

SENSICA

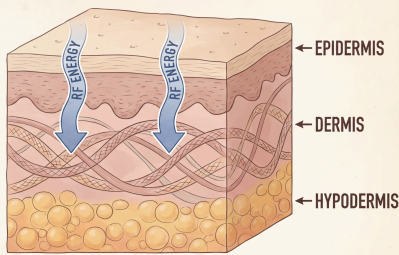
# Your 8-Week Sensifirm Guide

Everything you need to get started, stay consistent, and see results.

RF Cellulite Treatment



# What Sensifirm actually does



Sensifirm uses **LIPOTHERM RF technology** to deliver radiofrequency energy through four electrodes into the deeper layers of your skin. A built-in vibration motor provides gentle massage at the same time.

Together, these two mechanisms activate collagen and elastin remodeling, improve microcirculation, and encourage lymphatic drainage. The result is a temporary reduction in the appearance of cellulite on your buttocks, thighs, abdomen, and arms.

**Set realistic expectations.** Results are cumulative and build over the full 8-week protocol. You will not see dramatic changes after one session. Consistency is what makes RF work. Results last approximately 3 months and can be maintained with ongoing sessions.

## REALISTIC TIMELINE

### WEEK 2

#### Warming Up

Skin may feel warmer and slightly tighter after sessions. Your body is responding.

### WEEK 4

#### Subtle Shifts

Skin texture starts to feel softer and more even. Deeper work is still in progress.

### WEEK 6

#### Visible Change

Firming becomes noticeable. Cellulite dimpling may appear reduced.

### WEEK 8

#### Full Results

Clearest change. Results keep improving for weeks after the protocol ends.

*Individual results vary based on skin type, age, starting condition, and consistency. This timeline reflects the general experience of most users.*

# Before your first session

Two things must happen before you begin a full treatment: check the contraindications list, and complete a 48-hour patch test.

## Do not use Sensifirm if you:

Are pregnant or breastfeeding · Have an active implant (pacemaker, insulin pump) · Have a severe heart disorder · Have uncontrolled diabetes or thyroid disease · Have an autoimmune disorder · Have blood clotting disorders or take blood thinners · Have a history of deep vein thrombosis · Have a history of collagen disorders or keloid scarring · Have skin cancer or received radiation/chemo in the past 3 months · Have taken Accutane in the past 6 months · Have damaged, infected, or severely irritated skin in the treatment area · Are under 18

If you have permanent implants, metal plates, piercings, tattoos, or have had surgery or aesthetic procedures in the treatment area within the past 3 months, consult your physician first. See the full User Manual for the complete list.

## REQUIRED: 48-HOUR PATCH TEST

### *Do this once before your first full treatment.*

#### 1 Apply Base Gel

Apply a thin, even layer of the included Base Gel to a small area of skin you plan to treat.

#### 2 Test at Level 3

Plug in the device, select Level 3, and move it in circular or linear motions over the test area for 3 minutes. If it feels too warm, reduce to Level 2 or 1.

#### 3 Wait 48 hours

Examine the area after 48 hours. If the skin looks and feels normal (no redness, blisters, or irritation), you are ready for a full treatment at the highest level that felt comfortable.

**About energy levels:** The manual recommends Level 3 for the fastest, most even heating. Lower levels still work, they just take longer to reach the effective temperature. Use whatever level felt comfortable during your patch test.

# How to treat, step by step

Every session follows the same steps. This is your entire treatment routine.



## 1 Prep your skin

Make sure the treatment area is clean, dry, and free of moisturizers, lotions, or perfume. Remove any jewelry. Remove excess hair from the area. Never use alcohol, sanitizer, or acetone on the skin within one hour before treatment.



## 2 Apply Base Gel

Apply a thin, even layer of the included Base Gel over the entire treatment area. This is not optional. The gel ensures proper RF energy transfer and protects your skin. Without it, the treatment will not work correctly.



## 3 Plug in and select a level

Insert the power cord into the device and then plug into an outlet. Press the RF energy button to cycle through Level 1, 2, or 3. Use the level you determined during your patch test.



## 4 Treat each side for 20 minutes total

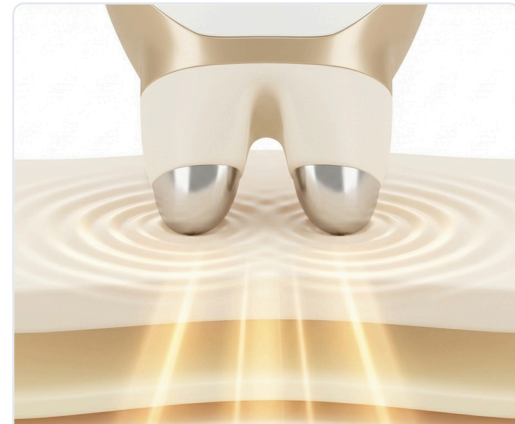
Apply the device to a palm-sized area, flat against the skin so all 4 electrodes make full contact. When the indicator turns green, begin treatment.

Work one area at a time for 5 minutes, using slow, steady circular or linear motions, then move to the next until the full treatment zone is covered.



## 5 Finish and clean

Press the energy button to turn off the device (orange light signals shutdown). Unplug after the light turns off. Wipe remaining gel from your skin and clean the device with a soft damp cloth.



## Please note

If you do not feel warmth after about 30 seconds, try focusing on a smaller area and make sure all electrodes have full skin contact. Increase the level if needed. The RF will only activate when at least two electrodes (front or rear pair) are properly touching the skin.

# Where to use Sensifirm

Sensifirm is designed for large areas only: buttocks, thighs, abdomen, and arms.

## Outer Thighs

The most common area for cellulite. Treat each side separately.

## Buttocks

Divide into upper and lower halves. Treat each side separately.

## Abdomen

Treat the lower and upper abdomen areas separately.

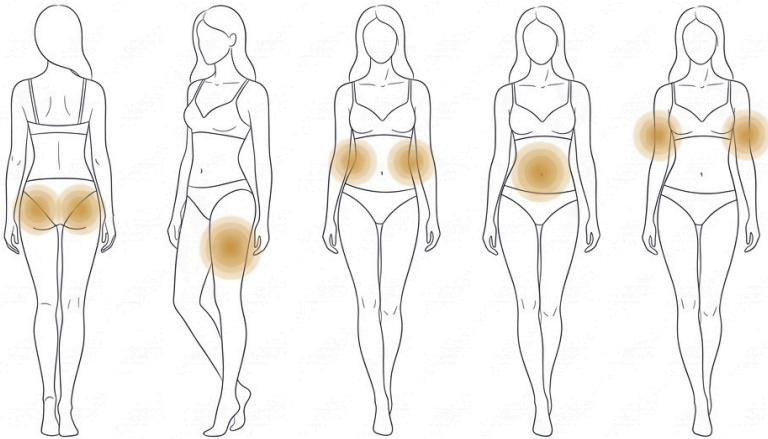
## Arms

Treat each arm separately, focusing on the upper arm area.

**How much area per session?** A 20-minute session covers roughly the size of your two palms side by side (about 15cm x 30cm / 6" x 12"). Treat one zone per sitting. Keep your motions slow, circular or linear, and overlapping.

# 5 TREATMENT AREAS.

One device. Full-body smoothing.



**Buttocks** 20 min per side    **Thighs** 20 min per side    **Waist** 15 min per side    **Abdomen** 20 min per side    **Arms** 15 min per side



## AFTER EACH SESSION

### Post-treatment care

- ✓ Wipe off remaining Base Gel from the treated area
- ✓ Apply sunscreen (SPF 30+) before any sun exposure on treated areas
- ✓ Stay hydrated throughout the day
- ✗ Avoid very hot water and harsh or abrasive products on treated areas for 2 days
- ✗ If any crusting or scabbing occurs, do not rub or scratch. Cleanse gently and pat dry.

*Mild redness or warmth after a session is normal and resolves quickly. If you experience persistent redness, swelling, blistering, or discomfort, stop treatment and consult your physician.*

# One session per zone, once a week, for 8 weeks.

That is the entire protocol. Stick to the same zones each week for consistent results. Do not treat more than once per week per zone.

Consistency is the active ingredient. The device simply provides the conditions.

WEEK	ZONE TREATED & NOTES	DONE
<b>Week 1</b>	Start with one zone. Take a "before" photo in natural light.	<input type="radio"/>
<b>Week 2</b>	Same zone, same level. Add a second zone if ready.	<input type="radio"/>
<b>Week 3</b>	Maintain your zones. Increase level if comfortable.	<input type="radio"/>
<b>Week 4</b>	Halfway. Compare to your Week 1 photo. Look for texture changes.	<input type="radio"/>
<b>Week 5</b>	Move to Level 3 if you have not already. Take a progress photo.	<input type="radio"/>
<b>Week 6</b>	Stay the course. This is typically when visible results appear.	<input type="radio"/>
<b>Week 7</b>	Do not skip this week. The final sessions matter.	<input type="radio"/>
<b>Week 8</b>	Final session. Take your "after" photo. Results continue improving for weeks.	<input type="radio"/>

## AFTER WEEK 8

### Maintaining your results

Collagen remodeling continues for several weeks after your last session. To sustain results, repeat the protocol as needed. Cellulite formation is an ongoing process, so periodic maintenance sessions will help preserve what you have built.

#### Skipping the gel

Without Base Gel, RF energy cannot transfer properly. Sessions without gel are ineffective and uncomfortable.

#### Treating too often

More than once per week per zone overworks the tissue. The weekly cadence is part of how RF works.

#### Poor contact

All 4 electrodes must touch the skin for RF to activate. If you feel no warmth or vibration, reposition the device.

#### Judging too early

RF works beneath the surface for weeks before changes are visible. Week 8 is not your final result.

# Your Sensifirm session at a glance

Tear this page out or screenshot it. This is all you need before every session.

## Your Session



### TREATMENT AREAS

Buttocks, thighs, abdomen, and arms



### FREQUENCY

Once per week, per zone



### SESSION LENGTH

20 minutes per side



### DURATION

8 weeks initial, then maintenance as needed



### GEL REQUIRED

Always. Apply before every session



### MOTION

Slow, steady circular or linear motions



### AFTERCARE

Wipe off gel, apply SPF 30+ before sun, avoid hot water for 2 days



### SAFETY CUTOFF

Built-in sensors auto-stop RF at 41°C / 106.7°F



### RESULTS

Results last approximately 3 months. Maintain with 1 session per week to preserve your results.

**Questions? Need more Base Gel?**

[support@sensica.com](mailto:support@sensica.com) · [sensica.com](https://sensica.com)

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*This guide is intended for use alongside the Sensifirm User Manual. Always follow all safety instructions and contraindications provided with your device. Individual results vary.*