



*The world's
most advanced
body sculpting
treatment*



*Onda is making
waves in cellulite
reduction, fat loss
and skin tightening
for clinics across the
globe*



Meet Onda

*Onda is the world's first and only treatment to use the revolutionary **Coolwaves™** technology for non-surgical cellulite reduction, fat loss, skin tightening and body sculpting.*

- Regenerates cellulite
- Remodels and tightens lax skin
- Reduces local fat deposits
- Treatment of the face and body

How do Coolwaves™ work?

Onda Coolwaves™ is a revolutionary treatment using microwave technology for body sculpting.

When Coolwaves™ technology penetrates the skin, it passes straight through the top layers of skin to concentrate its effective action on the subcutaneous fat layer to smooth, sculpt and tighten.

What areas on the body can be treated with Onda Coolwaves™?

Treatment with Onda Coolwaves™ is particularly effective on stubborn areas of fat on the stomach, underarms, love handles, thighs, saddlebags, back and upper arms. We can target cellulite on the thighs, buttocks, stomach and arms alongside skin laxity on the knees, stomach and more. With Onda Coolwaves™ we can also treat stubborn areas of fat and skin laxity in the submental area (under the chin).

What does an Onda treatment feel like?

Treatment is virtually painless. Due to the skin presenting less resistance to high microwave frequencies, Coolwaves™ are able to pass through the skin more readily than other technologies, focusing energy only where it is needed (for example, in the subcutaneous adipose tissue in the event of localised fat deposits). This then results in less heating and discomfort on the skin surface.

How long does a treatment take?

Treatment is very quick and it is an easy procedure to deliver, with treatment times varying depending on area size. To help put treatment times into perspective, the Onda device is capable of treating a typical abdomen in 10 - 20 minutes.

Who is suitable for treatment?

Most people are suitable for treatment. With the Onda we can treat all skin types. We recommend a consultation to ascertain if the treatment will be successful for you.



Cellulite

Up to 90% of women have cellulite, with *Onda Coolwaves™* we can reduce, remodel and regenerate stubborn areas of cellulite. Smoother skin is on its way...

- Regenerates cellulite
- Remodels and tightens lax skin
- Reduces local fat deposits
- Treatment sessions are fast and comfortable

How do Coolwaves™ target cellulite?

Extensive scientific evidence concludes that up to 90% of women and 10% of men suffer from cellulite. For cellulite, Onda performs in two ways:

1. The septa becomes fibrotic and less elastic due to cellulite. Coolwaves™ technology regenerates the elastin fibres of collagen. The final result is a visible improvement of the orange peel appearance through the release of constricted fat lobules.
2. By reducing the volume of adipocytes (fat cells), with the targeted action of Onda's smart handpieces, there is less outward pressure on the skin, leading to improved circulation, lymphatic drainage and therefore less water retention.

How does the treatment feel?

Treatment is not painful but can be mildly uncomfortable. Most people describe the discomfort as moderate and acceptable, not unlike a deep tissue massage.

How many sessions will I need?

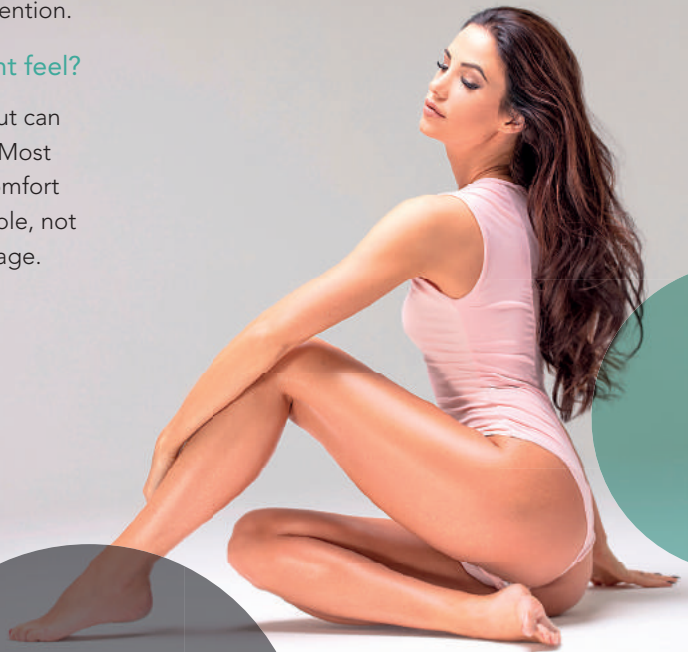
Treatments are carried out every 4 to 6 weeks and typically between 3 and 6 treatments are recommended for best results. Thereafter, top-up sessions are performed as required, but usually once or twice a year.

How long will it take for me to see results?

Clinical studies show that clients have seen outstanding results in as little as two sessions, however, we recommend booking a course of treatments.

Who is suitable for treatment?

Most people are suitable for treatment. We recommend a consultation with your clinician to ascertain if the treatment will be successful for you.



Fat Loss

Onda Coolwaves™ is the go-to treatment for men and women wishing to eliminate stubborn pockets of fat. Reduce, refine and tighten your body shape with Onda.

- Regenerates cellulite
- Remodels and tightens lax skin
- Reduces local fat deposits
- Treatment sessions are fast and comfortable

How do Coolwaves™ cause fat loss?

Coolwaves™ acts on fat cells to produce the following effects:

1. By targeting the fat cells, we cause them to oscillate and heat up, affecting the integrity of their outer membranes.
2. This activates a mechanism called “blebbing”, which releases the contained quantity of fat.
3. As the membrane loses structural integrity, the cell membrane ruptures, and the fat cell is destroyed (lipolysis).
4. The smart handpieces ensure the skin stays cool for maximum comfort.
5. The release of fat stimulates an influx of macrophages from the blood, to collect the fat.
6. Once the macrophages have cleared the excess fat, they migrate to the lymphatic system to be drained away. The fat is then eliminated from the body.

How does the treatment feel?

Most people describe the treatment as moderate and acceptable, not unlike a deep tissue massage.

How many sessions will I need?

Treatments are carried out every 4 to 6 weeks and typically between 3 and 6 treatments are recommended for best results. Thereafter, top-up sessions are performed as required.

How long will it take for me to see results?

Clinical studies show that clients have seen outstanding results in as little as two sessions, however, we recommend booking a course of treatments.

Who is suitable for treatment?

Most people are suitable for treatment. We recommend a consultation with your clinician to ascertain if the treatment will be successful for you.



Skin Tightening

As you age, your body's supply of collagen, elastin, and hyaluronic acid-the essential building blocks of skin-diminishes.

*With **Onda Coolwaves™** we can tighten, firm and lift loose skin on the body.*

- Regenerates cellulite
- Remodels and tightens lax skin
- Reduces local fat deposits
- Treatment sessions are fast and comfortable

How do Coolwaves™ cause skin tightening?

Skin tightening treatments increase the growth of new collagen and strengthen the skin's elastin fibres in the treated area. After the treatment, natural collagen regeneration makes the skin softer, tighter and smoother.

For skin tightening, Onda® performs by generating heat. The heat caused by Coolwaves™ causes the immediate shrinkage of collagen fibres in the dermis. The consequence of this is the tightening of flabby skin. The final effect is an improvement in skin laxity.

How does the treatment feel?

Treatment is not painful but can be mildly uncomfortable. Most people describe the discomfort as moderate and acceptable, not unlike a deep tissue massage.

How many sessions will I need?

Treatments are carried out every 4 to 6 weeks and typically between 3 and 6 treatments are recommended for best results. Thereafter, top-up sessions are performed as required, but usually once or twice a year.

How long will it take for me to see results?

Clinical studies show that clients have seen outstanding results in as little as two sessions, however, we recommend booking a course of treatments.

Who is suitable for treatment?

Most people are suitable for treatment. We recommend a consultation with your clinician to ascertain if the treatment will be successful for you.





Onda *Fitness Guide*

Get the best
results from
your Onda
Coolwaves™
journey...

Congratulations on starting your Onda Coolwaves™ journey!

Onda Coolwaves™ utilises revolutionary and clinically proven technology to smooth cellulite, encourage fat loss and tighten the skin. To experience the full benefits of this treatment, we recommend you maintain a balanced, healthy diet and exercise regularly.

The following HIIT workout has been designed for use before, during and after your course of treatments and can be done anywhere, without any equipment.

If you are concerned about the following, please consult with your doctor:

- You have a chronic or unstable health condition such as heart disease
- Asthma or another respiratory ailment
- High blood pressure
- Osteoporosis
- You have diabetes
- You have dizzy spells or are taking medication that makes you feel dizzy or drowsy

Regular exercise in the lead-up to your treatment will help you to achieve the best results, as this will allow you to reduce body fat as much as possible naturally, whilst building a healthy exercise routine.

Exercising during and after your course of treatment encourages lipids (fats) to leave the fat cells and be released from the body through the body's natural detoxification process. Regular exercise alongside a balanced diet throughout and post your Onda Coolwaves™ journey increases the maintenance of your results.

“Success is the sum of small efforts-repeated day-in and day-out.”

Robert Collier



The Benefits of HIIT Exercise

5 benefits of
integrating
exercise into
your Onda
Coolwaves™
journey...

The benefits of exercise aren't just about losing weight. In fact there are dozens of reasons to get active. Here are some of the best benefits of exercising, to help you back on your way to a fitter you.

1. Psychological benefits

When you exercise your body produces natural, feel-good chemicals called endorphins, which make you feel happy, energised and act as natural stress busters, leaving you better equipped to face life's challenges. 20 - 30 minutes of exercise a day is all you need to get a natural buzz.

2. Sleep better

Exercising during the day is known to help you get a good night's sleep. It helps you to release the tension you carry in your body, lets you de-stress and leaves you feeling relaxed when it comes to bed time.

3. Look good and feel good

If you want to look your best, keeping active is key. A regular gym workout, run, cycle or walk will help you to look and feel more 'toned'. To increase fat loss, exercise is key as it builds lean muscle, improves bone density and strength, boosts your metabolism and helps to lower the risk of disease.

4. Get a healthier mind

Exercise isn't just about improving how your body looks and feels. It's also a well-known way to keep your mind in shape. Keeping active as part of a healthy lifestyle can make you mentally sharper and less prone to conditions such as depression, anxiety and stress. It can also lower your risk of dementia later in life.

5. Improve your health

Any exercise that raises your heart rate and increases your circulation improves your respiratory and circulatory systems whilst also boosting your metabolism.

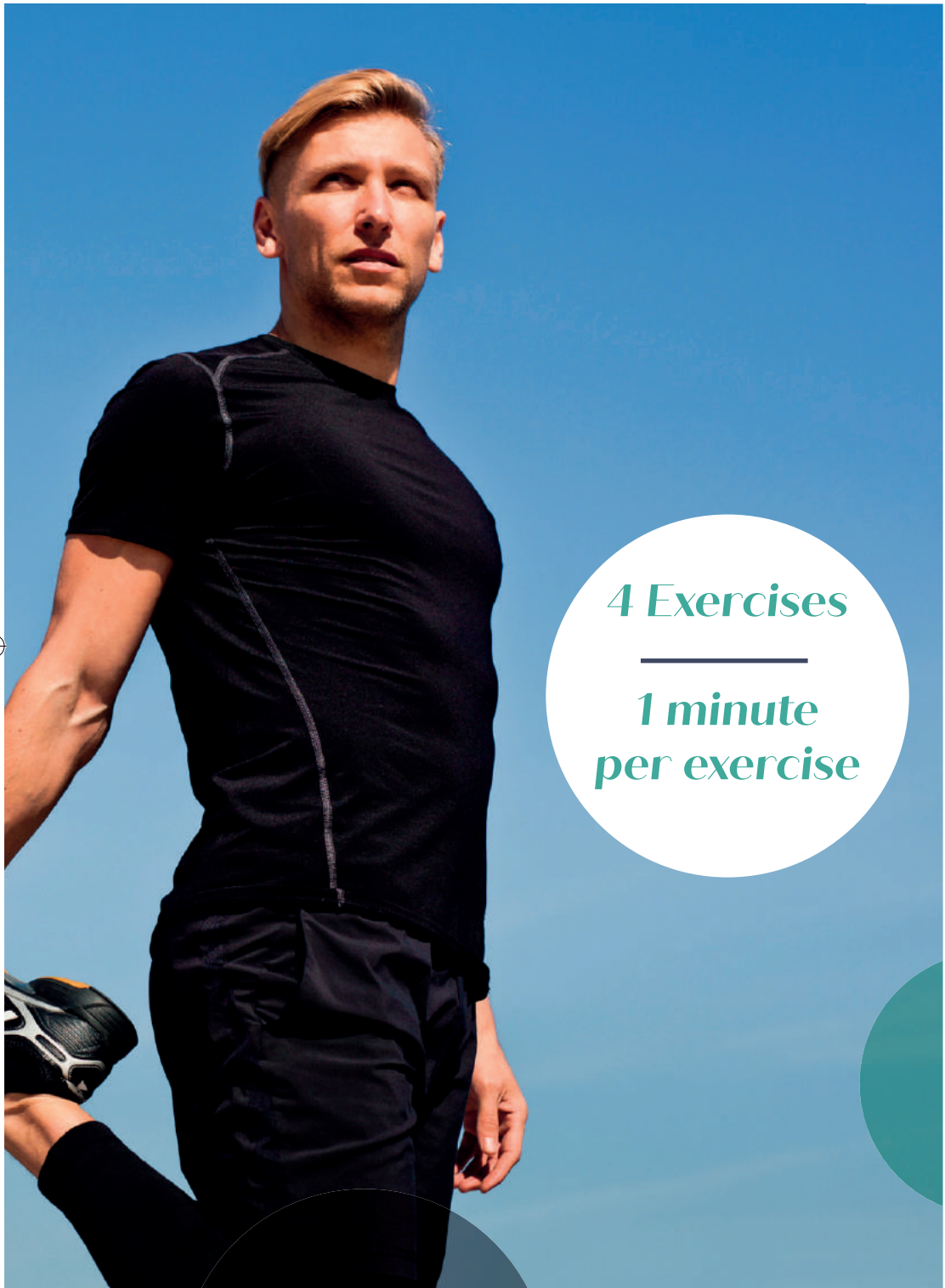
According to the National Health Service, exercise can boost your immune system. For example, those who take exercise as part of their normal routine can reduce the risk of heart disease, stroke, diabetes and cancer by up to 50%. This is a massive bonus when you consider all the other great benefits to exercising!

Before you get started

The Warm Up

Warming up activates your muscles, mobilises the joints and prepares your body to stabilise itself during movement. This reduces the risk of injury and allows you to perform the exercises with good form.



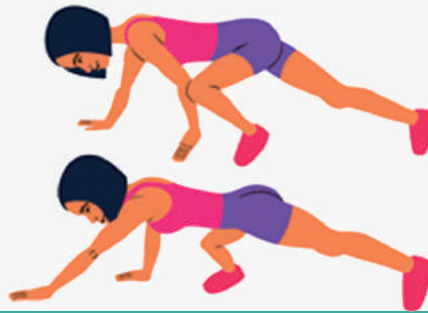


4 Exercises

*1 minute
per exercise*

Exercise 1 | 1 Minute Per Exercise

Bear Crawls



1. Start on all fours and lift your knees so they're at a 90-degree angle and hovering an inch off the ground.
2. Move one hand and the opposite foot forward an equal distance while staying low to the ground.
3. Switch sides, moving the opposite hand and foot.
4. Repeat the movement while alternating sides.

Exercise 2 | 1 Minute Per Exercise

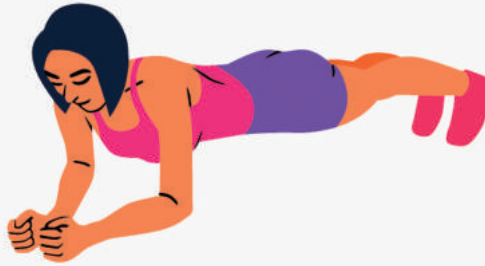
Jumping Jacks



1. Stand upright with your legs together, arms at your sides.
2. Bend your knees slightly, and jump into the air.
3. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
4. Jump back to starting position.
5. Repeat.

Exercise 3 | 1 Minute Per Exercise

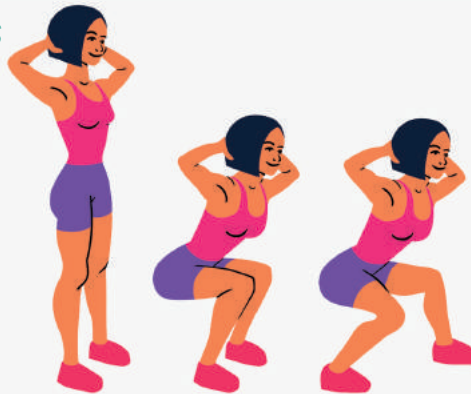
Plank



1. Assume a push-up position but bend your arms at your elbows so your weight rests on your forearms.
2. Tighten your abs, clench your glutes and keep your body straight from head to heels.
3. Hold as long as you can.

Exercise 4 | 1 Minute Per Exercise

Duck Walks



1. Start standing with feet slightly wider than shoulder-width apart.
2. Crouch into a squat, as close to parallel with the floor as you can.
3. Keep your weight in your heels as you take small steps forward.
4. Make sure your knees don't bow inwards or outwards.



Let's get started

The Workout

There are **4** exercises which you will complete in **5** rounds. Each exercise lasts **40 seconds**, followed by a **20-second** recovery time, so you will need a timer to hand. After each round, take a **30-60 second** recovery time. Your heart rate should still be raised when you start the next round. If you don't feel like you need this much rest, feel free to continue straight to the next round with minimal recovery.



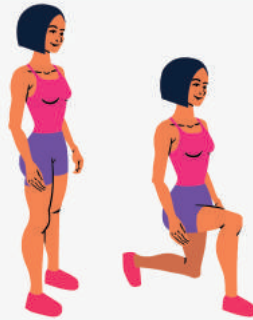
4 Exercises

**40 seconds per
exercise**

6 rounds

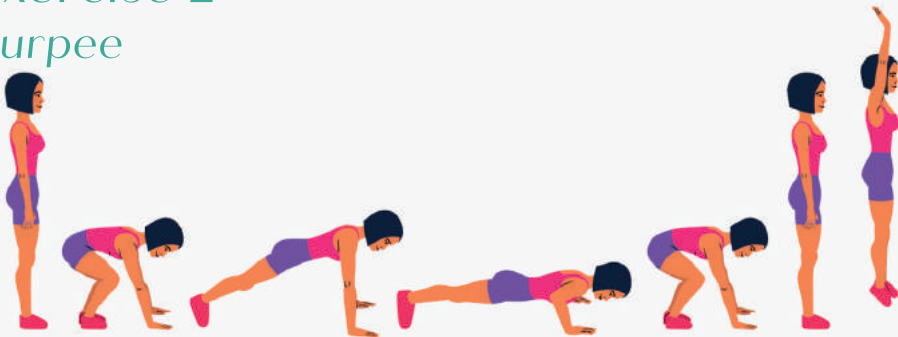
40 Seconds Per Exercise- 20 Seconds Rest

Exercise 1 Lunges



1. Stand upright with a strong posture, feet shoulder-width apart and your core tight.
2. Breathing in, take a long step forward, plant your foot and bend your knees to lower yourself towards the floor. Keep your body upright and your front knee back behind your toe.
3. Breathing out, press up through your heel and move back to the start point, standing with an upright posture.
4. Repeat steps 2 and 3 on the other leg.
5. Continue to alternate legs until you have completed the set.

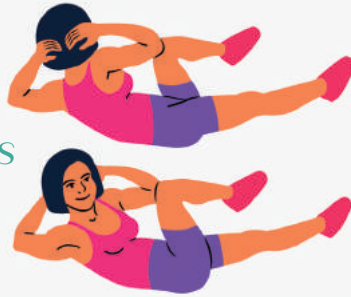
Exercise 2 Burpee



1. The burpee begins from a standing position. From the standing position, move into a squat, moving your hands down with your hips as you prepare to jump back into a plank.
2. Shoot your legs back and enter into a plank. From the plank, you'll complete a full push-up then extend back up into a plank.
Modification: Instead of jumping down into the plank and push-up position, simply take a step back and lower yourself down with control.
3. Jump your feet back in towards your hands. Then, press yourself back up into a full squat jump with your arms overhead. Focus on a soft landing.
Modification: Instead of jumping your feet in towards your hands, step your feet in. You can also skip the squat jump and press yourself up to standing.

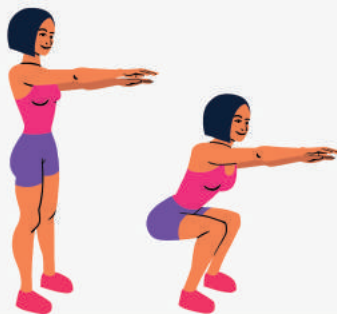
40 Seconds Per Exercise- 20 Seconds Rest

Exercise 3 Bicycle Crunches



1. Lie flat on the floor with your lower back pressed to the ground (pull your navel in to also target your deep abs).
2. Put your hands behind your head, then bring your knees in towards your chest and lift your shoulder blades off the ground. Be sure not to pull on your neck.
3. Straighten your right leg out to about a 45-degree angle to the ground while turning your upper body to the left, bringing your right elbow towards the left knee. Make sure your rib cage is moving and not just your elbows.
4. Now switch sides and do the same motion on the other side to complete one rep.

Exercise 4 Squats



1. Stand with your head facing forward and your chest held up and out.
2. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also bend the elbows or clasp the fingers.
3. Sit back and down like you're sitting into an imaginary chair. Keep your head facing forward as your upper body bends forward a bit. Rather than allowing your back to round, let your lower back arch slightly as you descend.
4. Lower down so your thighs are as parallel to the floor as possible, with your knees over your ankles. Press your weight back into your heels.
5. Keep your body tight, and push through your heels to bring yourself back to the starting position.

Tips on maintaining
Fat Loss





*6 tips to help
you stay on
track and fit*

Tips on maintaining your fitness



Plan ahead

Without a plan, it's easy to miss a workout or two, so creating a monthly plan allows you to build exercise into your daily routine. Decide what you are going to do in advance, get into your workout gear and do it. Whether it's a walk, run, a workout or if you haven't planned a workout in advance, it's easy to procrastinate.



Exercise anywhere

You don't need to hit the gym to achieve a great workout, a reasonable goal to set is 30 minutes of movement everyday. That could mean going for a walk, practising yoga or doing a home workout instead of watching TV.



Make exercise fun

Another way to make exercise more enjoyable is to make it a social affair. If you're looking for motivation, getting someone else involved can give you something to look forward to. With friends, you have made a commitment, so you're less likely to back out of it. If you're exercising with friends, you can give each other support, guidance, motivation, swap ideas and keep each other on track to reach your goals.

your new lifestyle



Keep things interesting

If you get bored easily, make sure to keep your workouts varied and try something new. Book into a new class at the gym or find a free workout on YouTube. Having variety keeps your mind engaged, interested and focused on something new. A challenge also keeps your body guessing, and focused on completing the task.



Map out your goals

If you're leading a busy life, it can be hard to keep focused on exercise. This is where goals play an important role. If you're not focused on your reasons to exercise, the chances are you'll lose interest and struggle to keep consistency. Map out your goals (there are lots of good templates online), make sure they matter to you, then try to be consistent in reaching them on a daily basis.



Exercise doesn't have to be expensive

You can achieve your goals on a low budget. There are plenty of free or low-cost exercise options. YouTube is just one fantastic free resource available online. Swimming, running, cycling and walking all require little or no equipment and are easily accessible for most people. Local leisure centres often offer cheap one-off sessions, classes and memberships. Check out the facilities in your local area.

A top-down view of a white bowl filled with a variety of fresh, healthy ingredients. The bowl contains a base of cooked quinoa, topped with chickpeas, fresh spinach leaves, sliced radishes, roasted red bell peppers, and a slice of avocado with black seeds. The background is a light-colored, textured surface. The title 'Onda Nutrition Guide' is overlaid in a dark blue, serif font at the top of the image.

Onda Nutrition Guide

Eat well to get
the best results
from your Onda
Coolwaves™
journey...

Nutrition plays a big role in helping you transform your body – 80% to be exact.

Eating well and exercising regularly will boost the success of your Onda treatments. Here's just a few tips on how you can integrate a healthy and balanced diet into your lifestyle.

Fruit and Vegetables

Forget processed foods and choose fruits and vegetables. They are low in fat but high in fibre, vitamins and minerals. These qualities make them an ideal choice for living a healthy lifestyle. **Integrate at least five servings into your day.**

Recommended Serving Sizes:

One serving of fruit and vegetables should be 80g (roughly one piece of fruit)

30g serving of dried fruit, one heaped tablespoon.

Starchy Carbs

Carbohydrates have a bad reputation but eating the right carbs in the right quantities is crucial to staying healthy. Starchy foods like potatoes, wholemeal pasta, brown rice, wholegrain bread and cereals should make up a third of your diet. **They'll keep you fuller for longer (putting a stop to extra snacking), they contain very little fat, are low-calorie and bursting with fibre.**

Eat them three times a day - 3 heaped tablespoons of brown rice, couscous or wholemeal pasta is just right.

Wholegrain versions such as wholemeal bread and wholemeal pasta retain most of their fibre, vitamins and minerals. The fibre in starchy carbs helps keep our digestive systems healthy.

Recommended Serving Sizes:

One serving should be 150g of cooked pasta, rice, noodles, couscous or other grains

30g wholegrain breakfast cereal

180g potato

1 or 2 slices of wholegrain bread.

If you are prioritising losing weight, make your portions a little smaller still and make up the space on your plate with extra veg.

Alternatively, eat one portion of carbs after your daily exercise, keeping your other two main meals low in carbs.

Dairy and Alternatives

Dairy foods such as milk, cheese, yoghurt and plant-based dairy alternatives, are rich in many nutrients, including bone-friendly calcium and protein. It is the protein that helps us feel fuller for longer. For a healthy diet, choose low-fat or reduced fat versions. Products high in saturated fat are linked to high cholesterol and heart disease. **You should also opt for natural or unsweetened dairy-free yoghurt rather than flavoured or sweetened varieties containing added sugar.** Instead, add fresh fruit for sweetness and to boost fibre.

Recommended Serving Sizes:

Have two to three servings a day, one serving is 200ml.

Boost Omega-3 Fats

Open your plate up to oily fish, rapeseed, walnut oil, walnuts, flaxseeds and chia seeds to help boost Omega-3 fats. These items are loaded with Omega-3 fatty acids, which are good for your brain, heart and skin. However, if you don't eat many of these foods and think you may be lacking in Omega-3, consider taking Omega-3 supplements.

Recommended Serving Sizes:

Aim to get around a 140g portion of oily fish per week.

Good Fats

Proceed with caution with saturated fats (in foods like hard cheese, butter, pastry and cream). Unsaturated fats from nuts, seeds, coconut oil, olive oil and avocado are high in nutritional benefits, such as improving cholesterol and keeping you trim.

High fat foods are those that contain 20g unsaturated fat or more per 100g. With saturated fats, avoid anything with more than 5g per 100g.

Serving Sizes:

1 tablespoon serving size, providing 120 calories and 14g of fat

Hydrate

Make sure you're staying hydrated by drinking eight glasses of water a day. Not only will it help you avoid headaches and general fatigue, you

may sometimes mistake hunger for thirst and find yourself consuming more calories than you need. Tea and coffee in moderation are fine – but stick to a maximum of two cups a day.

Recommended Serving Sizes:

8 glasses of water a day

Two cups of tea or coffee

When hunger hits, try one of these twenty healthy snacks:

1. Mixed nuts
2. Greek yoghurt and mixed berries
3. Apple slices with peanut butter
4. Celery sticks with cream cheese
5. Cucumber slices with hummus
6. A piece of fruit
7. Hard-boiled eggs
8. Whey protein shake
9. Protein balls
10. Caprese avocado toast
11. Carrots and avocado dip
12. Sweet trail mix
13. Healthy granola
14. Egg on toast
15. Edamame with sea salt
16. Avocado chocolate mousse
17. Popcorn
18. Fruit salad
19. Crunchy mixed salad
20. Chunky vegetable soup

How to get started on your food journey...

1. Keep a food diary

Write down the food or beverage as soon as you consume it. Don't wait until the end of the day because your recollection is likely to be less accurate. [A smartphone app like MyFitnessPal can support your efforts.](#) These apps also offer information on calories and other nutrients.

2. Be SMART about your goals

Specific. Rather than simply saying, "I'm going to exercise more," you've got specify how much exercise you are going to do each week and the type of exercise.

Measurable. Put a measurement next to your goal e.g. I want to lose 1 stone.

Attainable. Set a measurable goal. E.g. Exercise a minimum of 4 days a week in tandem with a balanced diet 7 days a week.

Relevant. Exercising 4 days a week is relevant to weight loss and maintaining a healthy lifestyle! So exercising more or increasing the intensity of your workouts fits into your larger weight loss plan.

Time-bound. This is your goal for this week. It's easier to commit to a goal if you do it for a set amount of time.

3. Ditch the 'diet' mentality

Forget going on a diet and shift this mentality into living a healthy lifestyle that you are able to maintain for the long-term to achieve greater success in your Onda Coolwaves™ journey.

4. Eat mindfully

Studies show that we consume more calories when we eat mindlessly. Pay attention to every mouthful, sit at a table, use a plate and cutlery, avoid screens and chew your food.

5. Move away from 'all or nothing' thinking

If you slip up on your healthy eating and exercise, don't dwell on it. Instead, think of what you have achieved and get back on track.

6. Think positively

Don't think about all the food you can't have but rather the food you can enjoy. Make your meals exciting and delicious by adding spices, trying something new or by simply adding more of your favourite fruits and vegetables to them.

7. Avoid missing meals

Studies show that when we skip meals we can end up overeating and it's also harder to absorb all the nutrients we need.

8. Exercise

To boost the success of healthy eating, a combination of cardio and strength exercises are effective for boosting your metabolism, so that you burn more calories even when resting.

9. Don't Smoke

As well as increasing the risk of numerous health problems, smoking is estimated to age the skin by up to 20 years. Speak to your GP for help in quitting.



Breakfast Recipe...

This easy Strawberry Banana Smoothie Bowl is a simple and sweet treat! It's a healthy vegan breakfast or snack made with only a few ingredients, and you can add whichever toppings your heart desires to customise to your tastes. This recipe serves 1.

Ingredients

For the Smoothie Bowl

- 1 banana, frozen**
- 1½ cups frozen strawberries**
- ½ cup frozen raspberries**
- ½ cup silk unsweetened coconut milk**

For the toppings

- Fresh bananas, sliced**
- Chia seeds**
- Or any healthy toppings of your choice**



Lunch Recipe...

This homemade Buddha bowl is highly nutritious: It is packed with nutrition because of the balanced proportions of food groups in it. This delicious healthy Chicken Buddha Bowl combines Thai grilled chicken, spinach, quinoa, chickpeas, cucumber, tomatoes and avocado with the option to add a simple Greek yoghurt dressing. This recipe serves 1.

Ingredients

Thai Chicken Marinade

4 cloves garlic, minced
2 tablespoons chilli paste
2 tablespoons rice vinegar
2 tablespoons olive oil
1 teaspoon sesame oil
1 tablespoon fresh grated ginger

2 tablespoons lime juice
2 tablespoons honey

1 chicken breast

Bowl Contents

1 cup baby spinach
4 cherry tomatoes

1/4 avocado

1 tablespoon of chickpeas

1 tablespoon of edamame beans

2 tablespoons of cucumber chunks

35g of quinoa

The Dressing

1 clove garlic, minced

1/3 cup Greek yoghurt or a dairy-free alternative

2 tablespoons olive oil

1 tablespoon lime juice

1/2 teaspoon dried dill

Pinch of fresh cracked black pepper



Dinner Recipe...

Instead of calling the Indian takeaway, make your own easy chicken jalfrezi. This curry is also healthy, with two of your 5-a-day and a dose of vitamin C. This recipe serves 4.

Ingredients

For the Sauce

½ large onion, roughly chopped
2 garlic cloves, chopped
1 green chilli, finely chopped
Vegetable oil, for frying
400g can plum tomatoes
1 tbsp. ground coriander
1 tbsp. ground cumin
1 tsp. turmeric

For the Meat & Vegetables

2-3 chicken breasts, diced
1 tsp ground cumin

1 tsp ground coriander

1 tsp turmeric

½ large onion, sliced

1 red pepper, chopped

2 red chillies, finely chopped (optional)

2 tsp garam masala

Handful of fresh, chopped coriander leaves

200g cooked basmati rice, portioned into 50g servings for 4 people.

Onda Coolwaves™- The Results



Courtesy of Pardis Nejad, M.D.



After 2 Onda Treatments | Courtesy of Paolo Bonan M.D. and Federica Coli



After 2 Onda Treatments | Courtesy of Paolo Bonan M.D. and Federica Coli



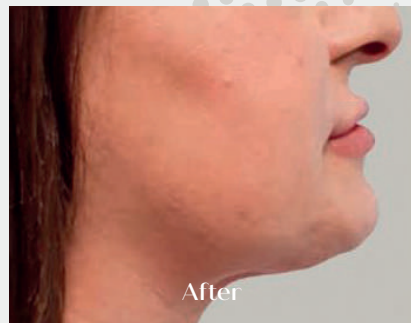
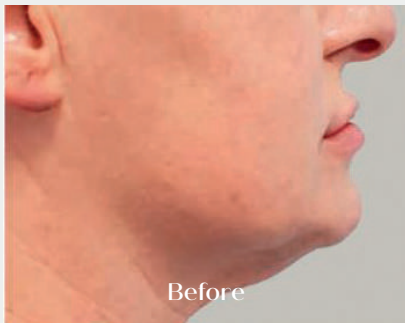
Before & After Gallery



After 2 Onda Treatments | Courtesy of Glo-Philippines



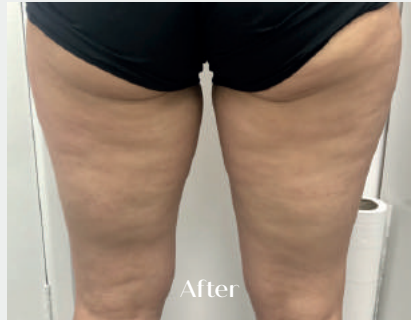
After 4 Onda Treatments | Courtesy of L'Aquila Italy



After 4 Onda Treatments | Courtesy of Benedetta Salsi M.D. Reggio Emilia



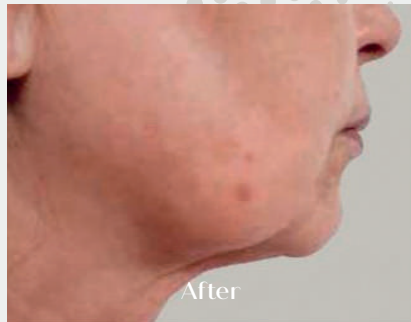
Before & After Gallery



After 2 Onda Treatments | Courtesy of The Cosmetic Clinic Poole



After 3 Onda Treatments | Courtesy of Paolo Bonan M.D.



After 4 Onda Treatments | Courtesy of Benedetta Salsi M.D. Reggio Emilia



As Seen In...

TATLER

Forbes

Daily Mail

BAZAAR

The Telegraph

Mirror

BELGRAVIA



in partnership with
DEKA
Innate Ability