



Aqualyx Aftercare Information

Side effects include:

- Some redness
- Swelling and tenderness in the treated area
- Itching
- Warmth in the treatment area
- Some people may experience some light / heavy bruising
- You may feel like you have had a good workout
- Area may become lumpy

This and any other side effects will usually resolve within a few days. You may need to take over the counter painkillers to control any pain-related side effects. Please massage the area if it becomes lumpy. The swelling will usually go down within 48 hours but can take up to a week.

Important! Do!

- Please drink 3 litres of water a day.

This will help the body to remove the excess waste.

Do not!

- Do not fly for 1 week!
- Do not use sunbeds or saunas for 1 week!
- Do not do any excessive exercise for 1 week!
- Do not consume alcohol 48 hours prior and after treatment! Optional - Avoid white carbs 24 hours before and 48 hours after treatment!

Results are better using this method. This helps your body to burn more fat instead of carbs and sugar. This is not an overnight fix. Clients may require 3 - 4 treatments sometimes more, spaced over 4 weeks apart. Destroying the fat cells is a long-term solution provided you retain a stable weight, eat healthily, and continue exercise as usual. Aqualyx® leads to a permanent reduction of fatty tissue; once removed, fat cells will not reappear.