

YOUR TREATMENT PROGRAMME

Most clients achieve optimal results with a course of 4-6 sessions, delivered at a rate of 2 sessions per week. Each session lasts just 30 minutes.

Results continue to develop in the weeks following your final session as the body completes its natural fat elimination process and muscle tone continues to strengthen.

A personalised programme will be designed for you at your consultation.

IS EMSculpt NEO RIGHT FOR YOU?

EMsculpt Neo is suitable for most adults - whether your goal is aesthetic improvement, athletic performance, or rehabilitation and recovery. It is not suitable for everyone.

Our Clinical Nurse Specialist will carry out a full suitability assessment at your consultation before any treatment begins, ensuring your safety and the best possible outcome.

DELIVERED BY A CLINICAL NURSE SPECIALIST

Every EMface treatment at Neuromed Clinic is delivered by a qualified Clinical Nurse Specialist - ensuring the highest standard of clinical care, personalised assessment and safe, evidence-based practice throughout your treatment journey.

READY TO FIND OUT MORE?

Speak to one of our team today to book your EMsculpt Neo consultation. Consultations are €50, fully redeemable against the cost of your treatment.

For more information, visit

[NEUROMEDCLINICIRELAND.IE](http://neuromedclinicireland.ie)

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EMSCULPT NEO®

**LESS FAT.
MORE MUSCLE.
NO SURGERY.
NO DOWNTIME.**

EMsculpt Neo is the world's first and only non-invasive treatment to simultaneously reduce fat and build muscle - used by elite athletes for performance and recovery, and by people everywhere who want to look and feel their best.

30%

REDUCTION
IN FAT

25%

INCREASE IN
MUSCLE TONE

30

MINUTES

PER SESSION,
NO DOWNTIME



HOW IT WORKS

EMsculpt Neo combines two clinically proven technologies in a single treatment.

Radiofrequency (RF) energy heats and disrupts fat cells beneath the skin, which the body then naturally eliminates over time. Simultaneously, High-Intensity Focused Electromagnetic (HIFEM) technology triggers supramaximal muscle contractions - contractions so deep and intense they are impossible to achieve through voluntary exercise alone.

The result is a measurable reduction in fat and a significant increase in muscle mass and tone, delivered in just 30 minutes with no recovery time required.

To put the intensity into context - a single 30-minute abdominal session is the equivalent of performing 20,000 crunches - making it one of the most effective muscle-stimulating treatments available anywhere in the world.



FOR BODY SCULPTING & CONTOURING

SCULPT, TONE AND REDEFINE YOUR BODY

Whether you want to reduce stubborn fat, define your waist, strengthen your core or tone your arms and legs, EMsculpt Neo delivers clinically proven results across multiple areas of the body - without surgery, needles or any disruption to your daily life.

It is particularly effective for those who are already active but find certain areas resistant to exercise, as well as those looking to restore tone and strength at any stage of life.

TREATMENT AREAS

EMsculpt Neo can be applied across multiple areas of the body including the abdomen and core, arms, thighs, calves and buttocks.

Our Clinical Nurse Specialist will assess your individual goals and recommend the areas and approach best suited to your body and desired outcomes.

KEY BENEFITS

DUAL-ACTION TECHNOLOGY

Reduces fat and builds muscle simultaneously in a single 30-minute session

NO DOWNTIME

Walk in, walk out - return to your day immediately after treatment

20,000 CRUNCHES PER SESSION

Reduces fat and builds muscle simultaneously in a single 30-minute session

ALL BODY TYPES

Effective across a broad range of body types and treatment areas



FOR ATHLETIC PERFORMANCE & RECOVERY

TRUSTED BY ELITE ATHLETES

EMsculpt Neo is currently used by the Belfast Giants ice hockey team as part of their professional physical conditioning and recovery programme.

During a demanding season, the technology helps players maintain peak muscle performance, support recovery between games and training sessions, and protect against injury by strengthening the deep stabilising muscles that are critical for power, speed and resilience on the ice.



This is EMsculpt Neo in its functional medicine capacity – not simply as a body contouring treatment, but as a serious rehabilitation and performance tool trusted by professional sports teams.

REHABILITATION & FUNCTIONAL RECOVERY

Beyond elite sport, EMsculpt Neo has an important role in rehabilitation and functional medicine.

It can be used to rebuild muscle mass following injury, surgery or periods of inactivity, to support recovery from musculoskeletal conditions, and to restore strength and function in patients who are unable to exercise at full capacity.

Our Clinical Nurse Specialist will assess whether EMsculpt Neo is appropriate as part of your recovery or rehabilitation plan.

KEY BENEFITS

MUSCLE BUILDING

Stimulates contractions more intense than any voluntary exercise, building strength and power

RECOVERY SUPPORT

Aids muscle recovery between training sessions without additional physical strain

CORE STABILITY

Strengthens deep core muscles vital for injury prevention and on-ice performance

TRAINING EFFICIENCY

Supplements conditioning programmes in just 30 minutes per session

