

SMARTLIPO  
*Laser Body Sculpting*

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LOOK GOOD · FEEL GOOD · BE HEALTHY

## AN INTRODUCTION TO BODY SCULPTING

*by Roberto Tostado, MD*

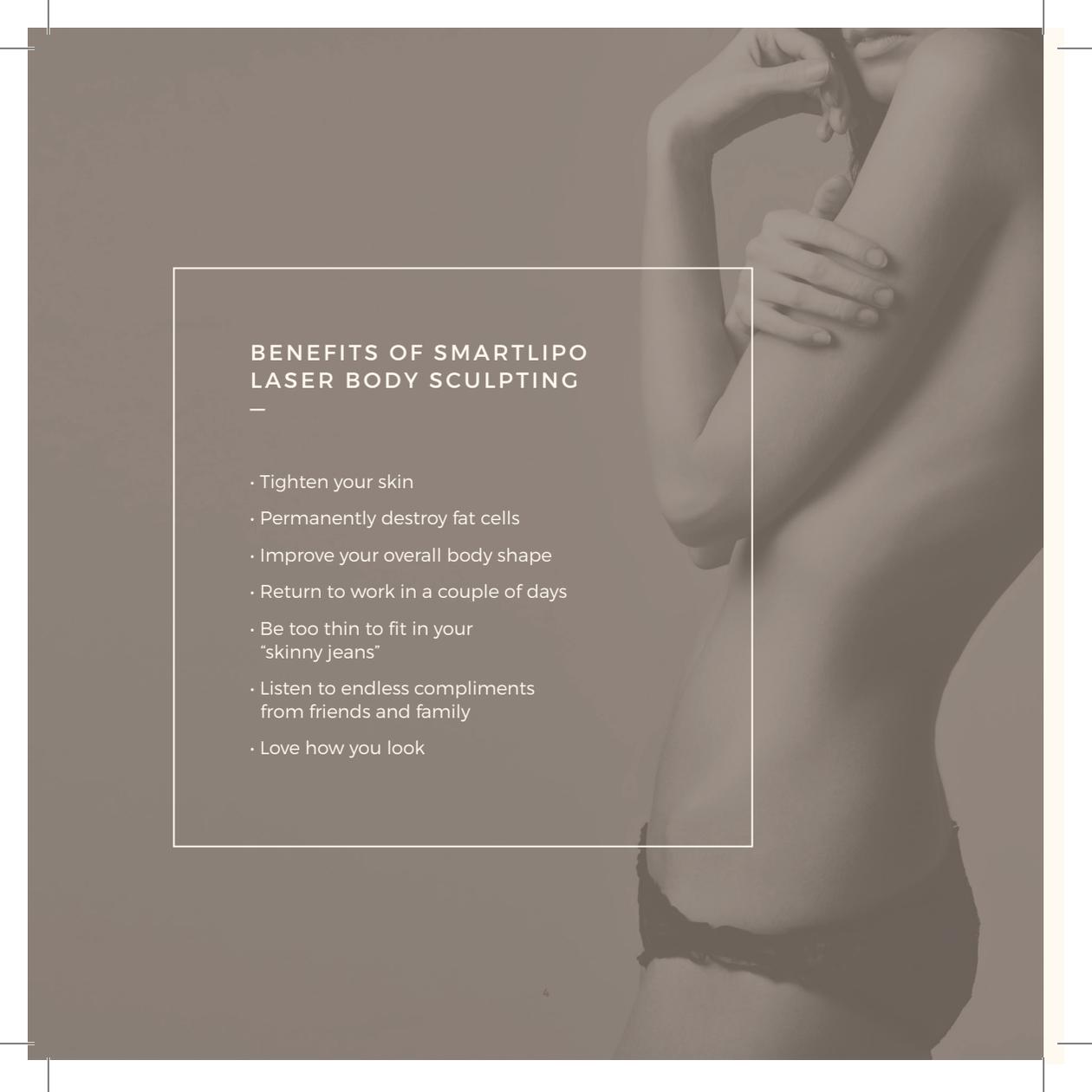
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My love for art is demonstrated through my approach to body sculpting. Like a painter in front of a canvas or a sculptor with a block of stone, I look at Smartlipo as an artistic endeavor using laser technology to sculpt the natural contours of a body for a beautiful transformation.

Throughout my years in medicine, I have always seen myself as an artist that became a doctor. My creativity and science background are fully expressed when helping clients achieve the body that they envision— a process which always involves a one-on-one collaboration with each patient in designing their ideal bodies.

I have sculpted every part of the body imaginable for many years with the same precision, artistry, and joy with each client. As one of the pioneers of Smartlipo in California, my patients have appreciated the attention and focus that I give them, devoting an entire day just for them to meticulously remove body fat and create beautiful lines and curves. As I like to say to our patients, Smartlipo at iBody isn't a medical procedure, it's a work of art.



## BENEFITS OF SMARTLIPO LASER BODY SCULPTING

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- Tighten your skin
- Permanently destroy fat cells
- Improve your overall body shape
- Return to work in a couple of days
- Be too thin to fit in your "skinny jeans"
- Listen to endless compliments from friends and family
- Love how you look

RESHAPE YOUR BODY.  
RESHAPE YOUR LIFE.

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**Whether you want to slim down, tighten up, have the body you used to have, or just look and feel better—we're here to help.**

Tired of walking on that treadmill and getting nowhere, literally? If you watch what you eat and find those extra miles are doing nothing to improve your body shape, Smartlipo may be just what the doctor ordered.

The treadmill is no match for Smartlipo, the latest innovation in laser body sculpting. Smartlipo provides maximized results for both fat removal and skin tightening. You can finally have the body you've always wanted.



A woman with dark hair, wearing a patterned one-piece swimsuit, is leaning over a large, textured block of stone. She is looking down at the stone with a focused expression. Her right arm is extended, with her hand resting on the top surface of the stone. The background is dark and out of focus, suggesting an outdoor setting at night or in low light. The overall mood is contemplative and artistic.

*"Every block of stone has a statue inside it and  
it is the task of the sculptor to discover it."*

—Michelangelo



## BEFORE AND AFTER

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## TESTIMONIALS

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*"I was frustrated for years with belly fat that wouldn't go away—despite my exercises and good eating habits. With their amazing sculpting skills, Dr T and the iBody team gave me the abdomen I have been dreaming about for a long time."*

**—Terry T**

*"I couldn't remember the last time I wore a short-sleeve dress because I hated the way my fat arms looked. It was embarrassing. The sculpting I got at the iBody was incredible, and I love how toned my arms look now. I can't wait to do my legs next."*

**—Jennifer A**

*"I have always seen myself as a bit chunky. After doing my arms, legs, and abdomen with the iBody, I went from a size 8 to a size 2 within a few months. I am enjoying my brand new body and love how I look good in everything I wear."*

**—Christina W**

*"Since childhood I've had gynecomastia—male breasts. I would wear three shirts just to hide my chest and avoided pools and beaches. Smartlipo made an unbelievable difference not just physically, but with my mental outlook. Thank you, Dr T."*

**—Anthony A**

## FAQS

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### **How does Smartlipo work?**

This laser-assisted lipolysis procedure is performed using a one-millimeter cannula (or small tube) inserted into the skin. The laser fiber inside the cannula delivers energy directly to fat cells using 2 different wavelengths, causing them to rupture and drain away as liquid. The dual wavelengths also allow for more effective tightening of your skin.

**What areas of the body can be treated?** Smartlipo is ideal for areas of skin laxity, such as the neck and arms, or for removal of fat from the abdomen, love handles, saddlebags, or inner and outer thighs.

**What are the advantages of Smartlipo over conventional liposuction procedures?**

Both treatments effectively remove fat, but conventional liposuction can leave behind unsightly pockets of skin. The Smartlipo wavelengths have been shown to increase collagen and reorganize collagen fibers to tighten and improve the quality of your skin.

### **Is there a recovery period?**

Smartlipo is a minimally invasive procedure that usually requires only local anesthesia. Some light trauma can occur, but you will be able to return to work in a couple of days and resume exercise after 2 weeks.

**Am I a candidate?** Smartlipo is designed for removing unwanted fat and tightening the skin. The ideal candidate is in good health and of normal body weight.

## ABOUT DR. TOSTADO

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Dr. Roberto Tostado has been a preeminent medical doctor for over 25 years. He is a dual board-certified physician in Family Medicine, Regenerative Medicine and Anti-Aging Medicine; a Fellow of Nutritional and Digestive Medicine from the American Academy of Antiaging Medicine; and is certified by the American Academy of Restorative Medicine. With additional specialized training in stem cell harvesting and isolation techniques from U.S. Stem Cell, he is a nationally-renowned provider of these innovative treatments.

Dr. Tostado has degrees from Columbia University and the University of Michigan, with a USC Medical Residency at the California Medical Center in Los Angeles.

In 2005 he founded the iBody, his successful private practice in San Marino, California. He chose the name iBody to reflect his emphasis on treating the entire patient, not their ailments.

A widely sought-after health expert, Dr. Tostado dedicates his practice exclusively to preventive and regenerative medicine. He is one of a new breed of doctors pioneering a unique integrative approach to health and has led thousands of patients to improved, healthier lives. His patients fondly enjoy his attitude of ease, humor and continual inspiration.





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