

A Non-Surgical Approach To Eye Bags | Hair Follicle Regeneration | Redefining The Silhouette

PRIME

Jan/Feb 2026
Volume 16 | Issue 1

INTERNATIONAL JOURNAL OF AESTHETIC AND ANTI-AGEING MEDICINE

GLP-1
NAVIGATING THE
SIDE EFFECTS

EXOSOMES
SEPARATING FACT
FROM FICTION

NEUROCOSMETICS
A NEW ERA OF
AESTHETICS

THE FUTURE OF BEAUTY
AI SKIN ANALYSIS IN AESTHETICS

informa

REDEFINING THE SILHOUETTE WITH ZIMMER ZSHAPE AND ZSTIM

Dr. Michael Margulies and the MIAA Centre share their integrative approach using Zimmer's innovative protocols



MICHAEL MARGULIES, MD,
Saint-Germain-en-Laye, France

AESTHETIC MEDICINE IS undergoing a major transformation—patients no longer seek only local or temporary improvements, but rather comprehensive, safe, and lasting treatments. In this context, the integration of aesthetic medicine, integrative medicine, and anti-ageing approaches provides an effective and relevant solution.

It is with this vision that Dr. Michael Margulies, an aesthetic physician and recognised expert in integrative and anti-ageing medicine, has developed innovative body-contouring protocols at the Integrative and Anti-Ageing Medicine (MIAA) Centre, combining ZShape radiofrequency and ZStim muscle stimulation—two advanced devices developed by Zimmer. The MIAA Centre has also earned the status of Zimmer Centre of

Excellence, a mark of quality and expertise in the use of these technologies.

First consultation: Establishing the right indication through the MIAA assessment

Every successful treatment begins with a proper indication.

For Dr. Margulies, the first consultation forms the cornerstone of the therapeutic strategy.

At the MIAA Centre, this step is based on the digitalised MIAA assessment, structured around four complementary pillars:

- Morpho-aesthetic axis: analysis of silhouette, skin, cellulite, and skin laxity
- Sport and health axis: evaluation of physical condition, muscle tone, and active lifestyle
- Nutrition axis: analysis of dietary habits, body composition, and metabolism
- Quality of life axis: exploration of stress, sleep, emotional balance, and self-image.

Objective tools, such as standardised photographs, skin quality assessment, cellulite analysis, and bioimpedance measurements, complement this comprehensive evaluation.

This thorough assessment enables a personalised diagnosis and engages the patient actively in their care from the start.

Technological synergy: The alliance of ZShape and ZStim to sculpt, tone, and enhance the silhouette

Based on the diagnosis, Dr. Margulies designs a customised protocol tailored to each patient's specific needs.

- ZShape: a next-generation multipolar radiofrequency device combined with fractional vacuum suction. It improves skin quality, stimulates neocollagenesis, and reduces the appearance of cellulite, resulting in a firming and tightening effect
- ZStim: a targeted muscle stimulation device that enhances muscle tone and deeply reshapes the body.

The combination of these two technologies creates synergistic results, acting simultaneously on the skin and muscle structure to deliver a comprehensive body-contouring solution.

An integrative and multidisciplinary approach

The MIAA Center's philosophy goes beyond technology. The silhouette protocols are part of a holistic care plan that may include:

- A personalised nutritional program based on the MIAA assessment
- Sports coaching sessions to enhance the effects of ZStim and strengthen muscle tone
- Sophrology sessions to

improve self-image, confidence, and overall well-being.

This integrative approach meets the growing demand from patients seeking non-invasive, safe, and comprehensive solutions.

'With ZShape and ZStim, we redefine the silhouette through a global approach where technology and integrative medicine work hand in hand for long-lasting patient well-being,' said Dr. Michael Margulies.

Priority areas: Addressing the needs of women over 40

Dr. Margulies' clinical experience shows that patient concerns often focus on areas difficult to improve through diet or exercise alone, especially after 40 due to hormonal changes.

The most commonly treated areas include:

- Knee wrinkles
- Arm laxity
- Abdominal fat and skin folds
- Inner thigh cellulite and sagging.

By targeting these areas, Dr. Margulies has developed effective silhouette protocols that produce remarkable clinical outcomes: visible cellulite reduction, improved skin tightness, and enhanced body contour.

A 360° solution: Integrating ZLipo Cryolipolysis

To further address stubborn fat

“With ZShape and ZStim, we redefine the silhouette through a global approach where technology and integrative medicine work hand in hand for long-lasting patient well-being.”

deposits, Dr. Margulies often incorporates Zimmer’s ZLipo cryolipolysis.

By integrating this technology into his body contouring protocols, a full 360° solution is achieved:

- ZLipo to reduce localised fat deposits
- ZShape to improve skin quality and reduce cellulite
- ZStim to enhance muscle tone.

This combined approach offers an effective, safe, and non-invasive solution for patients seeking complete silhouette care.

International recognition at AMWC Monaco

In 2023 and 2024, Dr. Michael Margulies presented at the prestigious AMWC Congress in Monaco, showcasing a clinical case of body contouring using Zimmer technologies. His expertise was particularly acknowledged as he was selected as a finalist among more than 2,000 practitioners worldwide in the category of Integrative and Wellness Medicine. This international recognition highlights the excellence of his work and the effectiveness of the protocols developed at the MIAA Centre, now recognised as a Zimmer Centre of Excellence.

ZStim and ZShape: Safety and reliability as a guarantee of trust for practitioners

Device safety is a crucial factor. Both ZShape and ZStim are FDA-approved, offering practitioners a high level of reliability.

The ZShape features a key innovation: real-time temperature monitoring of the handpiece. This

ensures optimal control, minimises the risk of burns, and maintains the ideal temperature for effective tissue stimulation.

ZStim also emphasises patient safety and comfort. Its electrodes are designed to provide even and effective stimulation while minimising the risk of discomfort or skin irritation. A unique feature of this device is the patient’s active participation – through an individual remote control, they can adjust the intensity of electrical impulses according to their tolerance and sensation. This real-time control enhances both safety and comfort, leading to greater compliance and better results.

ZShape and ZStim: Personalised treatments and long-lasting results

Dr. Margulies’ protocols are tailored to each treated area, with parameters such as frequency (Hz), suction level, and power adjusted throughout the treatment.

Final results typically appear about two months after the end of treatment, confirming the progressive and lasting nature of the effects.

Dr. Margulies emphasises the importance of educating patients that these treatments are part of a long-term approach addressing genuine needs related to skin laxity and loss of firmness after 40. Patient education and involvement remain key factors for optimal satisfaction.

Towards innovative, holistic, and safe aesthetic medicine

At the MIAA Centre, Dr. Michael Margulies has demonstrated that

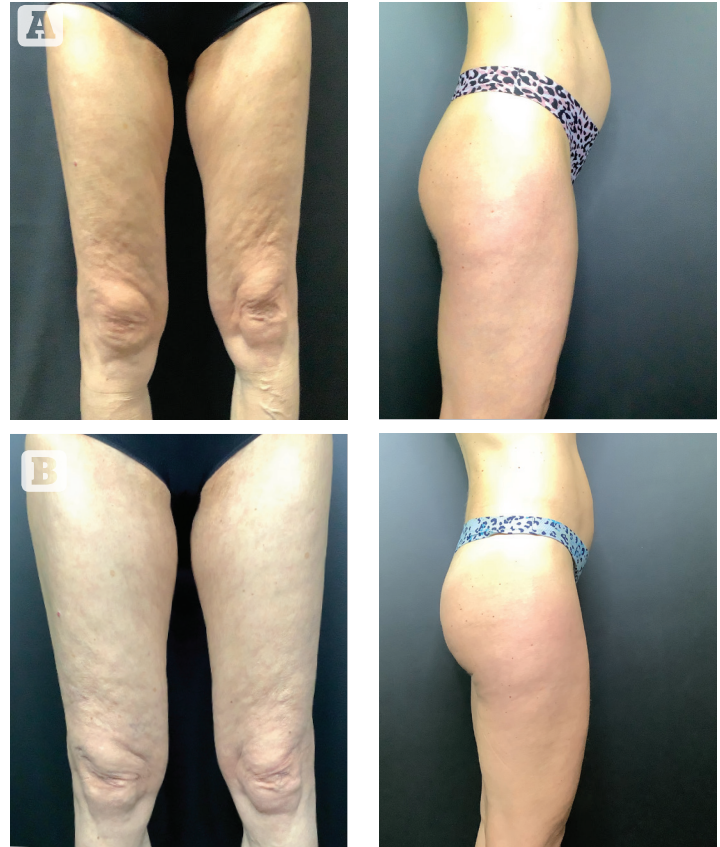



Figure 1 Clinical outcome in a 65-year-old patient following eight treatment sessions conducted between January and May 2025. Circumferential measurements show a reduction of 1 cm in both thighs and both knees compared with baseline measurements taken prior to treatment.

body aesthetics become more effective when approached holistically through precise diagnosis, digitalised MIAA assessment, validated technologies, and personalised follow-up.

The synergy between multipolar radiofrequency (ZShape) and muscle stimulation (ZStim) allows simultaneous improvement of skin quality and muscle tone. This combination proved particularly effective in Dr. Margulies’ study involving women

aged 40 to 65, with significant reductions in cellulite, improved skin firmness, and visible tightening in challenging areas such as arms, abdomen, knees, and inner thighs.

Recognised as a Zimmer Centre of Excellence, MIAA exemplifies the future of aesthetic medicine: a scientific, integrative, and sustainable discipline where technology serves global well-being and renewed confidence. 

► Visit: www.zimmer-aesthetics.de

TIGHTEN. SHAPE. TONE.

THE PERFECT COMBINATION FOR VISIBLE RESULTS.

- » **Perfect post-fat reduction:**
Enhances contouring and firmness.
- » **Visible skin tightening from session 1**
RF + vacuum boost collagen production
- » **8-channel electrostimulation device:**
Treat multiple muscle groups in 30 minutes
- » **Dual-action efficiency:**
Skin + muscle results in one session.

GET IN TOUCH FOR DETAILS



ZShape

ZStim

IMCAS PARIS

JAN 29, 2026 10:00 CET / UTC +1 ROOM 351
LIVE ON STAGE · CLINICAL CASES · EXPERT Q&A

WORLD PREMIERE AT IMCAS PARIS

ZFace

**NEXT GENERATION
of non-invasive
facial treatment**

GET IN TOUCH FOR DETAILS



Zimmer
AestheticDivision

Zimmer MedizinSysteme GmbH | Junkersstraße 9 | 89231 Neu-Ulm | Germany
Export Department:
Tel. +49 7 31 97 61-291 | Email: export@zimmer.de