

e-book

Learn all about **HBB** butt harmonization

LIVE 

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the live in full



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Meet the HBB and stay at peace with your butt!



Doctor Múcio, I want to improve my butt. Because it's gotten smaller, I've lost weight, or my butt is kind of saggy, or I want to get bigger.

I feel insecure on the beach, I don't take off my sarong.
Cast the first stone, who has never felt this way!

Stop this business of hiding in the yoke, go to the clinic. By the way, I'll tell you something, stop hiding, you don't even have to go to the clinic.

Everyone has great value, no one has to judge you by your body. Your body is beautiful just the way it is. It's not cliché. That is true.

Now of course, if you want to improve, if you want to feel even more wonderful, we have the perfect aesthetic procedure for you!

Professor Múcio Porto - CRM DF 5757 / RQE 2190

[click here and learn more about me](#)



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how is it formed the butt

how is it formed the butt?

The region is formed by the sacrum bone. The bone consists of five fused vertebrae, and joined to the coccyx.

The sacrum articulates with the pelvic bone (right and left), which in turn results in the fusion of three bones (ischium, ilium, and pubis) and the femur.

To complete, we have muscles that maintain the connection of this entire bone that connects the spine to the thighs and allow the human being to walk.

Anatomically, the buttocks are therefore the union of highly developed bones and muscles to allow basic movement.

HBB - Butt Harmonization

Brazilian Butt world reference



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Brazilian butt world reference.

Jennifer Lopez, Nikki Minaj and Beyoncé are some of the international divas who have already surrendered to the 'Brazilian butt'.

According to data released by The New York Times magazine, in 2021, 61,387 buttock augmentations were performed.


The Brazilian woman's butt is practically a world reference when thinking about glutes. But for those who were not born with this part of the body more advantageous, today there are procedures that can benefit the region.

On average, 215 plastic surgeries are performed every day to remodel the buttocks in Brazil.



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HBB - Butt Harmonization

How is the assessment done?



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How the assessment is done.

It is very common for the patient to come to the office and say: Look, I want to enlarge my butt. Full stop.

Usually the main complaint is to increase. It's giving that design when you put on your pants, when you're wearing a bikini, et cetera, et cetera.

I'm going to try to understand or at least measure how much muscle you have, how much fat cover, which is the main thing, and what tension you have, the firmness in the skin you have too. It is not uncommon for women and men to have stretch marks. Stretch marks are a crack in the dermis that makes the skin less elastic and then helps to sag, and this also allows for a fall and consequently decreases the butt. So basically we're going to evaluate these three things: muscle, fat and skin. The main thing here will be to first determine how much muscle you have. Because sometimes people want to increase their buttocks, and when injecting fillers, if there is not a good level of muscle tone, the result is a little poor. Therefore, in general, it is very important to work the muscles of the buttocks. The problem is that at the gym, the more you work out, those aerobic exercises, so you have more muscle in your butt, which is the gluteal musculature, the more you burn fat. So you gain volume on the one hand but lose volume on the other. Today we have cool, non-surgical alternatives that will give you tension, volume and density for all your gluteal muscles.



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
HBB - Butt Harmonization

How is harmonization done?



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How is harmonization done.

HBB is an in-office technique, where we will analyze three levels of the structures that design your butt. The first of them is muscle volume, which we will work with the CM SLIM that gives you design and muscle volume, it is outstanding, it even lifts the muscle part.



CMSlim is the most advanced and intense muscle stimulator on the market, which uses HI-EMT (High Intensity Electromagnetic Muscle Trainer) technology. Its focused electromagnetic field passes through all layers of the skin and fat, directly stimulating the muscle through continuous and intense contractions, which provide muscle growth and induce fat reduction.



Second stage of harmonization

Then I'll give you volume, density of the fat cover.

At this stage we work with two things: the filler and the biostimulator. Filler in a deeper layer, biostimulator in a more superficial layer.

Fillers

In Brazil we can use two types of fillers: those that are absorbed, which is hyaluronic acid and Linea Safe, which is polymethylmethacrylate (PMMA), which has the great advantage of not disappearing.

Biostimulators

Now I want to be firm. Cast the first stone, who has never seen or never had a sagging butt? Why do we have this? It could be the result of a number of things. For example the accordion effect, gain weight and lose weight, it destroys fibrotic tissue in fat throughout the body.

But what is a biostimulator?

The biostimulator it makes collagen, it gives firmness to fatty tissue.

Third stage of harmonization

We have already given more volume and design to your butt. But then you have flaccid skin, you've taken too much sun, the sun destroys the DNA of the cells that make up fibroblasts that will produce collagen. So it's that sagging skin. Sometimes it has a stretch mark. And will it stay there? No it won't. Because as you know butt is muscle, fat and skin. So in the final part of the treatment we evaluate the skin. There are several technologies in our clinic, both here in Brazil and in Dubai. I will suggest one that I generally love and recommend the most: AGNIS®.



AGNIS includes an exclusive microneedling system with multipolar and multidirectional radiofrequency, capable of delivering consistent and controlled results, with extreme precision and safety. AGNIS aggregates magnificent results at different levels of intensity and treatment depths. Gold-plated AGNIS® microneedles provide smooth, controlled penetration into tissue, potentially reducing discomfort during application. The microneedles measure less than 0.3 mm in thickness and include different densities, ensuring a versatile treatment proposal for different indications and treatment areas.


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Clarifying Some Doubts



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Any age can do the procedure?

Sure! We have to stop this old talk. It's not age that determines, but your genetics, your body as a whole, tissue structure, age has nothing to do with it. I like to say what age is to take a public contest.

All steps are done at the same time?

In my office, I'm going to do a HBB session, first we put the volume with the fillers, then a week or two later we use the biostimulator, then yes, after a month I do the second volume, maybe a third session. And look, more than that, people, the HBB you can make a process over time.


Have more doubts?

[click here to schedule a consultation](#)



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