

Emsculpt®

5 frequently asked questions



If your lockdown love-handles are not shrinking as fast as you'd like, then you may have taken note of the likes of Olivia Culpa and a host of NBA players singing the praises of the multi-award winning Emsculpt and Emsculpt Neo® on social media. Emsculpt muscle contraction technology has been around for a couple of years with great interest in its medical applications, and the addition of radiofrequency (RF) to the Emsculpt Neo® with improved results has been met with great enthusiasm.

Dr Kim Prescott answers some frequently asked questions.



Does Emsculpt® actually work?

Emsculpt® uses High-Intensity Focused Electro-Magnetic (HIFEM) technology to induce supramaximal muscle contractions that cannot be achieved during a workout, with the equivalent of 20 000 muscle crunches in 30 minutes. Your body metabolises fat for fuel as well as inducing apoptosis, a process which permanently destroys fat cells. The RF heat in the Emsculpt Neo® heats the muscles, allowing for more powerful muscle contractions and improved fat reduction and skin tightening. A number of clinical trials and over 30 scientific publications demonstrate an average of 25% more muscle and 30% fat reduction after a course of treatments.



Will it help me lose weight?

Many body treatments target pinchable subcutaneous fat, but it is visceral fat around the organs that drives the inflammation linked to diabetes, dementia and chronic ill-health. In addition, excess weight around your waist leads to insulin resistance which can make it much harder to lose weight. Clinical studies showed a 15% reduction in visceral fat

with Emsculpt Neo® helping to manage insulin resistance and overall health. Fat loss does not mean weight loss on a scale in every case, but treatments that reduce visceral fat can make a big difference to your healthy lifestyle programme, along with healthy eating and exercise.



Will it treat my Mummy Tummy?

Emsculpt has been shown to reduce the separation of abdominal muscles (diastasis) that can happen during pregnancy or weight gain by up to 15% (2 to 3 cm in some cases). Emsculpt Neo® will help with skin tightening too, but your doctor may suggest alternative skin treatments like RF microneedling to help with stretchmarks.

Will it treat my cellulite?

Emsculpt is renowned for the buttock lift, and you can reduce fat in the area if you want to, but cellulite is best managed as a multi-modality programme including technologies like Lipofirm or Emtone, so this would be discussed with you during your consultation.

Is there any recovery time?

You may have some redness from the warmth from the Emsculpt Neo® and you will feel like you've had a great workout, but you can exercise the same day, if you wish. Not everyone is suitable for the treatments, but that will be discussed with you during your consultation.

Dr Kim Prescott consults in Cobham, Fetcham Park House and Knightsbridge, as well as lecturing and training in Aesthetic Medicine. Emsculpt is available in Knightsbridge and the Penrose Clinic in Fetcham Park House.

This is what one patient had to say:

“I had a noticeable difference after my first treatment but by the 3rd treatment, my stomach had totally changed shape and was starting to show muscle tone. It's only 2 weeks since I finished my course, but I have gone down 2 jeans sizes, with a much slimmer waist. I can work out at a much higher intensity and amazingly, my body recovers so much faster.”

Peter, 43

For more information, please send your questions to
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