

BODY SCULPTING prep guide

Thank you for choosing Arched Beauty. We are committed to making every visit a memorable and revitalizing experience. Please use this guide to prepare for your upcoming session. We look forward to being a part of your wellness journey.

Clients who have any medical diagnoses or conditions listed below **may not** be good candidates for body sculpting. It is always encouraged to consult your doctor prior to treatments. Please read and sign consent forms & bring with you. **Women who are pregnant or breastfeeding are not eligible for treatment.**

The number of treatments will vary between individuals. On occasion there are patients that do not respond to treatments and results cannot be guaranteed. Following pre & post care instructions help yield the best results. **ALCOHOL:** Please refrain from alcohol consumption 48 hours prior/post treatments. **MENSTRUATION:** Body Sculpting should not be performed during your menstrual cycle.

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| Epileptic | • Hemophilia | • Thrombosis |
| Pregnant/Trying to conceive | • Infectious Disease | • Chronic Kidney / Liver Disease |
| Metal / Copper IUD | • Tuberculosis | • Thyroid Disease |
| Acute inflammation | • Autoimmune disease | • High Cholesterol |
| Uncontrolled Diabetic | • Fibromyalgia | • Internal Bleeding |
| Slow healing wounds | • Pulmonary Emboli | • Arrhythmia |
| Anxiety / Depression | • Cardiac / Vascular Condition | • High Blood Pressure |
| Stroke / Heart Attack | • Muscle / Nerve Conditions | • Kidney Failure |
| Tumor / Cancer | • Cancer (past 6m-12m) | • Liver Failure |
| Metal / Plastic Implant | • Melanoma | • LUPUS |
| (including hearing aids) | • Pace Maker | • HIV/AIDS |
| | | • Keloids |

BODY contouring
PRE-TREATMENT CARE

- Drink at least 2L of water the day before your treatment
- Do not drink caffeine, alcohol or carbonated drinks for 24 hrs before the treatment
- Avoid heavy meals the day before and do not eat 2 hrs before treatment
- Remove any lotion from your skin before the treatment
- Wear loose fitting clothes on the day of your treatment
- Shave any body hair on and around the area to be treated

BODY contouring
POST-TREATMENT CARE

- Drink plenty of water (2L per day is recommended)
- Avoid alcohol and caffeine for 24 hrs post-treatment
- Use an ice pack to reduce any swelling, stiffness and bruising
- Avoid sauna, spa, hot tubs or strenuous exercise for 24 hrs
- Engage in a 20-30min of light exercise, such as walking, to stimulate lymphatic drainage
- Massage the treated area daily to prevent fat and toxins from becoming stagnant

WHAT TO WEAR
to your appointment

