



STEPHANIE'S JOURNEY TO
REDUCE CELLULITE

Endospheres Case Study

2022

Case Study *Summary*

INTRODUCTION

In this case study, each Endospheres treatment is tracked through before & after photos. The clinically studied protocol of 12 sessions is used, treating the rib cage down.

PROTOCOL

Gender: Female
Age: 39
Height: 5'1
Weight: 106 lbs

CLIENT PROFILE

Number of Treatments: 12
Frequency: 1-2x per week
Length: 45-min
Area: Ribcage down, front/back/side



Problem *Detail*

STEPHANIE'S JOURNEY TO REDUCE CELLULITE

Stephanie never struggled with cellulite until 2016 after her second baby. She had tried almost everything on the market to reduce her cellulite, but despite working out 5 times per week with a combination of strength training and pilates, the dimples/cellulite on the back of Stephanie's legs and glutes continued to create insecurities for her.

In 2017, Stephanie decided to make a change and try something for reducing cellulite, as it appeared to be a greater issue than what her lifestyle could control. She first went through a full series of 12 sessions using Venus Legacy. Disappointed in her results, she added SculpSure in combination with Venus Legacy during 2017-2018. Still unsatisfied, in 2018-2019 she started Cryoskin's CryoToning® with a full series of 6 treatments. Following that treatment series in February 2021 Stephanie underwent a fat grafting treatment taking fat from her glutes and the back of her legs to insert in her breasts. Her last attempt to remove cellulite was in the summer of 2021 when she did a series of CoolTone.

Since none of those treatments yielded significant results, our hypothesis is that the modalities used are more for fat-based cellulite, however, not all cellulite is fat-based. Stephanie has very little body fat, which leads us to believe that the primary cause of her cellulite could be related to poor circulation or lymphatic drainage.

EVALUATION

We evaluated the outcome that Endospheres is able to achieve through a consistent series of treatments to reduce the appearance of cellulite, lift the glutes, and tighten/firm her skin texture.



BEFORE

Before Session 1.



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AFTER

After Session 3.



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“Within just 3 sessions everything was starting to be tighter, the muscles felt like they were worked. It was like nothing I had ever seen, it was working. I was so happy to see something happening. When you’re taking all that time and doing all that stuff you want to see something working.”

— STEPHANIE

BEFORE

Before Session 1.



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AFTER

After Session 12.



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BEFORE

Before Session 1.



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AFTER

After Session 19.



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Conclusion

WHEN STEPHANIE STARTED ENDOSPHERES, SHE WAS LOOKING FOR RELIEF FROM CELLULITE.

She had tried many treatments in the past with no success. After 19 sessions of Endospheres, Stephanie is thrilled with her results and is continuing with maintenance treatments.

Her glutes have started to get shape again as having kids flattened her shape, and the tightness of the skin on her legs is one of her favorite outcomes. Stephanie said, "My butt was lifted, my skin was lifted, I had more of a shape. The texture, the tightness, the shape, the tone, everything" and "I feel like I dipped my legs in the fountain of youth!".

Lastly, there has been a reduction of cellulite in her saddle bag area and glutes. Over time it will continue to get better as the tissue softens more. Stephanie noted, "It builds muscle in your legs, defines your body, and tightens everything and then it lifts. It's incredible." She will continue with 1-2 Endospheres treatments a month as maintenance - she is now hooked! - "I will forever be a customer. It's a confidence booster."

The outcome of Stephanie's treatments is evidence that cellulite is not always fat based. Her cellulite was most likely due to poor circulation and lymphatic drainage. Endospheres aids in both increasing blood flow and enhancing lymphatic drainage to reduce the appearance of cellulite. As Stephanie proclaimed, "You get lymphatic drainage, which gives you so much energy in itself, it toned my whole leg."

Endospheres is a revolutionary treatment that can provide amazing results. With improved circulation and lymphatic drainage, this treatment can help anyone looking to reduce the appearance of cellulite and achieve an overall tighter and firmer look.

