PHYSIQ Frequently Asked Questions

How does PHYSIQ work?

PHYSIQ targets tissues and muscle with its unique STEP technology. STEP programs are customized sequences of timed phases of deep heat and muscle stimulation. The deep heat phase from PHYSIQ's super luminescent diode matrix (SDM) targets tissue while electrical muscle stimulation (EMS) creates muscle contractions to re-educate the muscle in the targeted area.

What should I expect before, during, and after my treatment?

BEFORE your PHYSIQ treatment, if necessary, you will want to shave the targeted area. It's a good idea to increase your water intake prior. PHYSIQ has four independent applicators that can deliver both heat and EMS. Your provider will place up to four applicators spaced along the desired area and secure them with a PHYSIQ band. There is no messy gel required.

DURING your treatment you may feel warmth at the applicator site and you will feel muscle contractions during the EMS phases. Should you feel discomfort, you may use the patient control button which adjusts the energy modulation without impacting the effectiveness of the treatment.

AFTER your treatment, it is important to massage the area with the PHYSIQ body lotion that was designed to complement your body treatment. One bottle of the PHYSIQ body lotion will allow you to continue this massage, twice daily, between treatments. The area(s) may feel warm for a few hours post treatment. Strenuous exercise and activities that raise your body temperature should be avoided for at least 48 hours.

How long is a single treatment?

The length of treatment will depend on the area being treated but on average, treatments are thirty minutes.

How many sessions will I need?

The recommendation is 5 sessions with each session spaced one week apart. EMS may be used alone to maintain results after full STEP sessions. However, everyone is different so it is important for you to talk to your provider about those areas you'd like to target and your goals.

What makes PHYSIQ a virtually pain free treatment?

First, the deep penetration of heat combined with sapphire cooling at the skin's surface leads to only a minimal increase in the temperature of the epidermis. This allows the patient to be comfortable without sacrificing efficacy. Next, the cycling between heat and EMS with STEP ensures the optimal temperature is reached and maintained throughout the treatment. Lastly, patients have a control button to make any adjustments for comfort without impacting the efficacy of the session.