



LIQUID BBL 101

- A nonsurgical butt lift is an outpatient cosmetic procedure that doesn't require surgery to change the size and shape of your butt.

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WHAT IS LIQUID BBL

- The Liquid BBL is a non-surgical butt lift that uses Progesterone to enhance buttock volume and shape. This works by expanding the muscle and proliferating the fat in the area to give the results of thousands of squats instantly and it continues to grow with you.



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This Treatment is not suitable for you if you have:

- Cancer
- Heart Disease
- Liver Disease
- Kidney Disease
- Auto immune such as Type 1 Diabetes
- Asthma
- Men
- Active infection in the area
- Undergone surgery recently
- Pregnant and Breast-Feeding Mothers
- Under 21years
- Menopausal women
- Transgenders

Note: (Please report any medical condition you may have as this may make you unsuitable for this treatment .)

What does a nonsurgical bum lift do?

You might choose to get a nonsurgical butt lift if you want to:

- Plump up your butt.
- Prevent sagging skin.
- Eliminate dimples.
- Change the shape or curve of your butt.
- Experience a non-invasive procedure that meets your goals.
- Get back to your regular activities quickly (Up to 72hrs recovery time)



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Preparing for Your Liquid BBL

- CONSULTATION

Preparation for a Liquid BBL begins with an initial consultation to assess eligibility. During this meeting, an aesthetician will evaluate your health history and discuss your goals to determine if you are a suitable candidate for the procedure. Factors like overall health, skin elasticity, and personal goals will play a role in this decision. Our specialists evaluate your needs and discuss your goals.



PAYMENT AND COST

The procedure costs €2500 a session, which is 1000ml in total. However, you can choose to do less(300ml for €750).It is done over a period of 2-7 days or weekly for clients that are not in a rush.

- (For example: 1st visit on Monday for 300ml, 2nd visit on Wednesday for 300ml, etc.)

Note: A deposit is made to book an appointment.

BEFORE YOUR APPOINTMENT DAY

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1. Eat a heavy meal within an hour or two before your appointment. This will help alleviate the drowsiness you will experience during the procedure.



2. We do not recommend that you drive to your appointment. Again, because of the possibility of you being drowsy afterwards. If possible, get someone to bring you.



3. Please communicate any allergies or medical conditions such as diabetes, asthma, autoimmune disorders, kidney problems or heart problems with us as you may not be fit for this procedure. Your health will always be our priority.



4. . Do not book an appointment when you're on your period as this treatment may either cut your period short or cause you to bleed for much longer. (Could be 2 weeks even)



5. All balance must be paid in full before the session starts.



6. Wear black or dark clothing that's not tight to your appointment if possible. We don't recommend that you wear jeans or restrictive clothing.

What to expect during the procedure



1. The treatment consists of intramuscular injections that have very minimal pain levels. The procedure lasts between 45 mins to 1h 30mins minutes.



2. It is normal to feel nauseous during the procedure. This occurs in about 5% of clients and goes away shortly after.



3. It is normal to experience drowsiness during the process although it usually sets in by the time the process ends.



4. The results initially include swelling, which goes down after a week or two. However, you won't go back to the way you looked pretreatment. The final results are noticed after about 3-4 months.

AFTERCARE AND SIDE EFFECTS



• Side Effects

When performed by a qualified aesthetician and medical professional, liquid BBL is generally considered a safe procedure with minimal risks compared to surgical BBL. These side effects include:

- Temporary drowsiness that lasts 24-72hrs
- Upset menstrual cycle(This usually lasts for just the first few months and regulates itself regularly)
- Swollen feet
- Tender Breast
- Increase in Appetite
- Lumps may appear but goes away with massages.
- Migration(Migration is a possibility, but with regular massage it should resolve)
- Bruising Increases in fertility
- Allergic reactions may occur that includes itching that can lead to breaking into hives (we take precautions against this with antihistamines and hydrocortisone shots which comes at an extra charge).
- No Drinking or smoking for 2 weeks after the procedure.

Note: None of these side effects are harmful to your health.

IMMEDIATE AFTERCARE FOR LIQUID BBL

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1. (Hip Injections) Stay off your hip area for at least 3 months after the procedure. Do not lie on your sides or sleep on your hips. You can sleep on your stomach ideally and in some cases on your back.

2. (Bum injections) Stay off your Bum for area at least 3 months after the procedure. Do not lie on your bum. You can sleep on your stomach ideally.

02

2. Antibacterial cream is recommended to use on the area at least twice a day. This helps keep the area clean to prevent infections and alleviate the soreness you may experience afterwards and quickens the healing process of the bruises.

03

3. Antihistamine is recommended for itchiness Eg. (Piriton, Cetirizine, Loratadine) **DO NOT SCRATCH AS YOU MAY BREAK INTO HIVES.** Cetirizine can easily be obtained over the counter from any pharmacy. This isn't always necessary, only if you feel itchy.

Long-term Care for Optimal Results

- Caring for your Liquid BBL results over the long term ensures you maintain your enhanced appearance. Proper skincare after the treatment is vital. Keeping your skin moisturized and using products that support skin health will contribute to the longevity of your results.



MASSAGE! MASSAGE! MASSAGE!

Massage the area Professionally

- (For up to 300ml) massage twice a week for 4 weeks.
- (for up to 600ml) Massage twice a week for 8 weeks.
- (For up to 1000ml) Massage Twice a week for 3 months.
- Please Note that the progesterone may take a while to break down in your body, therefore you may experience some discomfort and lumps resurface periodically which require massaging until they go away. This is not a cause to panic. Lumps can pop up usually after about 6-8 weeks after the treatment. This means the products is still breaking down and turning into fat in your body. It can be associated with some pain; however massages must be done religiously, and they'll go away with time although it can take weeks. It's part of the process although not everyone experiences this.



FOLLOW-UP

- Follow-up treatments might be necessary to retain your desired look. Regular appointments with your practitioner to assess the effects and make and adjustments will help in sustaining the optimal appearance of your buttocks.

BALANCED DIET AND EXERCISE

- Incorporating a balanced diet and regular exercise into your daily routine can also prolong the effects of your Liquid BBL. Focus on activities that enhance muscle Building without putting undue stress on the buttocks.

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Conclusion

Choosing a Liquid BBL offers an exciting opportunity to enhance your body's appearance without the need for surgery. By understanding the procedure, preparing adequately, and following aftercare guidance, you can achieve outstanding results. The proper steps before and after treatment ensure a smooth experience and allow you to make the most of this innovative enhancement option.

