



"It's  
about  
me"

Reclaim

Restore

Revive

**THERM**iva<sup>®</sup>

## **What does ThermiVa do?**

Childbirth and the natural aging process can cause changes which may affect feminine wellness. A strenuous vaginal birth or multiple births can cause stretching of the vagina and loosening of the pelvic floor. The effects of menopause can cause physical and functional changes such as excessive dryness, thinning of the vaginal wall, pain and urinary incontinence.

Leaks before the bathroom and during exercise, the inability to orgasm, less intense orgasms and decreased lubrication are all areas of concern to many women. ThermiVa has been developed to address these issues in a non-surgical and pain-free way.

ThermiVa treats not only the internal vagina but is uniquely able to change the external appearance of enlarged or unsightly labia without the need for invasive surgery.



*"Such a comfortable and pleasing treatment with absolutely no complications. Immediately I felt my labia and vulva to be tighter, a lot less saggy and a definite 'WOW' in the way it looked."*

## ***The science of heat***

Shrink mucosa @ 42-45°C



GENTLE HEATING

The delivery of radio frequency heat has been used safely for many years in several areas of medicine and also cosmetically to tighten deep tissue in the face and body.

Pioneering American gynaecologist Dr Red Alinsod realised that the tightening effects of radio frequency could be utilised specifically for feminine rejuvenation. He approached Thermi and together they developed a small disposable wand specifically designed for optimum comfort during use. Due to the unique nature of collagen and the levels of moisture in the tissue around the vagina, temperatures much lower than those usually employed for radio frequency could achieve remarkable results.

The ThermiVa temperatures are not uncomfortable, will not burn and have been compared by many patients to the feeling of a "warm stone massage".



## ***Is ThermiVa ideal for you?***

### *Why not start the conversation?*

How would you rate your vaginal tightness?

- |                     |                     |
|---------------------|---------------------|
| 1. Very Loose       | 3. Moderately tight |
| 2. Moderately loose | 4. Very tight       |

Has your relationship with your partner been adversely affected due to childbirth or the natural ageing process?

- |               |               |
|---------------|---------------|
| 1. Definitely | 3. Minimally  |
| 2. Somewhat   | 4. Not at all |

Do you experience discomfort during intercourse due to dryness?

- |          |                    |
|----------|--------------------|
| 1. Yes   | 3. Sometimes       |
| 2. Often | 4. Rarely or never |

How would you rate your level of sexual desire?

- |             |              |
|-------------|--------------|
| 1. Low      | 3. Moderate  |
| 2. Very Low | 4. Very high |

How would you rate your sexual satisfaction during intercourse?

- |         |              |
|---------|--------------|
| 1. Poor | 3. Good      |
| 2. Fair | 4. Excellent |

How confident are you about becoming aroused during sexual activity?

- |                        |                        |
|------------------------|------------------------|
| 1. No confidence       | 3. Moderate confidence |
| 2. Very low confidence | 4. Very confident      |

Do you frequently experience urinary leaking or urgency?

- |              |           |
|--------------|-----------|
| 1. Usually   | 3. Rarely |
| 2. Sometimes | 4. Never  |

If you scored a "1" or "2" on any of the questions above, bring this into your doctor to discuss new treatment options available.

## **Treatment plan**

The ThermiVa is a non-theatre procedure with no anaesthetic. A typical treatment will last around half an hour. A standard treatment plan for most patients is 1 treatment per month for 3 months and a further "top-up" treatment at around 1 year.

## **What you can expect**

- ✓ No surgery
- ✓ No downtime
- ✓ No anaesthesia
- ✓ Comfortable in-office treatments
- ✓ Three 30 minute sessions, one month apart
- ✓ May resume sexual relations same day/night
- ✓ Noticeable improvement after 1<sup>st</sup> or 2<sup>nd</sup> session



*"I wanted to share with you some very exciting news about my first ThermiVa treatment. My urine incontinence has stopped completely. I have regained the ability to start and stop my urine flow which I have not been able to do for years."*



*"I did not tell my husband that I was getting it done. But he noticed that I was initiating intimacy more often. He finally asked me what was going on. He is not so grumpy now"*

*"I notice that I am more aroused and more wet and don't need lubrication anymore, now I feel healthier and sexier. I know the radio-frequency has helped both the inside and outside of my vagina"*

*"I had lost a lot of moisture and tightness after pregnancies and aging. I noticed a dramatic difference after the 1st treatment and was shocked because it was so painless, easy and already was working after only one treatment! It continually gets better throughout the month."*

*"I came in for one concern but was surprised that I had an improvement in other areas"*

**Experiences shared by ThermiVa patients**

*"I looked very carefully at the options available for non-surgical treatment of vaginal laxity before deciding to offer the ThermiVa. I believe the ThermiVa offers multiple treatment benefits for my patients and I know they really appreciate the gentle nature of the procedure".*

*Dr Sara Matthews*

**As seen in...**



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MAGAZINE



**[www.thermiva.uk](http://www.thermiva.uk)**



Reclaim your sexual health  
Restore your well-being  
Revive your relationship

Ask your doctor if ThermiVa may be the  
correct treatment for you.



**Voted Best Feminine Rejuvenation Device 2016**

**Dr Ali Juma**

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