

# HIFU

## (High Intensity Focused Ultrasound)

### What Is HIFU?

HIFU stands for High-Intensity Focused Ultrasound, a non-invasive treatment that uses ultrasound energy to tighten, lift, and rejuvenate the skin.

It targets deep layers of skin without damaging the surface, stimulating your body's natural collagen production for a firmer, more youthful appearance.



### How Does It Work?

HIFU delivers focused ultrasound energy to the SMAS layer (the same layer targeted in surgical facelifts), heating tissue to around 60–70°C to stimulate collagen production and tighten skin—all without needles or downtime.

#### Benefits of HIFU

- ✓ Non-surgical & non-invasive
- ✓ No downtime or recovery time
- ✓ Natural results over time
- ✓ Long-lasting collagen stimulation
- ✓ Safe for most skin types

#### What Areas Can Be Treated?

- ✓ Face (cheeks, jawline, forehead, around the eyes)
- ✓ Body (abdomen, arms, thighs – depending on clinic services)
- ✓ Neck
- ✓ Décolletage

#### What Can HIFU Treat?

- ✓ Mild to moderate skin laxity
- ✓ Sagging jawline ("jowls")
- ✓ Nasolabial folds (smile lines)
- ✓ Drooping eyebrows
- ✓ Fine lines & wrinkles
- ✓ Neck and décolletage aging

#### What to Expect During Treatment

- ✓ Duration: 30 to 60 minutes, depending on the area
- ✓ Sensation: You may feel mild heat or tingling during treatment
- ✓ Pain level: Generally well tolerated

#### Is HIFU Safe?

- ✓ Yes
- ✓ HIFU has been FDA-cleared for aesthetic use and has an excellent safety profile. It's performed by trained professionals using medical-grade devices.

#### You should avoid HIFU if you:

- Are pregnant or breastfeeding
- Have open wounds, active acne, or severe skin conditions in the treatment area
- Have metal implants or pacemakers near the treatment site
- Are taking certain medications (please inform your practitioner)