

B O D Y

Dr. Linde is an **international beauty expert** and an acclaimed keynote speaker at conferences all over the world. He is specialized in the **treatment of fat pads, wrinkles and transformations of the skin** with the latest, most innovative technologies. Dr. Linde trains doctors in his **international Academies** and enjoys passing on his knowledge as well as his experience in the field of aesthetics.

Every year, Dr. Linde performs approximately **700 vein surgeries, 650 liposuctions** and **2000 face treatments with botulinum toxin/filler**.

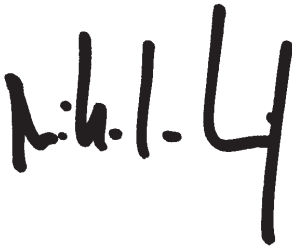


Following the motto “Innovation and Experience make the Difference”, the latest technology enables us to help you meet your aesthetic wishes — quickly, easily, minimally invasive and without any significant side effects at a fair price.

We invite you to a free consultation to determine a personal and customized treatment plan based on your needs.

Your comfort and absolute satisfaction is our highest priority, to exceed your expectations is our daily aim.

We look forward to seeing you!

A handwritten signature in black ink, consisting of the letters 'N', 'I', and 'L' separated by dots, followed by a large, stylized flourish that resembles a '4' or a similar character.

Dr. med. Nikolaus Linde & his Team

Body Sculpture: Permanent Removal of unwanted Fat Pads

Body Sculpture is the permanent removal of unwanted fat pads. The distribution of fat in the human body is determined primarily by heredity and diet. There may be cases, where the fat distribution in a woman results in a thin waist and thin arms but disproportionately large fat deposits in the buttocks, the upper as well as lower leg. Diet and exercise do lead to a reduction in fat mass in each fat cell, but have no effect on the distribution of fat cells.

The latest, innovative technologies nowadays offer simple and fast solutions with virtually no side effects.



BODY SCULPTURE WITHOUT SURGERY

Liposonix®

Ultrasound energy is combined to target and remove specific fat areas underneath the skin using point exact heating which usually removes the fat in one single session, without any surgery or injection. The result is permanent, the fat does not come back.

Liposonix® operates at a depth of 0.6 cm to 2.8 cm underneath the skin surface. The treatment apparatus is placed on the desired body region and initially produces a feeling of cold. In the further course, depending on the sensitivity, a slight tingling sensation might be perceived. The ultrasonic energy melts the fat, which is then degraded by the natural healing mechanisms of the body before being decomposed.

It may take up to 8-12 weeks for the final result to be visible, the average size reduction is 5-8cm. Only one treatment of 30-50min is necessary.

Cavitation

While Liposonix® melts the fat in a single session (slightly uncomfortable, expensive treatment), Cavitation with Accent® Ultra is a much gentler alternative. For this treatment, several sessions are necessary for optimal results.

Through a combination of specially-connected sound and pressure waves, fat cells are exposed to high-and-low pressure, heat-and-cold in quick succession. The cell membrane surrounding the fat cell bursts due to the strong vibrations, releasing stored fat acids. One part is degraded by the lymphatic system and metabolism in the liver, another part is locally digested by the body's own cells. This is also the reason why it takes some time after each treatment until the result is visible.

The treatment is painless and lasts 30-60min. There are no side effects or contraindications, daily activities may be carried out immediately after Cavitation.

Cryolipo®

Cryolipo® is a brand new method used to destroy fat cells through a combination of controlled cooling and laserlight. This method removes fat and simultaneously tightens the skin without undergoing invasive surgery.

The principle of Cryolipo® is based on the observation that fat cells are sensitive to cold stimuli. A special treatment apparatus cools the area to be treated and exposes it to a laser powered LED. Through this process, fat cells solidify. The body's own healing mechanism then perceives the fat as a foreign entity and subsequently degrades it slowly. The effect of the LED laser light enhances the degradation of fatty tissue and tightens the skin at the same time. Once degraded, fat deposits do not rebuild, the fat cells are permanently destroyed.

The surrounding skin and muscle tissue will not be damaged in this process.

The end result may take 2-4 months, in some cases the results may appear even earlier. As a rule, the removal of approximately one third of the fat layer can be expected. As the treatment apparatus spreads the cold, the laser pulses evenly throughout the tissue. The treated area will always be homogeneous and dentless.

BODY SCULPTURE WITH NON-INVASIVE SURGICAL METHODS

Smooth Lipo®

Dr. Linde's goal is to remove resistant fat deposits as gently as possible, without damaging healthy tissue structures.

The experience of over 10 years and thousands of liposuctions builds the foundation for his patented Smooth Lipo® technique. First, a modified tumescence solution consisting of homoeopathic ingredients is injected under the skin ("Ultra Wet Method"), making the fat cells burst. Using very thin needles, the tumescence solution together with the fat will then be extracted. These micro-needles are only 1-3mm thin and able to remove subcutaneous fat without destroying healthy tissues. The cuts are minimal (1-2mm) and as good as invisible afterwards. Depending on the body zone, the treatment will be performed with the patient standing or lying down.

Smooth® Lipo is performed under local anesthesia and has virtually no side effects or risks. The patient can go straight home after the treatment and is able to work the next day.

LIPOMAX®

LIPOMAX® combines the advantages of Smooth Lipo® with the latest innovations of tissue tightening. During liposuction, the tissue will be heated using radio frequency (BodyTite™), leading to a tightening of the tissue that is revolutionary.

The result is permanent. Even if the patient is to put on weight again, the newly created body proportions will be preserved.

Treatment of Cellulite and saggy Skin

80% of all women suffer from cellulite. Cellulite is the result of fat cells in subcutaneous adipose tissue. As these fat cells push through the connective tissue, it creates an irregular relief under the skin. The vast majority of women over 20 years are affected by cellulite.

Dr. Linde is specialized in treatments against cellulite as well as the strengthening of the connective tissue. It is often necessary to combine several methods. Based on a comprehensive anamnesis, a clinical examination as well as the results of a Thermolipo, individually tailored treatment plans are set up for each individual to guarantee best results.

CelluTite™

CelluTite™ is a new, painless method that significantly improves cellulite while tightening the skin in a single session. In a small, non-invasive surgical procedure, the subcutaneous tissue is heated using radio frequency, leading to the formation of collagen tissue. At the same time, the “contraction” of subcutaneous connective tissue structures leads to a skin tightening effect.

Lipotightening

Lipotightening is also called a “facelift without scalpel”. The skin is irritated using suction cannulae, resulting in a tightening of the skin tissue. The results are usually visible after a few weeks, depending on the area. In some areas such as the chin or the neck, final results make take up to 7 or 8 months. The treatment is risk-free and shows spectacular results — especially on the neck. Lipotightening is often combined with Deep Meso®.

Endermologie

Endermologie LPG® is the most advanced, medically controlled method for solving your cellulite problems. Main component of the therapy is a special massage of problem areas using LPG technology. The skin is first “sucked” into a vacuum and then massaged simultaneously by two massage rollers.

Depending on the extent of the problem areas, approximately 14 sessions are necessary. At the first meeting, you will consult our doctor. Results will be collected and documented, a treatment plan will be created. The therapy is monitored by a trained therapist, usually 1-2 sessions per week à 35min each are recommended. In addition, you will receive detailed instructions for additional measures such as weight reduction/control, special creams, sport programs etc., which are all important for long-term success. The treatment is completely painless, and the results are spectacular — even in elderly patients.

LPG is the first consistently effective therapy for the treatment of cellulite as well as other connective tissue problems. It is now recognized as the standard treatment for cellulite worldwide.

Besides cellulite, the following **problems** can be successfully treated:

- scars
- lymphatic congestion
- skin induration
- problem areas due to overweight

Mesotherapy/Deep Meso®

Using Deep Meso®, Meso Shaping or Mesotherapy, a mixture of enzymes and vitamins is introduced under the skin in extremely small doses by means of multiple micro-injections. This stimulates the microcirculation under the skin, resulting in a maximum increase of lymphatic reflux — edema disappear, cellulite slowly degenerates.

Through carefully selected mixtures placed directly under the skin, it is possible to tighten sagging skin or even make small to large fat deposits disappear without any side effects. Skin tightening therapies require treatments every 2-4 weeks, a single treatment is often enough for the removal of fat pads.

Accent® Ultra

Accent® Ultra is the result of a continuous development of radio frequency and ultrasound technology. Finally, results are possible which could previously only be achieved through expensive operations.

The Accent® mechanism uses radio frequency to create a movement of water molecules in the treated skin areas. The rotating water molecules cause a mechanical effect which is converted to heat. This heat reaches up to 15mm underneath the skin, stimulating the growth of collagen as well as elastic connective tissue fibers.

Important: The skin tightening process takes time. Even if changes in the body can be felt immediately after the treatment, the final result takes a few weeks to be seen. About 2-6 treatments are necessary for optimal and lasting results.

Carboxytherapy

Carboxytherapy, the application of medical carbon dioxide (CO₂) in the subcutaneous adipose tissue, is a common treatment in Italy as well as Latin America. Using very thin needles, the medical CO₂ is injected into the cellulite or fat. The gas is distributed in the subcutaneous fat tissue, enhancing microcirculation (warmth), causing venous and lymphatic drainage in the tissue.

Carboxytherapy is very effective, 4-6 treatments every week guarantee optimal results.



HCG Diet

The **HCG Diet**, also known as the “Hollywood Diet”, has been developed by Dr. Simeons, a British doctor in the 60s. During his research in famine areas, Dr. Simeons made a stunning discovery: no matter how malnourished a pregnant woman is, she will always give birth to a baby with a normal weight. Certain hormones and changes in metabolic state ensure that the woman’s very last fat deposits melt in order to give the new life as much energy as possible. What is interesting is that the face and breasts of the woman are always spared from the weight loss.

The HCG Diet permanently reduces fat tissue without surgery. Through a combination of hormones (daily intake of the pregnancy hormone HCG) and a simultaneous strict diet (protein, vitamins and vegetables), a weight loss of 5-10kg can easily be achieved within 4 weeks.

The HCG Diet leads to a permanent change in eating behavior which explains the sustainability of success. Weight and volume reduction occurs exclusively in desired zones, in this case on the legs. The patient will not lose volume in the face or the female breast.

The HCG diet works for men as well as women. For optimal results, a combination with Endermologie is recommended.

Breast Modeling

New methods such as Macrolane™ replace expensive operations and allow new dimensions of breast modeling.

We are happy to advise you. It is our daily aim to help you obtain the body of your dreams — for a new life filled with confidence and enthusiasm for your own body.

BREAST ENLARGEMENT

Autologous Fat

Breast augmentation with autologous fat has been developed in recent years as an alternative to breast enlargement with implants. The consistency of the breast does not change after autologous fat enlargement, since it is grafted of the same material that is already present in the breast: the body's own fat.

This treatment can be performed without anesthesia. There are no scars, because the fat is injected into a small hole on the side of the chest. Fat, once grown into the breast, will remain there for life. In over 60% of patients, a permanent enlargement effect can be seen. In the remaining cases, the implanted fat from the body is rapidly degraded, and a new treatment becomes necessary.

The breast augmentation with autologous fat is not recommended for women who want very big breasts. In these cases, a silicone implant or Macrolane™ should be considered.

Macrolane™

Macrolane™ consists of the filling substance hyaluronic acid and is used for contouring body areas. Macrolane™ is most commonly used for breast enlargement in women, shaping of the buttocks as well as building chest and arm muscles in men. Increasingly, the substance is also used to rebuild the genital area of women and men.

Macrolane™ is a minimally invasive and gentle treatment that can be carried out during a lunch break.

The enlargement of the female breast is the most common application of Macrolane™. An enlargement of one to two cup sizes is the rule. The better the

shape of a breast, the more beautiful the result will be. If breasts are “empty” or sagging, it is unfortunately not possible to transform them. In these cases, only implants will help.

Macrolane™ is injected in a brief, outpatient session. To make the procedure completely painfree, a weak anesthetic is used which makes you tired for a few minutes. The patient can decide during the operation, whether he or she is satisfied with the results or wants more volume.

The treatment usually takes 15-30 min, and the result is visible for at least 12 to 18 months — the body will slowly degrade Macrolane™ afterwards. In general, 50% of the volume will still be visible after 1 year, but the durability depends on each individual. A refresher treatment should be considered after 1 year to achieve perfect results.

Implants

It is very important to us that you feel comfortable at all times. We provide comprehensive information about various options of breast augmentation and take the time to answer all the questions that you might have. Such a decision is not easy. Before you decide on surgery, you want to remove all your doubts, consider alternatives and assess the success chances of an operation. We will guide you through every step.

A breast implant is a silicone shell that is usually filled with silicone gel. In the past, liquid silicone was used. Nowadays, surgeons use a cohesive silicone gel that cannot leak. Depending on the consistency of the breast tissue, the patient can choose between a round implant or an anatomical implant with a teardrop shape. In a next step, the exact implant size, thickness and width have to be adjusted so that your chest looks as natural as possible. It is of great importance to us to explain all the products available on the market together with their quality/durability/warranty (as well as the associated costs) to you.

Breast enlargement surgery should always be performed in a clinic by an experienced surgeon. Dr. Linde collaborates with Dr. Richter; a specialist in Plastic and Reconstructive Surgery, internationally known for his focus on breast surgery (breast augmentation, and especially breast-firming operations). The surgery is usually performed under general anesthesia, in some cases the procedure can be performed under local anesthesia with a so-called “twilight sleep”.

The post-surgical checks are crucial: there should be checks in the first, the second as well as the fourth week after the surgery. There is another check between the third and sixth month post-surgery, followed by annual examinations.

BREAST REDUCTION

A breast reduction can be achieved by “cutting off” unwanted volume. At the same time, the breast will be tightened. If the patient wishes a reduction of the breast without changing the shape, a liposuction could be an alternative.

Liposuction

Liposuction of the breast results in a massive reduction of the fat volume, a reduction of 1-2 cup sizes is easily possible. The chest looks plumper and smaller, these results can also be achieved in older patients.

Invisible stitches are used, leaving no scars. The post-surgery treatment consists of wearing a special bra for 2-3 weeks.

Surgery

If a volume reduction is desired in combination with a new shape of the breast, a scalpel is required. This surgical procedure is often medically indicated, e.g. when the weight of the breasts adversely affects the body posture.

After the surgical breast reduction, the ability to breastfeed as well as the function of the nipples will be preserved. The aim is always to achieve an aesthetically pleasing result in a minimally invasive treatment.

Sweating

“Excessive sweating” describes some people’s predisposition to secrete abnormally high amounts of sweat which can significantly impact the quality of life for those affected. The technical term for this is hyperhidrosis. Particularly affected areas include the sweat glands on the hands, feet as well as armpits. These glands produce abnormally high amounts of sweat, which imply that patients sweat heavily despite moderate temperatures and low physical activity.

Before a treatment, potential causes for hyperhidrosis have to be checked. In some cases, excessive sweating can be a side effect of internal diseases or neurological disorders.

We offer various treatments:

Iontophoresis

Using the tap water iontophoresis, the affected area is exposed to a weak DC current (15mA to 30mA), leading to an increase in the threshold of the sweat glands.

Botulinum toxin

Using an injection of botulinum toxin A in the vicinity of the sweat glands, the amount of secretion can be blocked. The anticipated success of the treatment lasts about 4 to 12 months — the treatment can be repeated.

Surgical Procedures

This so-called “triple therapy” is very efficient and has a success rate of 80%. Using a combination of liposuction, curettage and diode laser, the area around the armpit (which is responsible for sweating) can be “dried” by means of surgery.



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