



Jennifer Levine MD

POSTPARTUM

BODY SCULPTING

A COMPLETE GUIDE FOR NEW MOMS

Introduction

Dr. Jennifer Levine is a leader in innovative aesthetics and her ability to create results that look natural and complete is world-renowned.

As a mom of two and one of the only female double board certified facial plastic surgeons, Dr. Levine helps patients plan their postpartum transformations with personalized care and understanding.

- In the top 1% injectors in the country
- Global leader in regenerative aesthetics
- Consultant and speaker for BTL, Merz, Allergan, and more
- AAFPRS Vice Chairperson of Innovation and Emerging Technology Committee

JL BODY SCULPTING SUITE

Conveniently located on the Upper East Side of Manhattan, [JL Body Sculpting](#) offers over a dozen non-surgical treatments.

It is our goal to get our patients results efficiently, which is why we offer multiple options that address the same challenge, such as fat reduction.



Dr. Jennifer Levine



BOOK NOW

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KEY



duration of session



number of sessions in a full treatment



time to full results after final session

Non-Surgical Fat Reduction

After childbirth, many women struggle with stubborn pockets of fat that are resistant to a balanced diet and regular exercise. We offer three non-surgical treatments effective in permanently reducing stubborn fat.

COOLSCULPTING

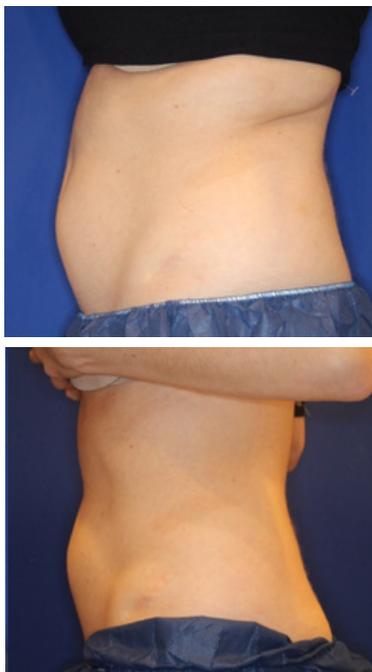
HOW IT WORKS

This treatment uses cryolipolysis technology to freeze unwanted fat cells. Over the subsequent weeks, the body naturally processes and permanently eliminates these cells.

AREAS

- abdomen
- love handles
- bra /back fat
- double chin
- arms
- inner thighs
- outer thighs
- banana rolls

 25 min  4 - 6 sessions  8 weeks



QUADSCULPTING WITH COOLSCULPTING ELITE

Wouldn't it be great if you could reduce fat in multiple areas at the same time? With CoolSculpting Elite, you can!

CoolSculpting Elite is an evolution of the original system that:

- enhances patient comfort
- covers a larger treatment area
- treats two areas at the same time

At JL Body Sculpting Suite, we are one of the few providers to offer QuadSculpting!

With two CoolSculpting Elite machines, our patients can treat up to four areas at the same time.

KEY

 duration of session

 number of sessions in a full treatment

 time to full results after final session

SCULPSURE

HOW IT WORKS

Unlike CoolSculpting, which freezes fat cells, **SculpSure** heats them up! Using a specific wavelength that targets fat cells, it causes them to break down and be naturally flushed from the body over time.

AREAS

- abdomen
- arms
- double chin
- love handles
- inner thighs
- banana rolls
- bra /back fat
- outer thighs

🕒 25 min

🔄 2 sessions

⌚ 12 weeks



EMSCULPT NEO

We can't talk about fat reduction without mentioning one of our top treatments: Emsculpt NEO!

HOW IT WORKS

This innovative treatment uses radiofrequency (RF) to reduce fat, tighten skin and improve skin texture.

AREAS

- abdomen
- inner thighs
- biceps
- buttocks
- outer thighs
- triceps
- love handles

Emsculpt NEO offers an additional, essential benefit for postpartum recovery - see below!

Muscle Toning & Diastasis Recti



Among the many physical transformations brought on by pregnancy, loss of muscle definition and the appearance of diastasis recti are common.

Diastasis recti abdominis occurs in 60% of postpartum women.

Extensive change in lifestyle, including time restrictions, can make the process of correcting these changes more prolonged.

Additionally, core-strengthening exercises are limited in targeting the muscles needed to improve conditions such as diastasis recti.

EMSCULPT NEO

Imagine doing 20,000 crunches in just 30 minutes. That's the effect Emsculpt NEO provides in a single session!

HOW IT WORKS

Emsculpt NEO uses HIFEM (high intensity focused electromagnetic energy) to induce powerful muscle contractions which build muscle in ways that regular workouts cannot!

AREAS

- abdomen
- inner thighs
- biceps
- buttocks
- outer thighs
- triceps
- obliques
- love handles

🕒 30 min 🔄 4-6 sessions ⌚ 2-4 weeks



REAL PATIENTS. REAL RESULTS.



Know Before You Book: Everything To Know About Emsculpt, The Beloved Body-Contouring Treatment

DR LEVINE FEATURED IN
mbglifestyle



DID YOU KNOW?

Emsculpt NEO can also be used in conjunction with exosomes to improve diastasis recti, stretch marks, and skin laxity.

Click [here](#) for more.

Vaginal Tightening

Postpartum, many women experience incontinence and vaginal laxity, stemming from the stretching and weakening of pelvic floor muscles during pregnancy and childbirth. This change can have profound effects on sexual satisfaction, self-confidence, and overall comfort.

EMSELLA

11,200 Kegels in each 28-minute session!

HOW IT WORKS

Emsella is an innovative treatment that uses electromagnetic technology to address incontinence and vaginal laxity by strengthening the pelvic floor.

🕒 28 min 🔄 6 sessions ⏳ 2-4 weeks

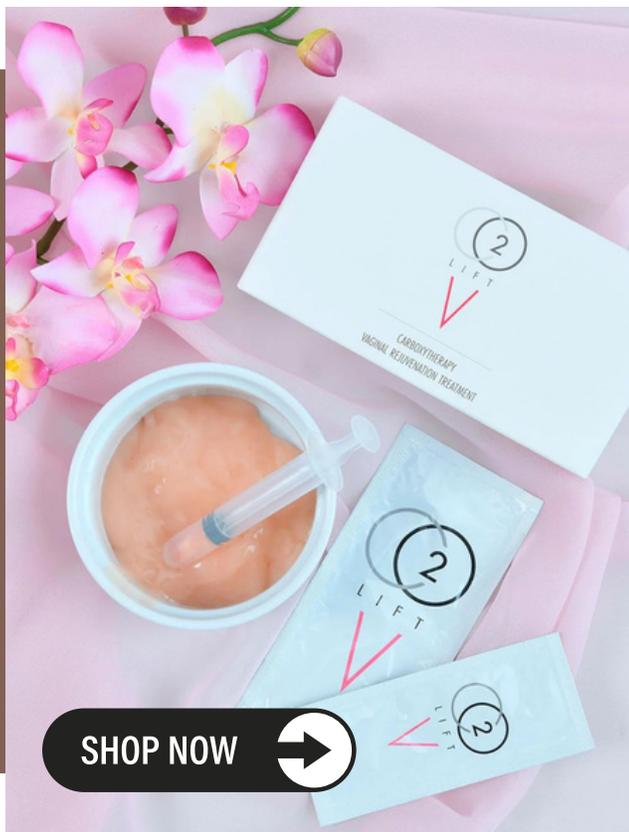


CO2LIFTV AT-HOME MASK

This unique treatment restores the youthful functionality of the vagina by infusing the area with carbon dioxide. The ensuing rush of oxygen-rich blood to the tissue aids in cell regeneration.

As a result, it improves challenges like dryness, itching, urinary incontinence, and vaginal relaxation syndrome (VRS).

Recommended Protocol: 5-10 treatments in the first month, then 1x monthly treatment.



SHOP NOW





Cellulite, Stretch Marks and Skin Laxity

These changes are often a result of rapid skin stretching and hormonal fluctuations during pregnancy and can affect self-image. Advancements in aesthetic treatments - including regenerative medicine - offer effective solutions!

SHINING LIGHT ON CELLULITE

Cellulite affects ~90% of adult women.

Hormone fluctuations and rapid skin stretching during pregnancy can further add to the appearance of cellulite.

Combining treatments that address skin laxity, stretch marks and cellulite is the most effective way to achieve ideal results that look natural and complete!



AVELI

HOW IT WORKS

Aveli directly addresses the main cause of cellulite by cutting the fibrous bands that trap tissue and create the dimpled appearance that is known as cellulite.

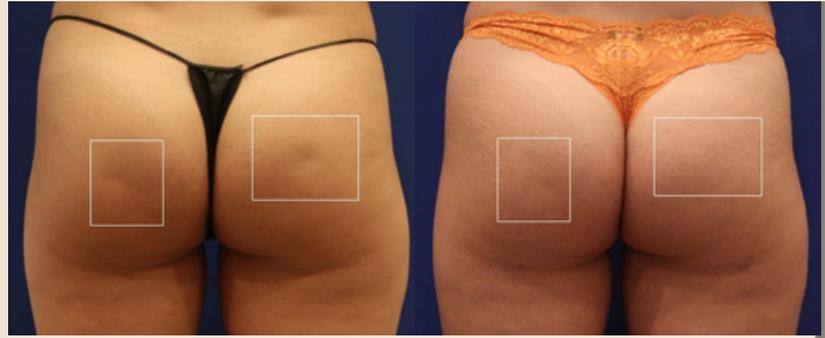
AREAS

- Buttocks
- Thighs

🕒 60 min

🔄 Just once!

🕒 4 weeks



BAZAAR^{Harper's}

11 Best Creams for Cellulite & Stretch Marks

Unlike other treatments, Aveli treats cellulite from the inside out.



AFTER **EMSCULPT** & **EMTONE**

EMTONE

HOW IT WORKS

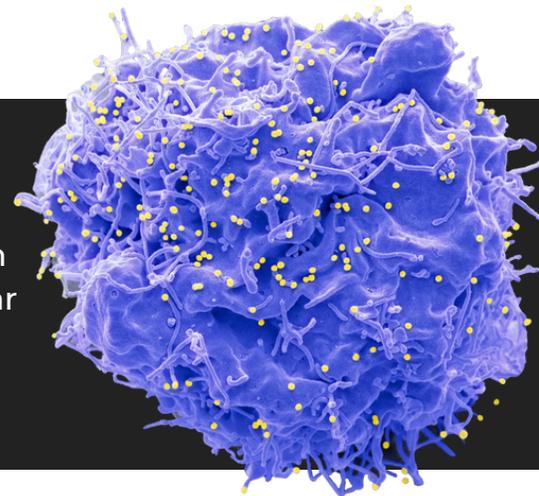
By combining targeted pressure energy with radiofrequency (RF), Emtone reduces the appearance of cellulite and tightens skin.

AREAS

- buttocks
- abdomen
- knees
- thighs
- love handles
- arms

COMBINATION TREATMENTS

Magnify Emtone results with Emsculpt NEO and the regenerative powers of exosomes!



WHAT ARE EXOSOMES?

Exosomes, cellular communication powerhouses, are rich in fats, proteins, and messenger RNA. Their capacity for cellular regeneration positions them at the forefront of modern aesthetic advancements.

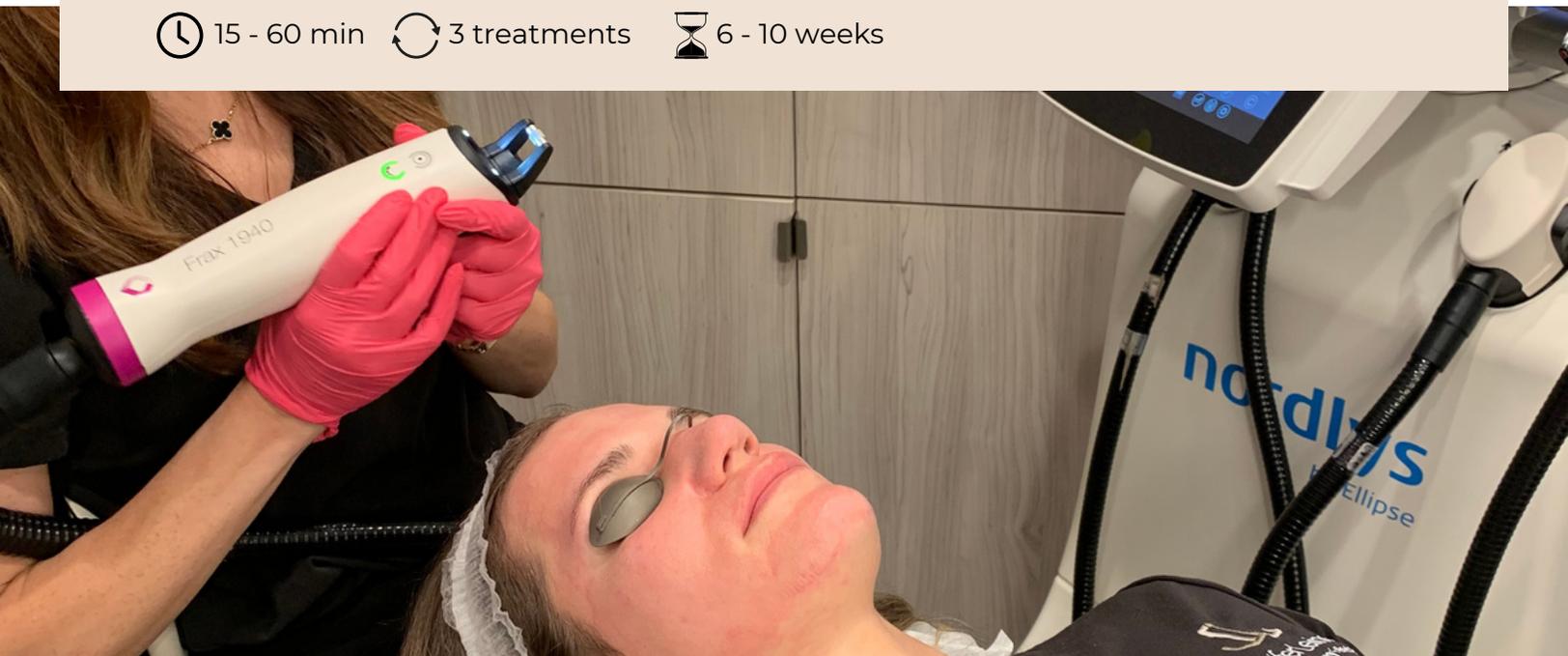
FRAX WITH EXOSOMES

HOW IT WORKS

Frax uses fractional laser technology to create micro-injuries in the skin, which stimulates collagen and elastin production, tightening skin, improving its texture and making stretch marks less visible boosting collagen and elastin production. The addition of exosomes can help quicken the skin's healing process and improve your results!

Frax can be used on any area of skin!

🕒 15 - 60 min 🔄 3 treatments ⌚ 6 - 10 weeks



HYPERDILUTE RADIESSE®

HOW IT WORKS

Radiesse is a biostimulatory filler that works by stimulating the production of collagen and elastin. In its hyperdilute state, it helps reduce the appearance of cellulite while improving skin laxity and texture.

AREAS

- buttocks
- hands
- and more!
- thighs
- arms

🕒 30 - 60 min 🔄 2 treatments ⌚ ~3-4 months



Hair Restoration

About 50% of women experience postpartum hair loss. Combining a cutting edge regenerative and biostimulatory treatments with at-home supplements can help restore hair growth.

Dr. Jennifer Levine is an award-winning leader in regenerative aesthetics.



ELLE

Bigger Than Botox: The Newest Beauty Game Changer

Exosome therapy has dermatologists and plastic surgeons rethinking the future of aesthetics.

EXOSOMES AND PRP

Platelet-rich plasma (PRP) has been a game-changer in hair growth, using the body's own plasma to rejuvenate and restore. However, while PRP is biostimulatory, exosomes elevate treatments to a regenerative level. Together, they provide both cellular stimulation and tissue regeneration, which can improve and quicken results.

🕒 30 - 60 min ⏪ 3-4 treatments

🕒 ~4-6 months

NUTRAFOL

Physician-formulated to target root causes of thinning hair in women 18-44, including stress, lifestyle, and nutrition. Its clinically effective, natural ingredients support whole-body health for visibly thicker, stronger hair growth and less shedding.

[SHOP NOW](#) ➔





BOOK NOW

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