent through the skin to target individual strands of hair and disable them from growing back. This process can be used on almost any area of the body or face where there is unwanted hair growth, making it an ideal solution for those looking for more permanent solutions than shaving or waxing.

The procedure itself typically takes between 15 and 45 minutes depending on the size of the area being treated. Most people describe laser hair removal as feeling like a rubber band snapping against their skin, but this sensation should quickly subside once treatment is complete.



MICRO DERMABRASION TREATMENT

Microdermabrasion Treatment is an excellent way to rejuvenate your skin. This treatment utilizes a specialized machine to gently exfoliate the top layer of skin, removing dead skin cells and revealing a brighter, smoother complexion. Not only does this treatment provide instant visible results, but it also helps to reduce the appearance of wrinkles and fine lines, as well as acne scars and sun damage. The benefits are long lasting; with regular treatments you can maintain soft, smooth and radiant skin. Microdermabrasion Treatment is comfortable and safe for all skin types; it is fast, easy and requires no downtime after treatment. This product offers customers a cost-effective solution for achieving beautiful, glowing skin without any invasive measures or side effects.



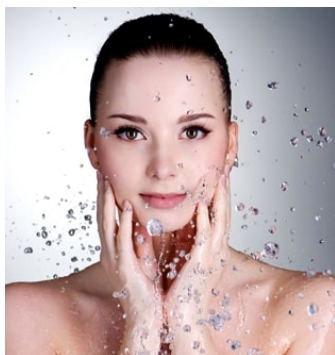
HYDRA FACIAL & CARBON FACIAL

HYDRA FACIAL TREATMENT:

Are you looking to revitalize your complexion?

The Hydra Facial treatment is a great choice for those wanting to achieve healthy, glowing skin. This revolutionary facial treatment offers immediate results with no downtime or irritation. It is becoming increasingly popular as a “lunchtime” procedure that has the power to transform one's complexion in just 30 minutes.

The HydraFacial uses a patented technology called “Hydradermabrasion” that combines cleansing, exfoliation, extraction and hydration all in one step. This process clears away debris from the pores while infusing antioxidants and deeply hydrating ingredients into the skin at the same time. The result is visibly plumped up skin with improved texture and clarity without any irritation or redness.



CARBON FACIAL TREATMENT:

The Carbon facial Treatment is a unique and powerful skin rejuvenation treatment that helps reduce the appearance of wrinkles and fine lines, improve skin tone and texture, and promote a brighter complexion. This revolutionary facial treatment uses a combination of carbon dioxide (CO2) laser technology and deep cleansing exfoliation to quickly and effectively revitalize the skin. The Carbon facial Treatment works by using intense pulsed light to penetrate the deeper layers of the skin, breaking down damaged cells and stimulating collagen production.



PHOTOFACIAL TREATMENT

A photofacial treatment is a popular cosmetic procedure that can improve the appearance of skin. It uses intense pulsed light (IPL) to target areas of sun damaged, aging, or blemished skin. The energy from the IPL stimulates collagen production in the deeper layers of your skin, which helps reduce wrinkles and even out discoloration.

Photofacial treatments are generally done in a series of four to six sessions spaced several weeks apart. During each session, an IPL device is used to direct pulses of light over the affected area. Patients may experience mild discomfort during their session but it typically passes quickly and no anesthesia is required. The results are often visible after just one treatment though multiple sessions may be necessary to achieve desired results.

Customers can trust that this is an easy and safe procedure that will give them visible results without the need for surgery or other invasive methods. Photofacial treatment is an excellent option for those looking to improve their skin tone, texture and overall appearance without undergoing any drastic measures.



ADVANTAGES OF PHOTOFACIAL TREATMENT

- Photofacial treatment is a non-invasive, laser-based procedure that can help restore damaged skin and reduce the signs of aging.
- The treatment emits short bursts of intense light to improve discoloration, uneven pigmentation, sun damage, age spots, fine lines and wrinkles.
- Its effects are long-lasting and have been clinically proven to be safe and effective.
- With photofacial treatments, customers can achieve a more youthful complexion with minimal downtime.
- Photofacial treatments also stimulate collagen production which results in smoother skin texture and a more even tone.



UNDER EYE DARK CIRCLE

For many people, dark circles under the eyes are a source of insecurity. These circles can be caused by a number of things, including genetics, allergies, and lack of sleep. While there is no sure-fire cure for dark circles, there are a few treatments that can help to lessen their appearance.

Dark circles under the eyes are often caused by being tired. The skin around the eyes is thin and delicate, so when blood vessels become dilated, the dark coloring shows through. Dehydration and genetics can also play a role in their formation.

9 out of 10 people in India suffer from dark circles. Most often it is hereditary, but factors like sun exposure, smoking also contribute to it. Lifestyle factors like long hours in front of the TV and the computer also stress the eyes leading to dark circles. The Dark Circle Reduction - using peel and micro current banishes those dark circles and makes your eyes look fresher giving you a youthful appearance.



FIT AND FINE DARK CIRCLE TREATMENT

The Fit and Fine Clinic's dark circle treatment is an excellent way to get rid of those pesky dark circles. The treatment uses a special light to target the area under the eyes, and it only takes few minutes.

The results are immediate and long-lasting, and customers report feeling more confident and looking more rested after the treatment.

The treatment is tested and proven to be effective in reducing the appearance of dark circles. It also helps to improve the elasticity of the skin and reduce the appearance of fine lines and wrinkles.



DOUBLE CHIN

HOW DOUBLE CHIN IS FORMED

A double chin, also known as submental fat, is a common condition that occurs when a layer of fat forms below your chin. Many people are self-conscious about their double chin and feel that it makes them look overweight or older than they actually are.

There are several causes of double chin, including genetics, aging, and weight gain. Unfortunately, there is no surefire way to get rid of a double chin once you have one. However, there are some treatments that can help reduce the appearance of double chin.

If you're concerned about your double chin, talk to your doctor or a dermatologist. They can help you determine the best course of treatment for your individual case.

Fit and Fine provides a non-surgical option, which helps to reduce the double chin without any pain or surgery.



WHY FIT AND FINE?

Looking to get rid of that pesky double chin? Look no further, Fit and Fine has the perfect solution! This unique treatment helps to break down fat cells, tighten skin, and improve circulation - all without any surgery or downtime. And it's not just for those with double chins.

Fit and Fine can be used on the abdomen, thighs, and arms as well. So why wait? Get started on your path to a better, more confident you today!

Fit and Fine double chin treatment helps to contour and reduce the appearance of a double chin. There is no downtime, and you can see results in as little as one week.



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.



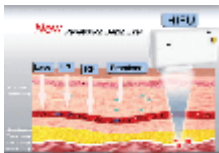
d
Following treatment, fat cells enter an apoptotic death sequence and are gradually removed in the next few weeks and months by the immune system.



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.



ASSOCIATED CLINICS

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.

