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EMSculpt is the best body toning and defining treatment you probably haven't heard about yet - but celebs and star athletes LOVE this treatment, and their bodies look amazing after they've done EMSculpt. This is the first treatment we've seen proven (FDA Approval Verified that it's safe and as effective as they claim) to define muscles by creating a slight increase in muscle size and defining those areas by removing some fat above the muscle to let the results show through. We use the fat removal setting on the abs, but not on the butt, where more fat volume is typically desirable. \$3000 for 4 Sessions as Recommended 2 Week Series of 2 Sessions Per Week No Downtime, No Needles, No Surgery, No Scars When we say "muscle toning" think more definition and less bulk. This is how you can lift and define the body, to create a more youthful silhouette. EMSculpt offers ab definition without compromising the skin's support (which we find Hi Def lipo can do and doesn't look good as it ages). EMSculpt is actually doing all the things that you would naturally get a lean defined stomach - increasing muscles and reducing fat - so the result is incredibly natural and ages perfectly naturally. Celebs Kim K and Megan Fox are lovers of this treatment - as are former pro athletes like Rob Gronkowski and Nate Burleson. Learn More For those who just can't seem to get their glutes to grow or lift, EMSculpt can offer a great non-surgical booty lift. The effect is a rounder, more youthful butt that's a little more filled out, but not dramatically larger. Treatment What It Does Who It Gives the Best Results Cost & Treatment Protocol Downtime & Results EMSculpt Builds Muscle Tone and Can Remove Fat Covering Muscles to Give Lean, Ripped Appearance Already Fit Person with Lower Body Fat Who Needs Finishing Touches on Abs or Butt Lift \$3,000 for 4 treatments spread across 2 weeks No Downtime; Results Start to Appear in Week 2 and Finalize Around 6-8 Weeks from Start Liposuction or Laser Lipo Removes Fat to Reveal Muscle & Body Shape Underneath Best for People Who Have Singular Pockets of Stubborn Fat, Especially When We're Talking About an Athletic-Looking End Result. Can Also Re-Shape Silhouette of Heavier Person, But Not with Athletic, Lean End Result in Those Cases \$3,500 - \$10,000+ for Single Treatment Downtime 2-7 Days; Bruising & Swelling Possible for Longer in More Aggressive and Widespread Liposuction Cases CoolSculpting Singular Small Curved Areas of Stubborn Fat (Lower Belly Pouch on Women, Double Chin, Love Handles, Etc.) \$1,500 - \$3,000 Total Cost (\$750 - \$1,500 per Treatment); Typically 2 Treatments Spaced 6-8 Weeks Apart Recommended No Downtime; Results Start to Appear Around 4-6 Weeks, Final Results 12 Weeks After Last Treatment SculptSure Melts Fat Cells, Killing Them Permanently, at Up to 25% of the Fat Cells in the Area Treats Melted Away Per Session Singular Flat Curved Areas of Stubborn Fat (Upper Arm Bat Wings, Lower Back, Thighs, etc.) \$1,500 - \$3,000 Total Cost (\$750 - \$1,500 per Treatment); Typically 2 Treatments Spaced 6-8 Weeks Apart Recommended No Downtime; Results Start to Appear Around 4-6 Weeks, Final Results 12 Weeks After Last Treatment " How would you like to build your dream booty without breaking a sweat? Well, when Blair, one of Dr. Chasin's cosmetic medicine patients heard about this exciting new treatment she knew she had to..." View My Story "The girls at the front desk are so sweet and made me feel welcomed and comfortable" View My Story "I noticed small changes in my abs and butt before the 2 weeks were out. I liked how my abs were looking flatter and leaner, but I was pretty amazed when 4 weeks later I had full-on oblique's and was well on my way to getting my six-pack back. The booty gains were pretty amazing, too!" View My Story When all you have is a hammer, everything looks like a nail. It's a popular saying because it really holds true! Most medspas have 1 body contouring treatment, like EMSculpt or CoolSculpting. But our office has all of the best and proven treatments because we know each treatment only does its best work for a certain type of patient. Because we have all the best options for getting your body into top shape, you'll get an honest and realistic opinion from our doctors on which ones will really work best for you. Having a team of award winning experts like the cosmetic & laser physicians at Reflections Center, is a more trusted way to ensure better results for your muscle toning & sculpting treatments. Schedule Your Free Consultation We offer free consultations with our cosmetic physicians for body contouring and sculpting treatments. We also have a board certified plastic surgeon on our team who can weigh in on any surgical procedures you might be interested in. To get started on your body sculpting journey, contact our office today! We can't wait to hear from you. View More of Our Coverage View All Media Thanks to improving technology, non-surgical and minimally invasive treatments... Read More Thanks to improving technology, non-surgical and minimally invasive treatments... Read More By now, it's no secret that Emsculpt® can achieve some amazing things. This... Read More Body contouring refers to surgical or non-surgical procedures that reshape and tighten certain areas of the body.Muscle sculpting is a non-invasive body contouring procedure that builds muscle and eliminates fat.Sculpting eliminates fat to slim down certain areas of the body and toning increases muscle mass and muscle definition. Muscle sculpting and toning are combined in our body contouring procedures.Exercises like crunches, planks, and cross-training can tighten your stomach muscles and tone your abdomen. We also offer non-surgical sculpting and toning procedures that can tighten loose skin on the stomach.Simply put, muscle sculpting lasts for as long as you maintain it. As long as you continue to live a healthy and active lifestyle with regular weight training and sufficient protein intake, you can enjoy your results.It's possible to see minor changes with a single session of body sculpting, but the best results come with subsequent treatments. We typically recommend a package of four to six treatments with results peaking at around 4-6 weeks afterward.Muscle sculpting is not painful per se - rather, it feels similar to an intense workout. You may have some soreness the next few days after treatment, but for most patients, it's perfectly manageable.Body sculpting is one of the few ways in which you can specifically reduce belly fat. Spot reducing is not otherwise possible with diet and exercise, making body sculpting one of the best ways to lose fat in areas where you tend to carry it.Body sculpting does not necessarily cause you to lose pounds - rather, it helps change the composition of your body to include less fat. Although you may see changes on the scale, they are typically minor and will not have a significant impact on your overall weight. Age: 51-60 Gender: Female This patient will be turning 60 in just a few months - and she wanted a non-surgical lift for her lower face (including her jowls and wrinkles around her mouth). The Silhouette InstaLift is a PLA Thread Lift with temporary results that last around 1 year on average. To schedule a free consultation with our doctors to discuss Thread Lifts, please call us at (732) 356-1666 to request an appointment. Like with all injectables, there is an art to providing the best results with Kybella. Our expert physician injectors were hand-selected by Kythera, the creators of Kybella, to be some of the very first to receive training on this product because of their reputation as leaders in this field. Reflections is proud to be able to offer Kybella, as well as a wide variety of other cutting-edge procedures, to our patients in New Jersey. At Reflections, we focus only on creating the best cosmetic results for each patient. To that end, we offer the widest array of effective treatments, administered by the most skilled and experienced cosmetic physicians. We'd love to invite you in for a complimentary consultation with one of our doctors, so we can discuss if Kybella is right for you. Age: 26-30 Gender: Female Jawline laxity can be hereditary (meaning it's in your genes and it's something you struggle with from a young age) or age-related (part of the natural aging process) - or both! This patient was in her twenties, meaning this lack of sharp definition to her jawline was mostly just a genetic trait, but this same effect can be seen in aging when the part of the jawbone closest to the ear starts to be resorbed (bone loss and resorption occurs throughout the face as we age - it's natural, but causes us to look older as the support in our face fades away). Dermal Filler placed along the jawline to mimic a sharper jaw contour has the added benefit of tightening up loose skin (by adding some volume underneath). If you'd like to learn more about your Jawline Contouring with Fillers, we warmly welcome you to our offices for a complimentary one-on-one consultation with one of our cosmetic physicians. Skin Rejuvenation Skin Tightening Fat Reduction Skin Rejuvenation Skin Tightening Fat Reduction These procedures will freeze, melt, or dissolve fat without the need for liposuction or other invasive measures. SculpSure is a laser treatment, Kybella is an injectable administered in a series of treatments, and CoolSculpting uses freezing technology to eliminate stubborn fat for a more toned appearance. More Treatment Technologies ServicesConditionsTechnologiesBefore & AfterThe Practice Bridgewater, NJ Livingston, NJ Age: 18-25 Gender: Female Facial Sculpting with filler has become very trendy lately. But it takes a very skilled eye to not only sculpt the area the patient asks for (in this case the cheeks), but also the area she doesn't yet know she needs (the chin). In this case, Dr. Wix-Harris used filler to not only contour and lift her cheeks, but also to create a longer face by elongating from the chin, to create a more defined jawline, and to create better silhouette proportions with chin injection filler. Her jawline appears much more defined, but has been untouched between these 2 photos. This is what a truly gifted injector is able to achieve: parts of the face that were never treated look better, and the face as a whole is more attractive - and if the result is executed perfectly, as it is here, it is so natural that the untrained eye would never pick up on exactly what was done between the two photos. If you want to discuss your treatment options, we warmly welcome you to our offices for a complimentary one-on-one consultation with one of our cosmetic physicians. Both thread lifts and dermal fillers are non-surgical options for signs of aging caused by sagging skin, volume loss, and slowed collagen production. This leads many patients to question the difference between these procedures and their possible results. During a consultation with one of our physicians, the best option for your unique needs can be determined. However, in the video above Dr. Wix-Harris briefly explains the basic differences. Should I Choose Fillers or Thread Lifts for the Cheeks? Thread lifts and fillers are both frequently used for signs of aging in the cheek or mid-face area, which can show sagging or a hollow appearance due to volume loss and a lack of collagen. Choosing between these two options comes down to whether your primary concern is drooping, sagging skin or volume loss. Dr. Wix-Harris explains that "we usually use the threads for lifting, and fillers to replace volume." However, most patients will see a combination of these issues, meaning that it may be recommended to have both thread lifts and some fillers to achieve your best results. The threads can be used to lift the skin and tissues back to a more youthful position, while fillers are used to restore volume to hollow or sunken areas. For the most dramatic lifting of tissues in the lower face and cheek area, Silhouette Soft Instalift threads can be used. Your physician may also recommend MINT threads, which are composed of a complex sugar known as PDO. Each of these options supports the tissues and corrects drooping or sagging while stimulating collagen production. In the cheeks, hyaluronic acid fillers that move naturally and add sufficient volume can be used. Some options include Juvederm Voluma, which is particularly long-lasting, or Restylane, which is useful for nasolabial folds. Our physicians are experts in these products and understand the sometimes-subtle differences between formulas and their best uses. During a consultation, your physician will recommend the best option for your concerns and skin type. Are Fillers or Thread Lifts More Comfortable? According to Dr. Wix-Harris, dermal fillers and thread lifts are relatively comparable when it comes to discomfort throughout the procedure. However, fillers are much quicker than thread lifts, which patients may consider. "We either do [filler injections] with a needle, which usually means placement deep on the bone or we'll use a cannula when we go a little bit more superficial," she says. "With threads you have to place them under the skin and we put numbing into the areas where we're going into the skin." Filler injections are typically done without numbing the skin prior to the procedure. Recovery After Thread Lift vs. Fillers The recovery period is one difference between the experience with thread lifts compared to fillers. "With threads, people tend to have a little bit more downtime," Dr. Wix-Harris explains. Bruising and swelling are both normal after the procedure, though Reflections patients can undergo a laser treatment to resolve bruising faster. "I always tell people that for two weeks they have to take it a little easy when they put in threads because you don't want to have a lot of movements in the area, so the threads have time to settle in." After receiving fillers, patients have virtually no downtime. Within about 24 hours, "you're good to go," says Dr. Wix-Harris. Some swelling or redness at the injection site are both normal, but patients will notice less swelling in the cheeks compared to other areas like the lips. Schedule a Consultation To learn more about your best anti-aging options and find out whether you are better suited to thread lifts, fillers, or a combination, schedule a consultation with a physician at Reflections by calling our office or contacting us online. "The silhouette instalift was the best thing I could have done. He did an amazing job. I love it! He is one of the best doctors that I ever dealt with." I cannot say enough. It is amazing the work that he did on my face and what a difference between before and after with the silhouette instalift was the best thing I could have done he did an amazing job. I love it. He is one of the best doctors that I ever dealt with and working with Dr. Chasin together you do get the best results with out looking like you had anything done. By F.L. Many people who have successfully lost a significant quantity of excess weight, either through diet and exercise or bariatric surgery, are left with hanging skin and tissue. Body contouring Chicago procedures are employed to remove that excess skin and tissue. Others choose to have body contouring to tighten one or more specific zones on the body, including: You are a unique individual and have personal concerns about your body shape and appearance. Our approach is to treat our patients like members of our own family - and we are completely dedicated to helping them regain confidence and gain more enjoyment out of life. This is often achieved by body contouring - an improvement that results in a body in which they feel more comfortable and attractive. If your body has a large quantity of excess skin and tissue, it may be necessary to correct the problem surgically. Our tummy tuck procedure goes beyond the traditional with a specialized surgery we call the Slim Line Abdominoplasty for a two-in-one tummy tuck that tightens the abdominal muscles and sculpts the flanks (love handles) for a more sculpted look. Dr. Kotis will do a two layer closure in the midline, with a single closure in the lateral side to tighten the flanks. He will also take accurate measurements in the torso to prevent dog ears on either side of the incision. Body sculpting can include liposuction, abdominoplasty or body lifts for a slimmer figure. These procedures can be performed individually or in combination for a more tailored version of you. Our Chicago liposuction eliminates excess fat from the back, stomach, thighs, buttocks or arms. Both tumescent and ultrasound-assisted liposuction can slim the body and create new contours. Abdominoplasty or a tummy tuck can tighten and tone the stomach's appearance. After weight loss sagging skin may hang below the belly button. Dr. Kotis can remove this skin, along with additional fat, for a more toned appearance. Brachioplasty or an arm lift can remove sagging skin and tissue around the arm. Dr. Kotis may perform an arm lift alone or in combination with other body sculpting procedures. Body Lifts - Dr. Kotis also offers body lifts to reshape and contour the body. Patients may opt for a thigh lift or breast lift during a body sculpting procedure. Lifts, combined with liposuction or abdominoplasty, slim the contours of the body for a more slender appearance. After a body sculpting procedure, Dr. Kotis will give patients care instructions. As with most procedures, patients may experience bruising and swelling around incision sites. These will subside over time. Dr. Kotis will advise patients when they can return to light activity. Patients can enjoy the full results of body sculpting in as little as a month. They can enjoy a tighter looking figure without excess skin or fat. Dr. Kotis performs procedures for the Schaumburg, Elgin, Hoffman Estates and Evanston areas. Dr. Kotis is not only a talented board-certified plastic surgeon, but a member of a teaching faculty. He makes it a point to stay current with the latest developments in cosmetic and plastic surgery - to benefit his patients. With high-level surgical skills, access to the most innovative and advanced treatments, and an eye for balance and beauty, you can be confident that our Chicago body contouring procedures and techniques produce excellent results. Body contouring aims to enhance the silhouette of the body by reshaping the body in desired areas. Body contouring procedures can ultimately make the body appear more feminine, masculine or youthful, depending on the desired results. Patients undergoing body contouring procedures can experience enhanced self-esteem, improved body image and a more youthful and attractive appearance. Body contouring or body sculpting refers to a variety of procedures aimed to enhance the silhouette and shape of the body. Depending on the procedures performed, the cost can vary widely among patients. The best way to predict the cost of a specific procedure is to schedule a consultation with Dr. Kotis. Our office proudly offers financing options to make procedures affordable and accessible for individuals. We accept credit card, cash and check for payment. Visit our financing page for more information. Chicago 847-577-6400 Arlington Heights 847-577-6400 Schedule A Consultation Schedule A Consultation

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