



定點解脂  
提升健康



Targeted Trimming  
Better Health

**FlatTUM**

Waist Management 腹脂控制

卓健體質提升中心  
香港中環太子大廈520室

[www.flattum.qhms.com](http://www.flattum.qhms.com) 預約及查詢：2160 5760

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Waist Management 腹脂控制

Quality HealthCare Wellness & Aesthetics Centre  
Room 520, Prince's Building, Central, Hong Kong

[www.flattum.qhms.com](http://www.flattum.qhms.com) Enquiries: 2160 5760

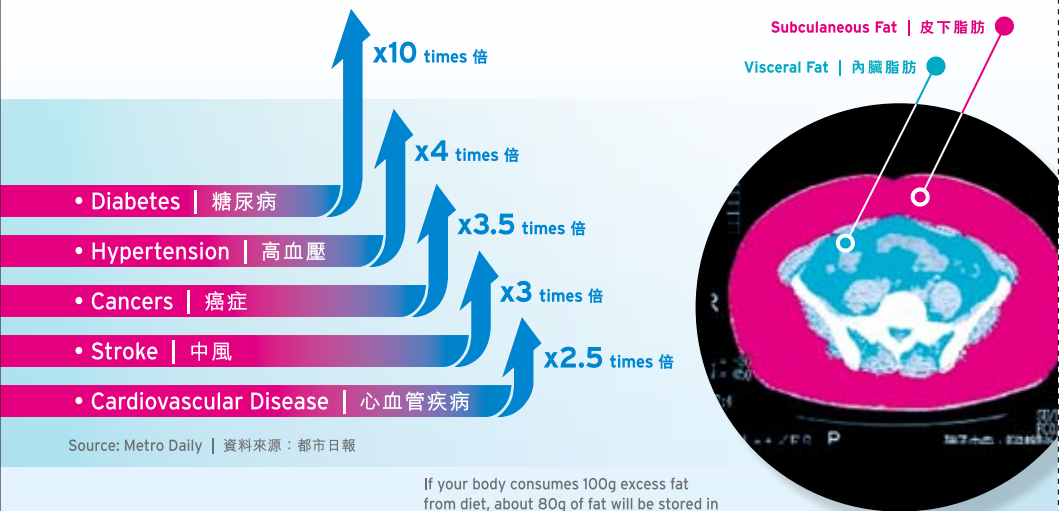
Trim your body the natural and scientific way. A scientifically proven lipolysis technique enables local releases of noradrenaline through specific stimulation of the sympathetic nerve endings. Through a safe and patented combination of ultrasound frequency and intensity, this treatment helps trim your body like no others.

獨有經科學研證的定點解脂技術，可透過專利及安全的超聲波頻率刺激交感神經末梢而局部釋放去甲腎上腺素，從而達致自然分解內臟脂肪功效。

## Visceral Fat & Associated Disease | 內臟脂肪和相關的疾病

With excessive visceral fat, the risk of development of certain disease is increased.

內臟脂肪增加罹患不同疾病的風險。



Source: Metro Daily | 資料來源：都市日報

If your body consumes 100g excess fat from diet, about 80g of fat will be stored in the abdomen which subsequently become the visceral fat.  
若人體有100克多餘的脂肪，大約80克會被儲存在腸臟，形成內臟脂肪。

## Waist Management Program | 腹脂控制療程

Step | 步驟  
1

Uses modern devices to carry out the following assessments. Report of each analysis is provided.

以嶄新儀器進行下列健康體質評估，並提供報告分析。

### 1. Visceral Fat % Analysis

內臟脂肪比例分析

### 2. Hip : Waist Analysis

腰臀比例分析

### 3. Segmental Body Fat % Composition Analysis

體重脂肪比例分析



Equipped with ViScan machine which can effectively measure Visceral Fat. The process only takes 2 minutes which is convenient and safe. 配備獨有的ViScan儀器，有效量度內臟脂肪過程只需2分鐘，安全便捷。

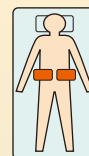
Step | 步驟  
2

Targeted trimming with ultrasound technology.

以超聲波技術進行定點分解脂肪。

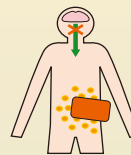
### Ultrasound Lipolysis Mechanism

嶄新超聲波定點解脂技術



Composes of 10 minutes of treatment per session for each treated zone, stimulating only the sympathetic nerve endings of the treated zone

10分鐘的超聲波定點解脂療程，以超聲波技術刺激治療部位的交感神經末端



The treatment bypasses the central nervous system and locally facilitates the release of noradrenaline, with which the fat of the treated zone is converted to FFA (Free Fatty Acids) and Glycerol, which in turn is consumed by passive exercise through a toning machine

繞過大腦中樞神經系統，已能釋放去甲腎上腺素，將脂肪分解為游離脂肪酸及甘油，然後再利用先進儀器，將游離脂肪酸及甘油消耗

### Targeted Trimming

達致局部解脂的效果

Step | 步驟  
3

Employs passive toning exercises (Power Plate) designed by registered physiotherapist.

Through the exercises, targeted fat is consumed naturally.

由註冊物理治療師設計一套被動式塑造線條運動 (Power Plate)，自然消耗脂肪。

Case | 個案

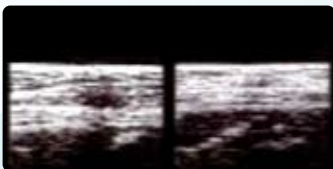
1

### Upper Abdomen | 上腹部位

42 years old | Female | BMI = 22.8

42歲 | 女性 | BMI值為22.8

- Front abdominal treatment: 10min/site
- 20min Passive Toning Exercise (Power Plate)
- 12 sessions / 4 weeks
- 前腹治療：10分鐘/部位
- 20分鐘被動式塑造線條運動 (Power Plate)
- 4週內12次療程



Subcutaneous Fat Thickness from 17mm to 12mm, reduced 5mm  
皮下脂肪厚度從17mm減至12mm，縮減了5mm



Circumference at upper tummy from 74.1cm to 68.8cm, reduced 5cm; waist from 70.4cm to 67.2cm, reduced 3.2cm  
上腹圍從74.1cm減至68.8cm，縮減了5cm；腰圍從70.4cm減至67.2cm，縮減了3.2cm

Case | 個案

3

### Cellulite | 大腿及臀部

Female | Normal Meals | No Supplements

女性 | 正常飲食 | 無輔助治療

- Upper back thigh just under hips treatment: 10min/site
- 20min Passive Toning Exercise (Power Plate)
- 後大腿上臀部下部位位置治療：10分鐘/部位
- 20分鐘被動式塑造線條運動 (Power Plate)



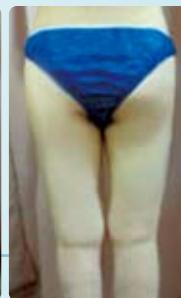
Before Treatment  
治療前



After 9th Sessions  
第9次治療



After 17th Sessions  
第17次治療



After 27th Sessions  
第27次治療

Case | 個案

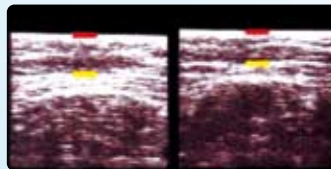
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### Abdomen | 腰腹部位

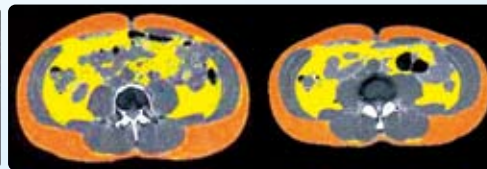
56 years old | Male | BMI = 25.4

56歲 | 男性 | BMI值為25.4

- Front abdominal treatment: 10min/site
- 20min Passive Toning Exercise (Power Plate)
- 11 sessions / 4 weeks
- 前腹治療：10分鐘/部位
- 20分鐘被動式塑造線條運動 (Power Plate)
- 4週內11次療程



Subcutaneous Fat Thickness from 19mm to 15mm, reduced 4mm  
皮下脂肪厚度從19mm減至15mm，縮減了4mm



Subcutaneous Fat Area (orange area) from 141.6cm<sup>2</sup> to 123.2cm<sup>2</sup>, reduced 18.4cm<sup>2</sup>;  
Visceral Fat Area (yellow area) from 114.8cm<sup>2</sup> to 86.2cm<sup>2</sup>, reduced 28.6cm<sup>2</sup>  
皮下脂肪面積 (橙色範圍) 從141.6cm<sup>2</sup>減至123.2cm<sup>2</sup>，縮減了18.4cm<sup>2</sup>；  
內臟脂肪面積 (黃色範圍) 從114.8cm<sup>2</sup>減至86.2cm<sup>2</sup>，縮減了28.6cm<sup>2</sup>



Circumference at umbilicus level from 91.1cm to 86.6cm, reduced 4.5cm  
肚臍處圍長度從91.1cm減至86.6cm，縮減了4.5cm