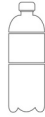


## BODY CONTOUR POST CARE



Avoid caffeinated, alcoholic, carbonated drinks (all around) or at least 24hrs after treatment.



Drink plenty of water, at least 2L everyday to stay properly hydrated & flush out toxins.



Avoid sauna, spa, hot tub or any strenuous dehydration 24 hrs after treatment.



Maintaining a healthy diet and regular exercise is key to preserving results.



Engage in light exercise for 30 mins such as walking or running to stimulate lymphatic drainage.



Massage the treated area daily to prevent fat and toxins from becoming stagnant.



Wear compression garments for circulation directly after treatment.



Use a sweat belt during exercises and or heat cream to maximize results.



Book your next session as advised by your skin specialist.