

Low Cost Startup Model Checklist

Step One Get educated in treatments and technologies

Independent research - now and on-going

- Read blogs, articles, studies

Cost \$0

Learn from the experts

- Take treatment course(s) and get certified
- Complete a course in a multi-technology machine to treat multiple body concerns...with just one machine...and just one course

Recommended course: [Body Contouring 6 in1 Masterclass](#), includes

- Fat Cavitation
- RF Skin Tightening
- Vacuum/LED
- Lipo Laser

Cost \$549

Step Two Practice practice practice

[Purchase the 6 in 1 machine](#)

Cost range \$520 - 570

Practice treating family and friends

- Set up a 'body contouring shop' in a room in your home
- Treat your family and friends

Cost \$0

Purchase basic supplies for the treatments

- See the list in the blog

Cost \$135.58

Step Three Spread the word

Market your services, name your business, create your treatment menu, set your initial prices

- Use your personal social media pages to talk about your services and announce you'll be in business soon
- Then create your business Facebook and/or Instagram accounts and start posting there
- Start setting appointments for clients and see them in your home-based 'body contouring shop'

Cost \$0

Build a basic website using Wix, GoDaddy, or Squarespace

Step Four Select your initial business location

Choose from

- Home-based business
- Salon suites
- Small storefront

Cost \$0 - 600/month

You did it! You are open for business! You can transition out of your 'other' job.

Step Five Grow your body contouring business with more

Two treatment courses we recommend adding FIRST
(in either order)

- Whole body vibration therapy
Cost \$99
- EMS (Electromagnetic Muscle Stimulation) Technology
Cost \$149