



Post Slimming Treatment

Now that you've undergone a fat freezing or cellulite reduction session, it's very important to perform one of the following the treatment to optimize your results and keep your lymphatic system flowing smoothly:

- Use compression sleeves for 20-30 minutes;
- Perform a vigorous 30 minute workout,
- Massage the treated area.

You may experience some slight swelling, pins and needles or numbness in the treated area for several hours following. These are all common and will subside within 24 hours. Slight itchiness of the treated area and increased urination for 24-48 hours is also common. These are symptoms of fat cell die off.

How quick will I see results?

Changes are generally visible from the first session and often very encouraging. The best results appear 15 days to 3 weeks after the session and extend for several months after. Subsequent sessions are necessary to meet your goal and get the best results.

Frequency of Treatments

Fat reduction session can be performed once every 14 days (T-Shock) and 7 days (CryoStimulation).

There is a physiological reason for this: when apoptosis occurs and some fat cells die, waste is formed. This will be eliminated by natural routes (blood, lymphatic system and urine). Metabolism must therefore be allowed to evacuate this waste without overloading the system.

Lasting results

To get the most out of each session – there are some important things you can do to see the best results.

Healthy Diet – Your body is working to break down fat cells, so to help it make sure you AVOID sugar and carbs for 24 hours prior, and a minimum of 24 hours post treatment.

Exercise – Adding a vigorous workout after the treatment can help you sweat out excess toxins that your body is trying to release.

Hydrate, Hydrate, Hydrate – Make sure to get in half of your body weight in ounces of water after the treatment session, plus an additional 20-40 ounces.

If you have any questions about your Cryo session we're here to answer them!

Please call the office with any questions. 218-301-1310 or info@cryobreeze.us

We look forward to seeing you again soon. Next appointment _____



Post Toning or Facial Treatment

BODY FIRING/TONING

Increased collagen production lasts for several months after a series of treatments. Weekly sessions produce lasting results that appear gradually over a few months.

CRYO FACIAL

Cryo Facial creates a tighter skin appearance immediately after. After one session you will see the reduction of lines, puffiness, and a healthy glow. After 3 to 5 sessions, the results are even more profound with clients reporting more youthful looking skin with fewer wrinkles, blemishes, a reduction of puffiness around the eyes, and smaller pore size appearance.

Cryo Facials are also great before a special event giving you that instant glow.

Frequency of Treatments

Sessions can be performed every 3 -7 days.

Lasting results

To get the most out of each session – there are some important things you can do to see the best results.

Hydrate, Hydrate, Hydrate – Make sure to get in half of your body weight in ounces of water after the treatment session, plus an additional 20-40 ounces.

Sunscreen and Protect your Skin – Dermatologists **recommend** using a **sunscreen** with an SPF of at least 30, which blocks 97 percent of the sun's UVB rays. Higher-number SPFs block slightly more of the sun's UVB rays, but no **sunscreen** can block 100 percent of the sun's UVB rays so wear a hat that shades your face when outdoors.

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