

Body Contouring- Pre and Post Treatment

Pre-Treatment Instructions

WEEK PRIOR TO SESSION (IF POSSIBLE) – IF NOT, DAYS PRIOR

The pre-treatment advice is key to getting the best possible results from your treatment. It also helps prepare your body for the Lipo Lite session. Having a body that is clean and prepared for treatment will maximize your results, therefore it is important they follow the guidelines given below:

- **Increase water intake and aim to drink 2 liter's a day.**
- Medications are OK to take, including diuretics [substances that increase the flow of urine).
- Cut back on toxins [i.e. Caffeine, Alcohol, Tobacco).
- Do NOT binge eat!
- Do NOT drink alcohol the night before the session.
- Consult with your doctor if you are not sure about doing any services.

Day Of Treatment

- **Drink 1 liter of water** (coffee, tea, cola DOES NOT count as water!).
- Do NOT drink fizzy, carbonated drinks for 3-4 hours prior to the session.
- Do NOT starve/avoid food as this will put the body into starvation mode causing it to store fat as opposed to shedding it.
- Do not have a heavy meal prior to the session, as this can cause discomfort during treatment.

Post-Treatment Instructions

The post-treatment advice is key to getting the best possible results from your treatment, you are strongly encouraged to follow these guidelines.

- **Drink plenty of water after each treatment to assist in the flushing out of waste from the body.**
- Exercise vigorously after treatment to help stimulate lymphatic activity. **We recommend a 15-minute vibration session in the spa.** (If you are doing your vibration treatment same day 50% off).
- Dry body brush twice daily (morning and evening) A dry brushing benefit is encouraging blood circulation and cell regeneration. Both of these actions promote internal detoxification which can aid in weight loss, cellulite reduction and the elimination of accumulated toxins. Brushing your skin when it's dry is the most important part.
- Avoid hot baths or showers, steam or heat treatments for 24 hours.
- Avoid alcohol for 48-72 hours after treatment.
- Post RF skin tightening- Do NOT undergo laser treatments, chemical peels, waxing, exfoliate, the use of depilatories, or microdermabrasion for 3-4 weeks after treatment.
- Apply SPF 30 daily.
- You could experience some possible tenderness, swelling, warmth, and redness on the treated areas for a few days.

Note- The procedure does not destroy fat cells, the fat cells are capable of storing fat again. So be sure to take care of your body by eating healthy and having a balanced diet.