Body Contouring and Weight Loss Are Now at Alamo City Health and Wellness

Kris and Reina are thrilled to launch their brand-new health spa! Our vision is to create a warm, inclusive haven—a community where everyone is welcomed like family, wrapped in spirit, positive light , and genuine care.
For us, this isn't just about helping others—it's a shared journey of growth, healing, and personal transformation for all of us together. We can't wait to unwind, grow, and transform alongside our community!



We are inviting Patients to come to us because we give them a straight answer and a treatment that works. That will be the approach on day one,

We have added professional body contouring and weight loss treatments to the clinic, using the Eris® 9-in-1 Professional system from Rejuva Fresh®. Rejuva Fresh is a leading U.S. manufacturer whose systems are designed and engineered in the United States and produced through specialized high-tech facilities in the USA and South Korea. Our team completed the full training and certification program before we treated a single patient, because we were not going to offer something we had not learned properly.

Here is what it does, who it suits, and what to expect.

Why We Added This

Weight comes up in our consultations constantly. It affects how patients feel, how they move, how they see themselves, and it sits alongside a number of the health concerns we already help

people with.
For years the honest answer was that weight was something patients had to tackle elsewhere. Now we can help with it here, with the same team and the same approach you already know. Our goal has always been to help people meet and exceed what they expected when they walked in. This is one more way to do that.

What the Technology Actually Does



[IMAGE 2 — TREATMENT] Close-up of a handpiece in use, or the machine with handpieces visible. Alt text: "Ultrasonic cavitation body contouring treatment."

The Eris is a nine-function system, which means we are not limited to one approach. We choose what fits the patient in front of us.

Ultrasonic cavitation

This is the core of it. Low-frequency ultrasonic waves at 20KHz travel deep into the fat layer and break down fat cells, which the body then processes and eliminates naturally. The frequency matters more than most people realize. Lower frequencies reach deeper. Many machines run at 30KHz, 40KHz or higher, which works closer to the surface. The Eris runs at 20KHz and delivers over 160 watts of cavitation power, so it reaches thicker fat layers that shallower systems cannot.

Vacuum suction with radio frequency

Improves circulation and lymphatic drainage, which helps the body clear what the cavitation has broken down and supports the overall result.

Radio frequency skin tightening

Losing volume can leave skin looser than you would like. RF heats the deeper layers to stimulate collagen and firm the skin, on the body and the face. This is what stops a contouring result from looking half-finished.

Infrared lipo laser

A 160mW infrared laser that targets stubborn fat and supports lymphatic flow — roughly six times the output of a standard lipo laser.

Ice hammer

A cooling treatment used after radio frequency. It calms the skin and makes the whole session more comfortable.

Micro-current phototherapy

Seven colors of light therapy for skin rejuvenation, tone and texture.

EMS muscle toning

Pads that stimulate and strengthen muscle. Contouring works better when there is tone underneath it, and this addresses that directly.

Who This Is For

This treatment suits people who want to:

- Reduce stubborn fat in specific areas that diet and exercise have not shifted
- Tighten skin that has loosened after weight loss
- Improve body shape without surgery, anesthesia or recovery time
- Tone and firm alongside fat reduction
- Get started on a weight loss goal with professional support behind it

It is non-invasive. No incisions, no needles, no downtime. Most people describe the sensation as warmth with a mild buzzing, and go straight back to their day afterward.

What to Expect

We talk first

Before anything else, we sit down and go through what you want to change, what you have tried, your health history and your goals. Then we build a plan using A Fit3D body scan is a fast,
non-invasive 3D optical scanning process that captures a complete, 360-degree digital avatar of your body to track physical composition, posture, and wellness metrics over time.

During treatment

A session typically runs 15 to 20 minutes per area for cavitation, with additional time if we are combining treatments. It is comfortable. You will feel warmth and a light buzzing sensation, and that is about it.

Afterward

No downtime. Drink plenty of water — it genuinely helps your body clear what has been broken down. Results build over a series of sessions rather than appearing overnight, and we will tell you honestly how many you are likely to need.

Who Is Not a Candidate

This treatment is not suitable for everyone. Please let us know if any of the following apply:

- Pregnancy, trying to conceive, or breastfeeding
- Epilepsy
- Open wounds, eczema, or active skin infections in the treatment area
- A pacemaker or other implanted electronic device
- Metal implants in the treatment area
- Any significant medical condition or current medication

We will go through all of this at your consultation. If it is not right for you, we will say so.

Our Commitment!

Great service at a price that is hard to beat. A team that is easygoing to deal with and enjoys the work. And the same commitment to helping you get past what you expected rather than just meeting it.
We have invested in the technology and put in the training. What you get is the combination of both.

Come Talk to Us



[IMAGE 3 — Kris & Reina] "The team at AlamoCityHealthandWellness."

The first step is a conversation. Tell us what you would like to change and we will give you a straight answer about whether we can help.

Whether you are already a patient or finding us for the first time, we would be glad to meet you.

Call (210)460-0850 to book your consultation.

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Serving Bexar County and all of the city of San Antonio.

Individual results vary. This article is for general information and is not medical advice. A consultation is required before treatment to determine suitability.