

BEFORE & AFTER-CARE ADVICE

To ensure the best results with this treatment we suggest that you follow the before and after-care recommendations below:

1. Drink at least 2 litres of water the day before your treatment and continue drinking 2-3 litres of water for 3 days including the day of your session - soft drink, soda, juice or tea is not water! You can drink too much water, but it is rare. Too much water is anything over 4 litres a day (with the exception of athletes, who may lose this amount of fluid exercising, or people in extreme heat). *(Water, Mineral Water, Lemon and Water, or Herbal Tea is permitted for hydration)*
2. You should not eat 2 hours before and 1 hour after treatment.
3. Ensure ALL self tanning residue has been removed before coming in for your treatment.
4. If there is body hair in the area to be treated please ensure you use a number 1 cut with a hair trimmer - a shaved area is preferable as it allows the probe to glide smoothly over the skin surface. (Do not shave immediately prior to a session as that may cause sensitivity, light amount of surface hair is fine)
5. Do not drink ANY alcohol or caffeine on the day of treatment or 48hrs after. *(If you need caffeine 1 cup is okay as long as you are well hydrated, but it is best to avoid alcohol so your liver can fully function to remove the fat)*
6. Use dry skin brushing daily to stimulate lymph movement. Better still – why not book in for one of our Lymphatic Massages.
7. Do not have a hot shower (warm is alright), spa or sauna straight after treatment.
8. Diet: Follow a fat free, low starch, low sugar diet for best results.
9. Exercise for at least 20 minutes after your treatment to stimulate lymph movement.