

T-SHOCK BODY CONTOURING PRE & POST-TREATMENT PROTOCOL

Cryolipolis, RF and EMS Muscle Building, Vacuum Brazilian Butt Lift and Far Infrared Detox Treatments, or a combination of treatments.

Your time in the treatment room is just the beginning of your journey! In order to get the best, long-lasting results from your sessions, it's best to pair it with a healthy lifestyle. Instead of T-Shock Customized Body Contouring being the single component of your wellness journey, think of it as a complement to a healthy diet and daily movement.



HOW TO PREPARE

On the day of your treatment, please avoid sugars and refined carbohydrates at least 2 to 3 hours before your session. Try eating only vegetables and lean protein, if possible. Please also avoid working out right before your session as it will be more difficult to cool down the skin. You may resume exercise immediately such as walking to help assist lymphatic drainage.

As for what to wear, please come dressed in loose clothing that is easy to take on and off.



WHAT TO DO AFTER YOUR SESSION

Staying hydrated is extremely important. By drinking plenty of water, you will help your body flush out dead fat cells. Hydration should be a priority for at least four weeks after your first session, especially if you're doing Fat Removal and Cellulite treatments.

Continue to avoid sugars, refined carbohydrates, processed food, and alcohol after your session. For long term results, it's best to maintain a healthy diet by eating whole foods and lean protein. It's possible for fat cells to return, so a healthy lifestyle is key to sustain results.

Following your session, we recommend facilitating lymphatic drainage within six hours after your treatment. This further aids your body's process of flushing out its system. Lymphatic drainage techniques can include:

- 30 minutes of vigorous exercise
- Dry Brushing
- Infrared Sauna
- Massage
- Red Light Therapy

The beauty about Renew Image is that you have both T-Shock and lymphatic drainage techniques all under one roof! We recommend booking a red light, far infrared detox, after your T-Shock and body contouring treatments to maximize your results. We also provide Certified Nutrition Coach Consultations and Peptide

Therapy to further support your metabolism!

It may also be a good idea to do these sessions monthly in a series of 6 to 12 or bi-weekly EMS Muscle Building and you may also wish to add RF Microneedling to tighten skin and reduce fat.