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Dear Patient,

Pregnancy and childbirth can be one of the most beautiful experiences in life — but they can also create lasting changes in the body that many women are not prepared for. After pregnancy, it's common to experience:

- **Loss of Abdominal muscle tone**
- **Mood changes**
- **Vaginal laxity**
- **Decreased sensation**
- **Urinary leakage**
- **Pelvic floor weakness**
- **Dryness and discomfort**
- **Back Pain**
- **Irritability**
- **Loss of confidence and intimacy concerns**

The good news is that you do not have to simply “live with it.”

With the combination of **EMFEMME 360**, **EMSCULPT NEO**, **EMSELLA** and **EXOMIND** women now have a non-invasive way to help restore feminine wellness, pelvic floor strength, abdominal core strength and confidence after pregnancy.

Taking care of yourself after pregnancy is not selfish — it's an important part of healing, recovery, and reclaiming your confidence.

EMFEMME 360

EMFEMME 360 uses advanced radiofrequency technology to help rejuvenate vaginal tissue by stimulating collagen, improving circulation, and enhancing overall feminine wellness. Many women report improvements in:

- **Tightness and tone**
- **Natural lubrication**
- **Sensitivity**
- **Comfort and confidence**

EMSCULPT NEO

EMSCULPT NEO helps build muscle while reducing fat using advanced HIFEM and radiofrequency technology. Maintaining muscle as we age is incredibly important for:

- **Metabolism support**
- **Strength and mobility**
- **Balance and stability**
- **Joint support**
- **Injury prevention**
- **Maintaining independence and functionality**

Strong muscles are essential for long-term health and healthy aging.

EMSELLA

EMSELLA strengthens the pelvic floor muscles with thousands of supramaximal contractions in a single session — all while fully clothed and comfortably seated. It can help improve:

- **Bladder control**
- **Pelvic floor strength**
- **Core stability**
- **Intimate wellness**



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EXOMIND:

EXMIND used for the treatment of depression, Exomind's patented ExoTMSTM technology comfortably stimulates key areas of the brain involved in emotional regulation, cognitive function, and self-control. By activating neural pathways, it helps restore healthy brain activity and enhances neural connectivity for mental wellness.

- **Medication changes the chemistry. Exomind restores the circuit.**

Together, these treatments provide a comprehensive approach to postpartum recovery and feminine wellness — helping women feel stronger, healthier, and more confident in their bodies again.

If you're interested in learning more about **EMFEMME 360, EMSculpt Neo, EMSella and EXOMIND** or **our postpartum wellness protocols** we would love to connect with you.

Please feel free to reach out with any questions!

Best,
Sudha Moola MD FACG