

Client Procedure Guide

Thank you for selecting UltraSmooth™ for your cellulite reduction! We appreciate your business and will help you to succeed.

UltraSmooth™ is painless, noninvasive, and dramatically effective. We use a special type and dose of green light, combined with kinetic energy and compression garments, as the mechanism of action to effect natural cellular response in the skin and fat to shrink fat cells while relaxing the connective bands which naturally results in remarkably smoother skin.

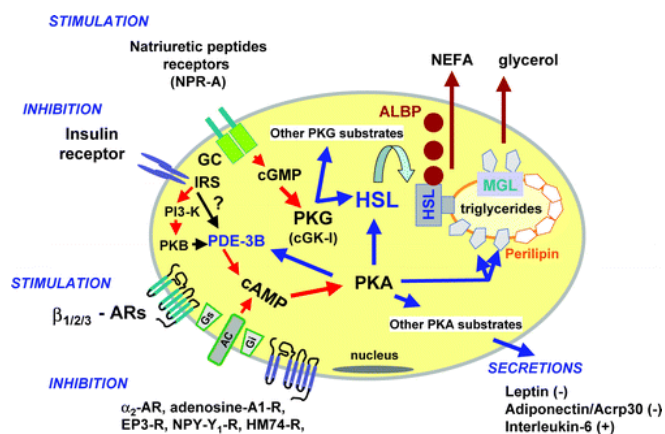
With six treatments over two weeks, ladies enjoyed dramatic results, significantly improving the appearance of cellulite. In clinical trials recorded at ClinicalTrials.gov (NCT03647748), patients had an average cumulative loss of 2.67 inches of circumference after a regimen of six treatments. UltraSmooth™ patients continued losing inches for at least two weeks after treatment, with an average continued loss of an additional 1.20 inches for a total average inch loss of 3.87 inches.

Our co-founder Terry J. Ward, M.H.A. invented this unique method of cellulite reduction in 2018. Using only phototherapy treatments, UltraSmooth™ is the best noninvasive cellulite reduction treatment. Other body contouring technologies kill fat cells with extreme cold, heat, radio waves, or ultrasound. Those cell-killing technologies take months to show results, which are underwhelming, and risk a long list of side effects and adverse outcomes. UltraSmooth™ has faster results and no side effects.

UltraSmooth™ devices are manufactured by Ward Photonics LLC in Cocoa Beach, Florida. The FDA has cleared the devices for cellulite reduction (K180338). The United States Patent and Trademark Office has awarded two patents and related patents are pending in 146 countries.

How Does UltraSmooth™ Work?

We trademarked the term “UltraSmooth” to describe our unique phototherapy, as heat is not part of its action mechanism. The cascading photochemical mechanism operates at the cellular level and is extremely complex:



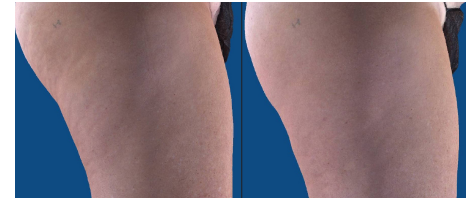
There are no needles, no incisions, and no recovery time. Our technology is based on modulating a specific type of narrowband non-coherent light. The modulated light tricks the mitochondria in the nucleus of the fat cell into creating a transitory pore in the cell membrane, allowing the fatty acids and triglycerides to escape into the interstitial space. The liberated fat cell contents are then drained by the lymphatic system and processed by the liver and kidneys as part of the body’s normal course of detoxification. The pore in the fat cell will close in about 48-72 hours and the liberated contents will be expelled in the client’s waste over the next few days.

Program Description

First, we develop an individualized care plan to achieve your specific goals. Your care plan may include a series of UltraSmooth™ cellulite reduction treatments, targeted kinetic vibration, hydration, a compression garment, and nutritional supplements.

UltraSmooth™ may be used several times a week. Every other day is preferred for most patients. In this example, the patient had six treatments, three times a week, and the smoothing of the skin, as well as the lifting of the buttocks is significant. Some patients will see more prominent results, some less.

Phototherapy requires **good general health** and that the ability to process waste is not impaired. If you have liver, lymphatic, or kidney problems, or have any serious medical condition, ask your doctor before beginning phototherapy. Do not start phototherapy if you are photo-sensitive or take a photo-sensitive medication. Phototherapy is not for those who are pregnant or trying to become pregnant.



Optimize Results

To optimize results, we have designed a program that ensures that the body of the client is given every chance to process the liberated fat, and that the smoothing effect is maximized. The program is recommended, but not mandatory, and includes:

1. **Nutritional Supplements** aid in the natural detoxification process. We suggest time-release non-flush 500mg Niacin for once daily use, along with 1000 mg of Milk Thistle taken twice daily. If you have health problems or take medications, always check with your pharmacist or doctor before taking any nutritional supplements.
2. **Hydration** is key to optimal cellular function and critical to the success of this procedure. Clients should:
 - a. Drink a minimum of 64 oz. of water each day (two liters). It is recommended you drink eight 8 oz. glasses of water throughout the day to maximize the body's hydration level.
 - b. We recommend that you discontinue the use of coffee or other caffeinated beverages during the course of the program because they are diuretics and cause dehydration. If you feel that you must have coffee, please keep your intake to a minimum. To compensate, drink an amount of water twice as much as the amount of coffee you drank (for instance, if you had one cup of coffee, you should drink two cups of water to re-hydrate your system). This is in addition to the eight 8 oz. glasses of water you should drink each day.
 - c. Each drink of alcohol limits your liver's function, making it unavailable for processing your liberated fat. Try to keep your alcohol consumption to an absolute minimum (complete abstinence would be preferable). For best results, avoid alcohol, fatty foods, ibuprofen, acetaminophen, and other substances which put a strain on your liver.
3. **Lymphatic Stimulation** - The fatty material released by the fat cells will be processed by the lymphatic system. It is therefore critically important to help promote lymphatic system mobilization. There are several ways through which this may be achieved: the most basic and effective is light to moderate activity. You should maintain a regular workout routine consisting of walking for 30 minutes every day or the equivalent. Light exercise at the gym will also be beneficial, as will a series of lymphatic massages (typically on the day following each treatment). Strenuous exercise is not recommended as it reduces the hydration of the client. Massaging the treated areas is also helpful. We offer whole-body vibration therapy, which has been shown to achieve significant lymphatic stimulation, as well as targeted impact massage.
4. **Compression Garment** - Wearing a compression garment will also help the lymphatic system process the liberated fat and reshape the body. We recommend that you wear a compression garment such as embolism pantyhose, a girdle, corset, Spanx or UnderArmour as tight as can be tolerated, as many hours a day as can be tolerated. We offer compression garments for ladies and gentlemen.

We recommend that hydration and nutritional supplements begin a week before you start treatments and continue through the treatment period and for one week thereafter. We recommend that you massage the fat tissue during the 48 hours following each treatment. We recommend that compression garments should be worn 8 hours a day from the day of the first treatment until one week after the final treatment.

What You Can Expect

The **UltraSmooth™** protocol yields visibly impressive results in only two weeks. Expect to see slight inch loss from the treated areas after the six treatment regimen, as well as visible reduction in cellulite. As with any procedure, results will vary and may be more dramatic from one client to the next.

Your Treatments, Step-by-Step

Before your first treatment and at your follow-up visit one week after your last treatment, your photos will be taken and recorded to track your success.

1. Before your first treatment:
 - a. "Before" photos will be taken.
 - b. Our staff will ask about your dietary habits and emphasize the need for a balanced, low-fat, diet.
 - c. Our staff will also discuss the need for mild physical activity and ask you to commit to, at minimum, walking 30 minutes each day.
 - d. All subsequent appointments are scheduled.
2. You will then receive your first treatment:
 - a. You will disrobe, leaving on undergarments to cover the areas that are not to be treated (such as a full-coverage bra). Cover the areas where the fat is to remain and expose to the light the areas where the fat is to be drained. ***The light is much less effective through a client's clothing.***
 - b. The certified technician will position and direct the light at the target areas.
 - c. After the exposure, an impact massager is applied to the treated area and you will be asked to wear a compression garment.
 - d. Each treatment session is scheduled for at least one hour, which includes treatment time, dressing/undressing, etc. UltraSmooth™ treatments are 20 minutes per exposure, plus five minutes of percussion massage.
3. We recommend that wearing a compression garment until a week after the final treatment. At each subsequent treatment:
 - a. Our staff will talk with you about compliance and positive reinforcement used to ensure future adherence to the program.
4. At the one-week follow-up session:
 - a. "After" photos will be taken.

NO CHARGEBACKS: IF YOU PAY BY CREDIT OR DEBIT CARD, THEN YOU HEREBY AGREE THAT YOU WILL NOT CAUSE A CHARGEBACK FOR ANY REASON AND THAT YOU WILL INDEMNIFY AND HOLD US HARMLESS AGAINST ALL COSTS INCURRED. YOU AGREE TO REPAY THE ENTIRE CHARGEBACK AMOUNT PLUS FIVE THOUSAND DOLLARS LIQUIDATED DAMAGES AND ALL LEGAL FEES AND COST INCURRED TO SUE YOU AND COLLECT THE CHARGEBACK, LIQUIDATED DAMAGES, AND/OR LEGAL FEES AND COSTS.

Informed Consent: The UltraSmooth protocol includes the use of a specific type and dose of green light emitted from a phototherapy system which is FDA-cleared to treat the skin with 114.12 Joules/cm² emitted 5 cm from the skin for 20 minutes for each cellulite reduction treatment.

I understand this is an elective, cosmetic procedure and that the prescribed series of treatments is required to achieve desired results. I ASSUME ALL RISKS AND ACKNOWLEDGE THAT NO GUARANTEE HAS BEEN MADE TO ME CONCERNING THE RESULTS OF THIS PROCEDURE. I understand that I must follow the pre- and post-treatment regimen. Failure to follow the outlined Client Protocol may result in failure to achieve the desired results. I am not now, and do not expect to become pregnant during the course of my treatment. The staff has explained the procedure and its risks, benefits and alternatives, including not doing the procedure, and have answered all my questions.

I have received a copy of this document and have received satisfactory answers to all of my questions. I consent to treatment, and agree to the terms herein. This is the entire agreement.

Client Name

Location

Client Signature

Date

Provider Signature

Date