



TREATMENT INSTRUCTIONS

IONTO-SONO Intense



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IONTO-SONO INTENSE



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Intensive training course

We are pleased that you have decided in favour of an IONTO-SONO Intense from our firm. To assure that you can work safely and with first-class results, an intensive training course is a must.

This is why we recommend that you take part in one of the qualified IONTO-COMED training courses for your IONTO-SONO Intense. These intensive courses provide you with well-founded knowledge about the IONTO-COMED device.

Your benefits:

- Well-founded technical knowledge in theory and practice
- Know-how with regard to technology and areas of application
- Safety through training

Compact and in a location near you:

Make an appointment for training
today – we look forward to seeing you there!

What is IONTO-SONO Intense?



IONTO-SONO Intense – an intensive treatment

IONTO-SONO Intense is a high-frequency ultrasound device - Made in Germany. It works with ultrasound programmes specifically developed for cosmetic applications.

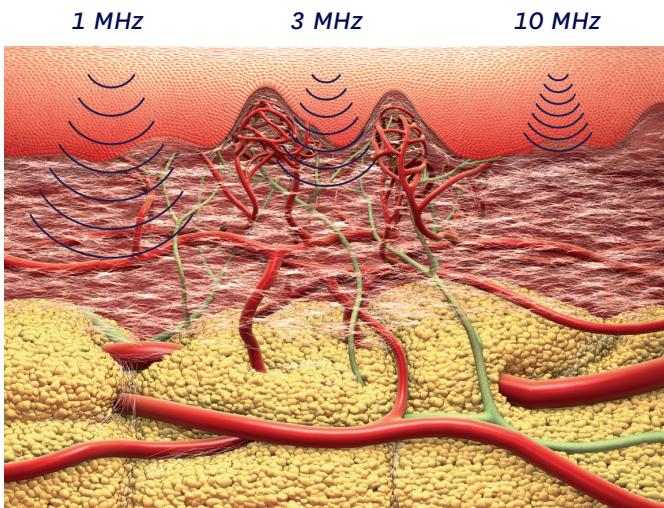
By vertically placing the ultrasound head on the skin, the ultrasound waves are transferred directly to the underlying tissue and unfold their effect in the various layers of the skin.

How does ultrasound work?

Three frequencies with a triple effect

Principle:

The ultrasound used in cosmetics applications has thermal, mechanical and biochemical effects. Its thermal action has a stimulating effect on the blood flow and activates cell metabolism. Alternating pressure and vacuum phases generate the mechanical action. The biochemical effects trigger a micro massage in the tissue, which influences the fibroblasts and stimulates the formation of new collagen. Due to the oscillation amplitude, more active substances can penetrate the skin's barrier and its cellular absorption capacity increases.



Effects of the thermal action

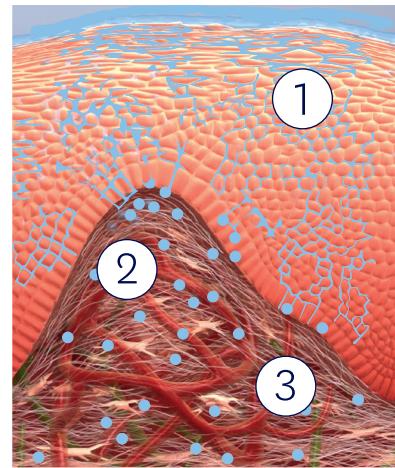
- Vascular dilation, promotion of blood flow
- Acceleration in metabolism
- Improved micro-circulation
- Increased connective tissue elasticity (collagen fibres)
- Muscle relaxation
- Facilitates transdermal, transcutaneous penetration of active substances and increase in cellular absorption (phonophoresis)

Effects of the biochemical action

- Renewal of cross-linking in collagen
- Collagen organisation improvement
- Increase in enzymatic activity
- Acceleration of diffusion processes
- Support of diffusion processes
- Support of lymph drainage

Effects of the mechanical action

- Stimulation of collagen neo-synthesis:
 - **10 MHz**: Micro massage in the upper skin layers
 - **3 MHz**: Stimulation of fibroblast production stimulating factor of macrophages
 - **1 MHz**: Release of factor
- Fibroblast activation
- Increased skin elasticity
- Tightening of connective tissue
- Enlarged extracellular spaces
- Improved turgor
- Support of lymph drainage
- Support of wound healing
- Strengthening of the vascular profile



1. Epidermis

Supplies the skin with active substances and improves its surface texture.

2. Dermis

Stimulates metabolism and accelerates the skin's own provision of important nutrients.

3. Subcutaneous tissue

Firms and restructures the connective tissue.

For which skin types/ indications can I use ultrasound?

Face

- Mature skin
- Atrophic skin
- Wrinkles
- Skin with blemishes
- Sagging tissue
- Dehydrated skin
- Dull skin with poor circulation
- Supportive treatment for acne scars/scars

Body

- Supportive treatment for stretch marks
- Improved skin appearance for cellulite
- Tightened musculature

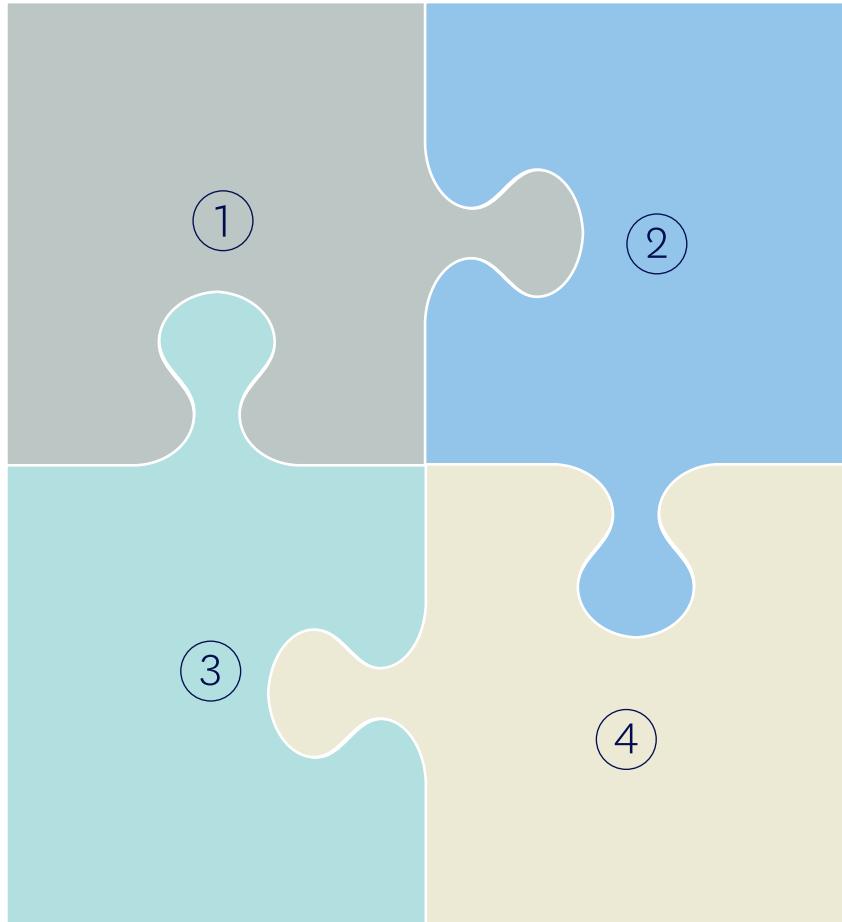


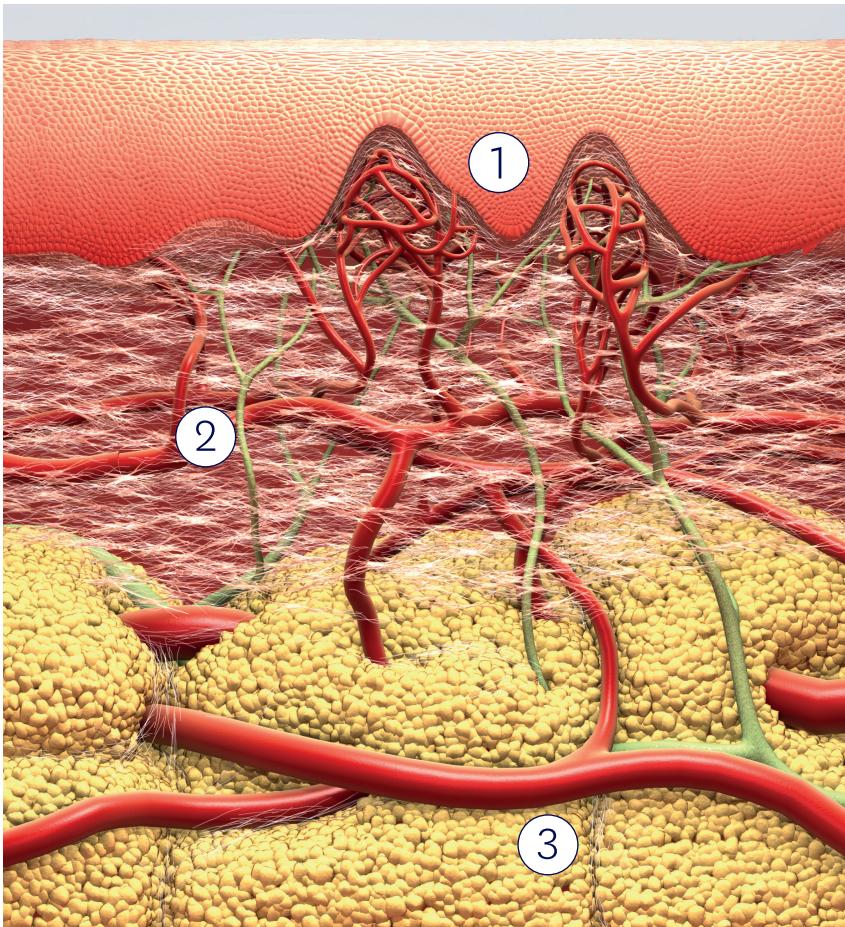
Successes

- Reduced wrinkles and lines
- Tightening of sagging tissue
- Treatment of blemished skin and improved skin appearance
- Revitalisation of dull skin with poor circulation
- Rehydration of dehydrated skin
(in conjunction with a moisturising serum)
- Improved skin appearance for couperose
(consultation with a dermatologist recommended)
- Optimum follow-up treatment after:
 - cosmetic needling/micro-needling
 - micro dermabrasion
 - deep cleansing
- scar treatment
(acne scars; not keloid/hypertrophic scars)
- Supporting treatment for stretch marks
- Improved skin appearance for cellulite

Treatment parameters

1. *Ultrasound frequency*
2. *Mode*
3. *Intensity*
4. *Time*





1. Epidermis

Increased blood flow supports the provision of fresh nutrients and oxygen to the skin cells.

2. Dermis

Firms the connective tissue and stimulates the formation of new collagen.

3. Subcutaneous tissue

Deep heating the tissue enables profound skin regeneration and a more even skin topology.

Treatment parameters

The treatment's effects are based on setting the ultrasound's various modification options (treatment parameters): ultrasound frequency, mode, intensity and time

Ultrasound frequency

The higher the frequency, the lower the ultrasound half-value penetration depth.* To use the frequency-dependent effect optimally, the IONTO-SONO Intense works with 3 different frequencies:

10 MHz: Primarily used to treat the upper layers of the skin, effective in the areas where ageing processes take place. Half-value penetration depth: approx. 0.3 cm

3 MHz: Primarily used to firm/lift tissue, strong micro massage, half-value penetration depth: * approx. 1 cm

1 MHz: Primarily used for phonophoresis and on the body, powerful effect on cell membrane permeability Half-value penetration depth: up to approx. 3 cm

*Half-value penetration depth = Depth at which the ultrasound intensity has been reduced by 50%

Mode

The ultrasound wave that radiates from the hand piece can be permanent (continuous sound) or periodic (pulse sound). This is determined by the mode:

Continuous sound

- Ultrasound waves are continuously emitted
- Intense thermal effect
- Mode: Continuous (Cont.)

Pulse sound

- The ultrasound waves are emitted as pulses
- Reduced thermal effects
- Mechanical and biochemical ultrasound effects are not diminished
- Mode: 1:3 / 1:5 / 1:10

Example

Mode 1:3 = 1 ms sound, 3 ms pause

The longer the pause, the lower the ultrasound's thermal effect. For this reason, select a mode with longer pauses for complexions with couperose, for example.

Modes (preference options):

Mode 1:3, Mode 1:5, Mode 1:10

Treatment parameters

Intensity: The intensity indicates the power (strength) of the ultrasound wave and is measured in W/cm^2 . Depending on the indication, the following intensities can be used:

Low intensity: $0.1 - 0.3 \text{ W}/\text{cm}^2$

- Facial treatments
- Phonophoresis for the face
- Stimulating lymph drainage
- On bony protrusions

Medium intensity: $0.4 - 1.0 \text{ W}/\text{cm}^2$

- Facial treatments
- Circulation stimulation
- Muscle relaxation
- Stimulating lymph drainage in the body

High intensity: $1.1 - 2.0 \text{ W}/\text{cm}^2$

- Phonophoresis in the body
- Cellulite treatments
- For pronounced fatty tissue

Time: Do not exceed a total treatment time of 20 minutes for each individual face program. Body treatments should not exceed a maximum treatment time of approx. 30 minutes per zone. After the time you set has expired, you will hear an acoustic signal and the treatment will end automatically.

PROGRAMME NAME	STEP	TIME per face half/ total (min.)	MODE	FRE- QUENCY [MHz]	INTENSITY [W/cm ²]
1. Post-treatment small	Step 1	2 x 2.5 / 5	1 : 5	1	0.4
	Step 2	2 x 2.5 / 5	1 : 5	1	0.4
2. Post-treatment small soft	Step 1	2 x 2.5 / 5	1 : 10	1	0.3
	Step 2	2 x 2.5 / 5	1 : 5	1	0.3
3. Lift soft	Step 1	2 x 2.5 / 5	1 : 3	1	0.3
	Step 2	2 x 2.5 / 5	1 : 3	3	0.4
	Step 3	2 x 5 / 10	1 : 3	10	0.6
4. Lift	Step 1	2 x 2.5 / 5	Cont.	1	0.3
	Step 2	2 x 2.5 / 5	Cont.	3	0.4
	Step 3	2 x 5 / 10	Cont.	10	0.8
5. Lift +	Step 1	2 x 2.5 / 5	Cont.	1	0.3
	Step 2	2 x 2.5 / 5	Cont.	3	0.4
	Step 3	2 x 6 / 12	Cont.	10	0.9
6. Skin with blemishes soft	Step 1	2 x 2.5 / 5	Cont.	1	0.3
	Step 2	2 x 2.5 / 5	1 : 3	3	0.4
	Step 3	2 x 5 / 10	1 : 3	10	0.5

Treatment parameter (Face)

IONTO-SONO Intense features over 30 pre-set programs that are harmonised to the relevant treatment aims:

Treatment parameters

(Face)

PROGRAMME NAME	STEP	TIME per face half/ total (min.)	MODE	FREQUENCY [MHz]	INTENSITY [w/cm ²]
7. Skin with blemishes	Step 1	2 x 2.5 / 5	Cont.	1	0.3
	Step 2	2 x 2.5 / 5	1 : 3	3	0.4
	Step 3	2 x 5 / 10	1 : 3	10	0.6
8. Men skin	Step 1	2 x 2.5 / 5	Cont.	1	0.3
	Step 2	2 x 2.5 / 5	1 : 3	3	0.4
	Step 3	2 x 5 / 10	1 : 3	10	0.6
9. Sensitive skin soft	Step 1	2 x 2.5 / 5	1 : 3	1	0.4
	Step 2	2 / 3.75 / 7.5	1 : 5	3	0.5
	Step 3	2 / 3.75 / 7.5	1 : 5	10	0.5
10. Sensitive skin	Step 1	2 x 2.5 / 5	1 : 3	1	0.3
	Step 2	2 x 2.5 / 5	1 : 3	3	0.4
	Step 3	2 x 5 / 10	1 : 3	10	0.5
11. Scars	Step 1	3	Cont.	1	0.3
	Step 2	3	Cont.	3	0.4
	Step 3	4	Cont.	10	0.9

PROGRAMME NAME	STEP	TIME per face half/ total (min.)	MODE	FRE- QUENCY [MHz]	INTENSITY [W/cm ²]
12. Treatment throat & décolletage	Step 1	5	1 : 3	3	0.2
	Step 2	10	Cont.	10	0.5
13. expression lines exclusive	Step 1	2 x 1 / 2	1:10	1	0.2
	Step 2	2 x 1.5 / 3	1:5	3	0.5
	Step 3	2 x 1.5 / 3	1:3	10	0.1
14. Lips exclusive	Step 1	5 / 5	1 : 3	3	0.4
	Step 2	5 / 5	Cont.	10	0.6
15. Phonophoresis soft		2 X 5 / 10	1 : 5	1	0.4
16. Phonophoresis		2 X 5 / 10	Cont.	1	0.3

Treatment parameters (pre-/post-op)

PROGRAM NAME	STEP	TIME per face half/ total (min.)	MODE	FREQUENCY [MHz]	INTEN-SITY [W/cm ²]
1. Pre eye lift	Step 1	2 x 1/2	Cont.	1	0,2
	Step 2	2 x 1,5 / 3	1 : 3	3	0,5
	Step 3	2 x 1,5 / 3	1 : 3	10	0,1
2. Pre face lift	Step 1	2 x 2,5 / 5	Cont.	1	0,3
	Step 2	2 x 5 / 10	Cont.	3	0,5
	Step 3	2 x 5 / 10	Cont.	10	0,8
3. Pre injection	Step 1	2 x 5 / 5	Cont.	1	0,3
	Step 2	2 x 5 / 10	Cont.	3	0,5
	Step 3	2 x 5 / 10	Cont.	10	0,8
4. Pre laser	Step 1	2 x 2,5 / 5	1 : 3	1	0,3
	Step 2	2 x 2,5 / 5	1 : 3	3	0,4
	Step 3	2 x 5 / 10	1 : 3	10	0,5
5. Post eye lift	Step 1	2 x 1,5 / 3	1 : 3	1	0,3
	Step 2	2 x 1,5 / 3	1 : 3	3	0,2
	Step 3	2 x 2 / 4	1 : 5	10	0,2

PROGRAM NAME	STEP	TIME per face half/ total (min.)	MODE	FRE- QUENCY [MHz]	INTEN- SITY [W/cm ²]
6. Post face lift	Step 1	2 x 2.5 / 5	Cont.	1	0.2
	Step 2	2 x 2.5 / 5	1 : 5	3	0.3
	Step 3	2 x 5 / 10	1 : 5	10	0.5
7. Post laser	Step 1	2 x 2.5 / 5	1 : 5	1	0.3
	Step 2	2 x 2.5 / 5	1 : 5	3	0.4
	Step 3	2 x 5 / 10	1 : 5	10	0.5

Treatment parameters (body)

PROGRAMME NAME	STEP	TIME per body region/total (min.)	MODE	FREQUEN- CY [MHz]	INTENSITY [W/cm ²]
1. Stretch marks	Step 1	5	Cont.	1	0.5
	Step 2	5	Cont.	3	0.5
	Step 3	5	Cont.	10	0.5
2. Cellulite	Step 1	5	Cont.	1	2.0
	Step 2	5	Cont.	3	1.5
	Step 3	5	Cont.	10	1.0
3. Cellulite soft	Step 1	5	1 : 3	1	1.75
	Step 2	5	1 : 3	3	1.5
	Step 3	5	1 : 3	10	1.25
4. Skin tightening	Step 1	5	1 : 3	1	1.0
	Step 2	5	1 : 3	3	1.5
	Step 3	5	Cont.	10	1.0
5. Muscle relax		5	Cont.	1	0.8

PROGRAMME NAME	STEP	TIME per body region/total (min.)	MODE	FREQUEN- CY [MHz]	INTENSITY [W/cm ²]
6. Pre lipo	Step 1	12	Cont.	1	2.0
	Step 2	12	Cont.	3	1.5
	Step 3	6	Cont.	10	1.0
7. Post lipo	Step 1	10	Cont.	1	1.5
	Step 2	10	Cont.	3	1.0
	Step 3	10	Cont.	10	0.8

Dermo-cosmetic study with IONTO-SONO Intense

IONTO-SONO Intense was tested for over six months on various skin types, individually and also after invasive aesthetic surgery. A total of 10 test subjects were involved in the study.*

The study examined the efficacy of IONTO-SONO Intense with regard to skin regeneration, tightening the skin structure, minimisation of erythemas (redness) and the reduction of couperose and telangiectasias. Harmonised to their skin type, the test subjects received IONTO-SONO Intense ultrasound programmes of 1MHz, 3MHz and 10 MHz.

*Zmitek et al., "Effectiveness of ultrasound using combination of 1 MHz, 3 MHz and 10 MHz frequencies for regeneration after different surgical procedures", Higher School of Applied Sciences: Ljubljana, 2016.

The ultrasound programmes were combined with the following invasive aesthetic surgery:

AESTHETIC OPERATION	ULTRASOUND TREATMENT	TIME OF TREATMENT	TREATMENT AIM
Liposuction	1MHz+3MHz+10 MHz	Post liposuction	Lymph stimulation, more rapid disappearance of haematomas and swelling
Hyaluronic acid injection	1MHz+3MHz+10 MHz	Pre injection	More comfortable hyaluronic acid injection
Laser treatment for sensitive skin	1MHz+3MHz+10 MHz	Post laser treatment	Reduction in erythemas
Nose correction	1MHz+3MHz+10 MHz	Post nose correction	Lymph stimulation, reduction in haematomas and oedema
Eyelid lifting	1MHz+3MHz+10 MHz	Post eyelid lifting	Lymph stimulation, reduction in haematomas
Face lifting	1MHz+3MHz+10 MHz	Post face lifting	Acceleration of skin regeneration and wound healing process, reduction in erythemas and oedema
No surgery	1MHz+3MHz+10 MHz	-	Tightening skin structure, reduction of wrinkles, couperose and telangiectasias, improvement of skin with blemishes

Dermo-cosmetic study with IONTO-SONO Intense

Skin measurements

Scientifically recognised measurement procedures were used to make the treatment effects measurable. They included parameters such as skin elasticity, wrinkle depth, ultrasound images of the skin and enlarged images of skin topology. Clinical, standardised photo documentation showed visible success. Experts also provided objective appraisals of skin appearance.

A survey of the test subjects reported on their subjective perception in the treated regions of the face and body. Since only one face or body half was treated with the ultrasound programme, the values could be compared to the untreated side.

Visible results

The Power Lifting programme with 10 ultrasound applications (without invasive surgery) showed an improvement in wrinkle volume of up to 19% (see *Figures 1/2*). The clinical photo documentation with wrinkle analysis documents an improved skin appearance in the area around the eyes: the periorbital region (see *Figures 5/6*).

In comparison to the untreated zones, ultrasound treatments after invasive surgery exhibited the more rapid disappearance of haematomas, swelling and redness. Couperose and telangiectasias could be visibly reduced after 5 ultrasound applications (see *Figures 3/4*).

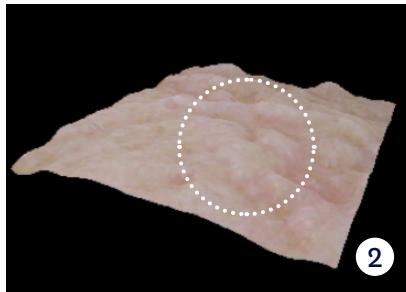
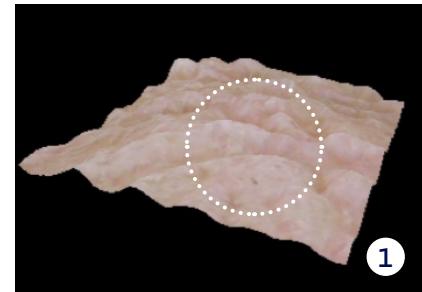


Fig. 1
→ Before

Fig. 2
→ After 5 ultrasound treatments

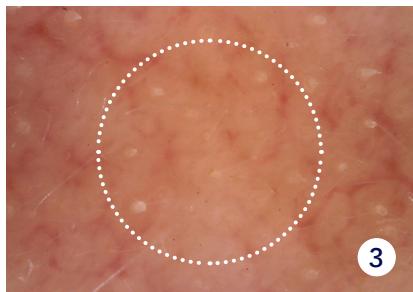


Fig. 3
→ Before

Fig. 4
→ After 5 ultrasound treatments



Fig. 5
→ Before

Fig. 6
→ After 10 ultrasound treatments

Dermo-cosmetic study with IONTO-SONO Intense

Summary of the results

High participant satisfaction, visible effects and exciting options for combining with invasive and minimally invasive aesthetic surgery: these were the primary results of the dermo-cosmetic *in vivo* efficacy study.* The persons treated did not report any undesirable side effects.

On the contrary, they reported that their skin felt better on the side treated with ultrasound. The effects of invasive surgery could be intensified by a post-operative ultrasound treatment with IONTO-SONO Intense. The results of the ultrasound treatment without invasive surgery were phenomenally positive and confirmed the stand-alone efficacy of ultra sound on skin.

*Zmitek et al., "Effectiveness of ultrasound using combination of 1 MHz, 3 MHz and 10 MHz frequencies for regeneration after different surgical procedures", Higher School of Applied Sciences: Ljubljana, 2016.



Areas of treatment

1. *Face*
2. *Throat*
3. *Décolletage*
4. *Back of hand*
5. *Abdomen*
6. *Bottom*
7. *Legs*



Treatment products

A coupling aid (e.g., *ultrasound gel/BIO CELLULOSE MASK*) is always required when ultrasonic waves must enter the skin/tissue. This helps overcome the difference in density between the ultrasound probe and the skin in order to offset any loss through dispersion or reflection. IONTO-COMED has developed special ultrasound gels for coupling purposes:

8422.016 SONO KONTAKTGEL BASIC

For external ultrasound application in the fields of therapeutic medicine and cosmetics. Water-based.

8422.009 SONO KONTAKTGEL NEUTRAL

Special gel for creating skin contact in ultrasound applications (*coupling*). No preservatives, perfumed oil or colouring agents. Ideal for allergy-sufferers. Ideal for use with other products as neutral content.





To reinforce the effect of the treatment and provide the skin with active substances, you can also work with a highly concentrated serum or an ampoule. First apply a serum/ampoule corresponding to the skin type/treatment goal. Next, apply the IONTO-COMED ultrasound gel of your choice.

For an even more intensive ultrasound treatment, you can also use BIO CEL-LULOSE MASKS. Made from natural cellulose, the masks were specially developed for use with cosmetic devices. They fit the finest contours of the skin like a glove and are ampoule, contact medium and mask in one. The masks have been enriched with various active substance combinations harmonised with the relevant skin type. They range from green tea extract for skin with blemishes to BEETOX, the latest active substance for mature skin.

Courses of treatment

IONTO-COMED ultrasound treatments can be integrated into your institute's regular treatments or offered separately as courses of treatment. The duration and rhythm of a course of treatment, the selection of active substances and the treatment program are always dependent on the indication and skin type. This is why we recommend performing a thorough skin analysis before making a selection.

Please note:

Courses of treatment should occur at least 3 months apart. Carry out a maximum of 2 courses of treatment per customer per year. After completing a course of treatment, maintenance treatments should be carried out 1 time per month.

Programs

Face

PROGRAMS	SKIN TYPE & INDICATION	TREATMENT AIMS	FREQUENCY	TIME
Post-treatment small	Sensitive skin, slight redness after micro dermabrasion	Minimisation of erythemas, skin regeneration	Recommendation Course of treatment 6 treatments	1-2 x per week
Post-treatment small soft	Highly sensitive skin, redness after micro dermabrasion	Minimisation of erythemas, skin regeneration	Recommendation Course of treatment 6 treatments	1-2 x per week
Lift soft	Ageing skin for skin with labile vessels: couperose and telangiectasias	Supportive collagen tissue building, vessel training, minimisation of couperose and telangiectasias	Recommendation course of treatment 6-10 treatments	1-2 x per week
Lift	Ageing skin, lines and wrinkles for normal skin, loss of elasticity, collagen reduction	Collagen building, skin regeneration, improvement of skin texture	Recommendation course of treatment 6-10 treatments	1-2 x per week
Lift +	Skin ageing and major elasticity loss, sagging, contour loss, insensitive skin, sun-damaged skin, epidermal thickening	Improvement in skin elasticity, collagen enhancement, contour enhancement, skin tightening	Recommendation course of treatment 6-10 treatments	1-2 x per week
Skin with blemishes soft	Skin with blemishes, shiny, oily skin, young skin with blemishes, comedos, papules and pimples	Reduction in blemishes, clearer complexion	Recommendation course of treatment 6-10 treatments	1 treatment every 14 days

PROGRAMS	SKIN TYPE & INDICATION	TREATMENT AIMS	FREQUENCY	TIME
Skin with blemishes	Ageing skin with blemishes, shiny, oily skin with tendency to blemishes, skin requiring regeneration, enlarged pores	Reduction in blemishes, refined skin appearance	Recommendation course of treatments 6-10 treatments	1 treatment every 14 days
Men skin	Shiny, oily skin with tendency to blemishes, epidermal thickening, skin requiring regeneration, particularly for men's skin	Reduction in blemishes, refined skin appearance, skin regeneration	Recommendation course of treatments 6-10 treatments	1 treatment every 14 days
Sensitive skin soft	Skin with labile vessels with tendency to couperose and telangiectasias, quickly appearing redness	Vessel training, reduction in quickly appearing redness for very sensitive skin	Recommendation course of treatment 6-10 treatments	1-2 x per week
Sensitive skin	Skin with tendency to irritation, light couperose and telangiectasias	Reduction in couperose and telangiectasias	Recommendation course of treatment 6-10 treatments	1-2 x per week
Scars	Treatment of scar tissue, treatment time per scar/region for acne scars	Refinement of scar surface, reduction in scar tissue	Recommendation course of treatment 6-10 treatments	1-2 x per week
Throat and décolletage treatment	Throat and décolletage	Skin regeneration, improvement in elasticity in throat and décolletage region	Recommendation course of treatment 6-10 treatments	1-2 x per week

Programs

Face

→ **Important note:**

Treat always only bony areas around the eyes and take distance to the the moveable part of the lid. Treat in no case directly on the eyes!

PROGRAMS	SKIN TYPE & INDICATION	TREATMENT AIMS	FREQUENCY	TIME
expression lines exclusive	Periorbital wrinkles and lines or perioral lines	Minimisation of crow's feet and mimic wrinkles	Recommendation course of treatment 6-10 treatments	1-2 x per week
Lips exclusive	Perioral lip wrinkles	Minimisation of wrinkles and mimic wrinkles around the lips	Recommendation course of treatment 6-10 treatments	1-2 x per week
Phonophoresis soft	Penetration of active substances for sensitive skin with labile vessels	Penetration of serum for sensitive skin	Can be individually integrated into the cosmetic treatment	
Phonophoresis	Penetration of serum for normal skin	Penetration of serum for normal skin	Can be individually integrated into the cosmetic treatment	

PROGRAMS	INDICATION	TREATMENT AIMS	FREQUENCY	TIME
Pre eye lift	Pre eye lift	Lymph activation	5 treatments	1 treatment every 14 days
Pre face lift	Pre face lift	Lymph activation	5 treatments	1 treatment every 14 days
Pre injection	Pre injection	Loosening the tissue for improved filler distribution	10 treatments	1 treatment every 14 days, last treatment approx. 1-3 days before injection appointment
Pre laser	Pre laser	Lymph activation	5 treatments	1 treatment every 14 days, last treatment 7 days before laser appointment
Post eye lift	Post eye lift	Lymph activation, quicker reduction of haematomas and erythemas	10 treatments	1-2 treatments per week, first treatment approx. 5-7 days after surgery, in consultation with physician
Post face lift	Post-op	Lymph activation, quicker reduction of haematomas	10 treatments	1-2 treatments per week, first treatment approx. 5-7 days after surgery, in consultation with the physician
Post laser	Post laser	Lymph activation, skin regeneration, receipt of treatment results	5 treatments	Depending on laser type, approx. 4-6 weeks after the laser treatment, in consultation with physician

Programs Pre/post op

*(invasive surgery
in face zones)*

Programs

Body

PROGRAMS	SKIN TYPE & INDICATION	TREATMENT AIMS	FREQUENCY	TIME
Striae	Stretch marks	Improved elasticity, tightens connective tissue	10-15 treatments	1-2x per week
Cellulite normal	Cellulite level 1-3, normal vessels	Lymph activation, smooth skin surface, tightening of connective tissue	10-15 treatments	1-2x per week
Cellulite soft	Cellulite level 1-3, for skin with labile vessels, sagging connective tissue and tendency to visible, blue-red vessels	Lymph activation, improvement of skin appearance	10-15 treatments	1-2x per week
Skin tightening	Elasticity loss, body	Tightening problem body zones, normal vessels, lymph activation	10-15 treatments	1-2x per week
Muscle relax	Tension, hardening of muscles, muscle relaxation	Relief of stubborn muscle tension	10-15 treatments	1-2x per week
Pre lipo	Pre liposuction	Support of optimal lymph drainage, loosening fatty tissue	1-2 treatments	2-7 days before surgery
Post lipo	Post liposuction	Reduction of swelling, bruises and accelerated skin regeneration	10 treatments	Starting on day 6 after surgery, in consultation with physician

Treatment after aesthetic-plastic surgery can improve scar quality, increase the skin's readiness to absorb active substances, accelerate the regeneration process and soothe swelling. Always consult the physician in charge before beginning post-surgical treatment.

If customers request the subcutaneous injection of fillers such as hyaluronic acid, collagen, etc., always carry out the IONTO-SONO Intense treatment **before the injection** in order to optimally prepare the skin for the injection and improve the complexion.

If the treatment is carried out after the injection, the stimulative effect can lead to accelerated filler degradation.

Treatment for aesthetic-plastic surgery and injections in the treatment region

Dermatological fruit acid peel (acidity > 50%):

Approx. 2-week pause before ultrasound treatment (depending on intensity)

TCA peel:

Approx. 4-week pause before ultrasound treatment (depending on intensity)

Phenol peel:

Approx. 6-week pause before ultrasound treatment (depending on intensity)

Herbal desquamation:

Approx. 4-week pause before ultrasound treatment (depending on intensity)

Laser treatment in treatment region:

Approx. 4-6-week pause before ultrasound treatment (depending on laser type and intensity)

Treatment for after chemical exfoliation, desquamation and laser treatments in the treatment region

Contra- indications

- Acute fever
- Acute inflammation
- Acute herpes simplex in the treatment region
- Acute influence of alcohol/drugs
- Cancer, suspicion of malignant tumours
(with physician's official clearance only)
- Pregnancy
- Poor circulation
- Implanted insulin pump
- Arrhythmia, pacemaker, heart diseases,
coronary diseases
- Blood clotting disorders
- Bacterial infections (e.g., boils, carbuncles, tuberculosis)
- Skin diseases and infections
- Immune deficiency
- Operation scars, initial treatment from 3 months after surgery
or in consultation with physician in charge
- Skin damage in treatment region
(e.g., open wounds, acute skin inflammation)
- Diseases of the nervous system (e.g., Parkinson's, epilepsy, MS)
- Permanent aesthetic implants or metallic dental implants in
treatment region

Supplement to body treatments:

- Acute rheumatism of the joints
- Before recently performed X-ray treatment
- Before recently performed spinal surgery
- Vascular disorders such as thrombosis, varicose veins and phlebitis
- Areas of the body with severe circulatory disorders
- Contraindicated areas of the body

The following parts of the body cannot be treated with ultrasound:

Brain, spinal cord, eyes and eyelids, thyroid gland, gonads (breasts, ovaries, etc.), heart

In case of doubt, consult a physician.



The IONTO SONO Intense hand pieces are used for facial and body treatments depending on the treatment programme. The LED strip on the hand piece flashes to signal which hand piece you should use in the course of the treatment.

The high-quality premium ultrasound heads have ergonomic forms and can be disinfected. An integrated temperature sensor constantly ensures the correct output of the handpiece.

An integrated sensor with skin contact detection helps you achieve even better results from your ultrasound treatments.

The LED strip on the handpiece indicates sufficient skin contact when continuously lit. If the contact area is too small or there is not enough contact medium, (e.g., *ultrasound gel*) on the skin, the LED strip begins to flash and the treatment time is stopped.

Upon renewed skin contact detection, the LED strip is continuously lit again and the treatment time countdown starts. Skin contact detection can also be switched off as required.

The hand pieces

Facial treatment

Before beginning the treatment

Carry out a consultation and a skin analysis with your customer. Explain the realistic successes and limits of the treatment, depending on the skin analysis results, to the customer. This will prevent unrealistic expectations on the part of the customer.

Explain all the contraindications to the customer. As part of the consultation, have the customer complete and sign the Ultrasound Customer Information Sheet (*item 1800.A011*) and file it with your documents.

Further, you should ensure that the customer understands the necessity of proper care and adherence to the guidelines at home. We recommend documenting your successful treatments in the form of before/after photos.

Skin preparation

1. Protect the customer's hair and ears using a hair cap and a headband.
2. Clean the skin with a mild cleansing foam or gel. Do not use moisturising cleansing products. We recommend CARE MORE cleansing foam Pro (*item 9026*). This mild cleansing foam is suitable for all skin types, including sensitive skin and combination skin.
3. Exfoliate the skin with a peel that suits the skin type. You can use an enzyme or fruit acid peel, or a scrub. Remove the peel thoroughly with a moist compress/sponge. As required, you can carry out a micro dermabrasion or micro needling (*the IONTO-MESO method*) before the ultrasound treatment.
4. Tone the skin with a tonic that suits the skin type. We recommend CARE MORE toner Pro (*item 9027*) with hydrating hyaluronic acid and soothing aloe vera.
5. The customer can receive a gentle massage before the ultrasound treatment. However, the massage product must be completely removed before beginning the ultrasound treatment.
6. Before the ultrasound application, apply a generous amount of ultrasound gel or use a BIO CELLULOSE MASK appropriate for the skin type.

Using BIO CELLULOSE MASKS

Treatment procedure with a BIO CELLULOSE MASK:

BIO CELLULOSE MASKS were specially developed for use with cosmetics devices. Thanks to their unique cellulose substrate, they fit the finest contours of the skin like a glove and act as ampoule, contact medium and mask all in one. The masks are suitable for different skin types and are enriched with numerous active substance combinations ranging from green tea extract for blemished skin to the fashionable active substance BEETOX for mature skin.

1. Place the BIO CELLULOSE MASK on the customer's face.
2. Set the desired program on the device and start it.





3. Treat directly on the mask
4. Do a small massage on the mask and remove thereafter the mask.
Massage gently residues of the mask into the skin (*do not clean up*).
5. Apply suited to the skin type a finishing facial cream.
6. If necessary, you can apply a makeup.
7. The daily care routine is of vital importance for the treatment success.
Put for your customer an appropriate product set together.

Use of an ampoule/serum and ultrasound gel

Treatment procedure with serum and ultrasound device:

1. Apply a serum/ampoule corresponding to the skin type/treatment aim.
2. Generously apply an IONTO-COMED ultrasound gel on top of the serum/ampoule.
3. Set the desired program on the device and start it.
4. Carry out the treatment with IONTO-SONO Intense.

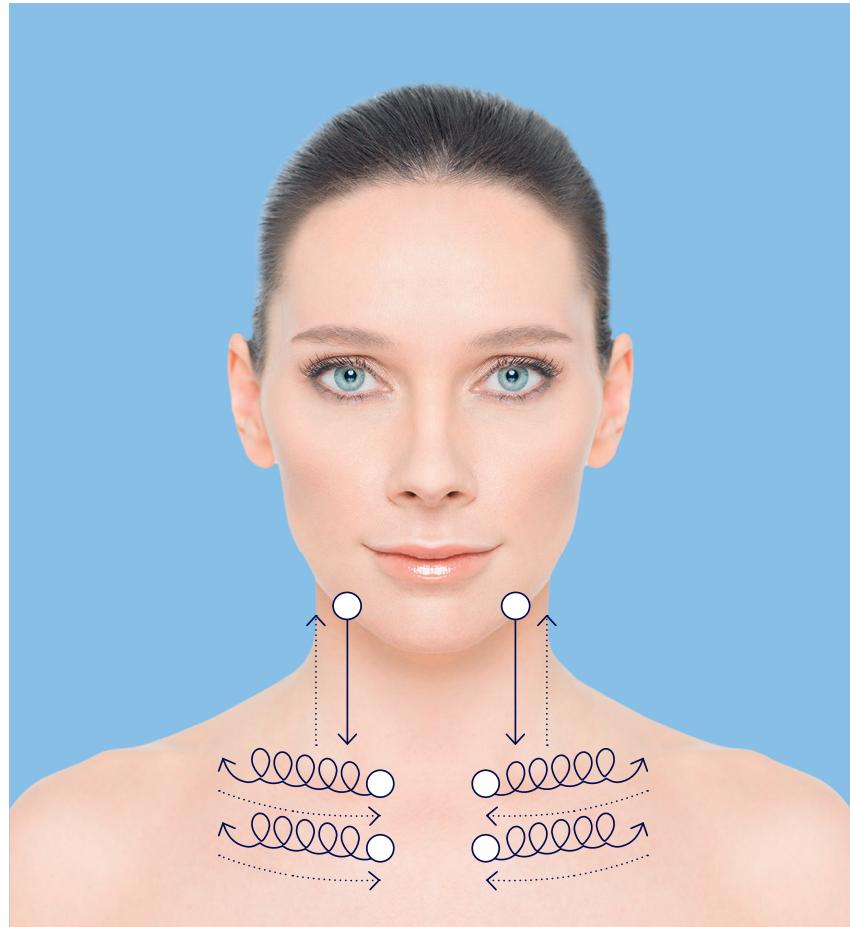


5. Clean the ultrasound gel off thoroughly after treatment.
6. Apply a serum/ampoule and final care corresponding to the skin type.
7. As required, suitable make-up can be applied.
8. Care at home is of vital importance for a successful treatment. You should therefore prepare a corresponding product set for your clients.

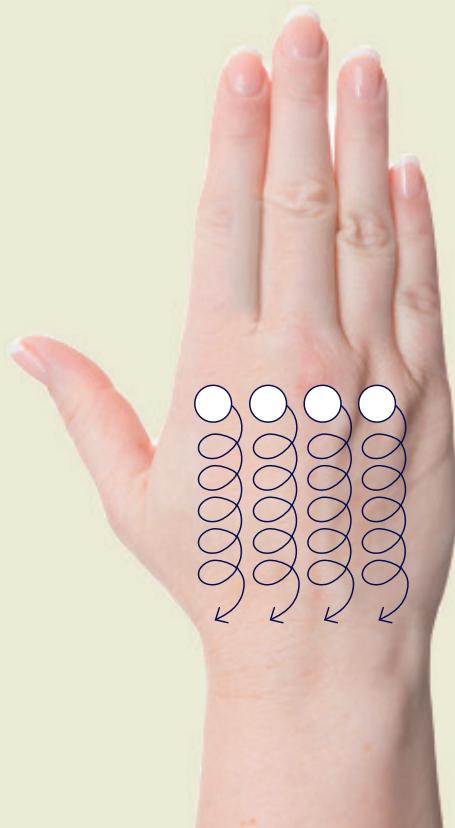
Treatment of the throat and décolletage

Do not treat above the thyroid gland.

→ 2-3 times in total



Treating the back
of the hand



Post-treatment care of the device

Remove the remaining treatment product with a tissue and disinfect the ultrasound handpiece after each treatment with a mild disinfecting wipe (we recommend Bacillol Tissues) or a mild disinfectant spray.

Important notes

Do not give pregnant women facial, décolletage or body treatments. The treatment may not be carried out on birthmarks, moles, keloid scars or hypertrophic scars. The treatment increases the amount of blood circulating through the skin. During and after the treatment, the skin may redden (erythema), depending on its degree of sensitivity.

In the eye region, treat the bony regions only and not the eye itself. Always observe the maximum treatment time per region.

For an optimal result, we recommend an individual course of treatments (several treatments in intervals harmonised with the skin type).

With IONTO-SONO Intense, you are holding the perfect means for beautiful results in your hands. It is also important to successfully sell the treatments to your customers.

We are ready to support you with flyers, posters and customer brochures. Contact us for more information.

IONTO-COMED ultrasound promotional film

The promotional film will show your customers how an ultrasound treatment can improve skin. Open it from our homepage: www.ionto.de

If you have questions regarding your IONTO-SONO Intense, we are ready to provide you with answers:

→ Export team: + 49 721 9770 828

Selling successfully

Customer service

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IONTO.DE