## TRUE SKIN LASER SPA

## CAVI LIPO PRE AND POST TREATMENT

To ensure your maximum results you must do the following before and after your Cavi Lipo treatments.

- · Drink at least 100oz of water 2 days prior to treatment
- DRINK at least 100oz of water each day for 2 days post treatment
- Do not have any salt one day prior to treatment
- Do not have any salt 2 days post treatment
- · Exercise 30 minutes immediately after each treatment
- · OPTIONAL: Get a lymph drainage massage after treatment
- Avoid carbs with your evening meal one day prior to treatment
- Avoid carbs with your evening meal for 2 days post treatment
- Do not eat anything after your evening meal for 2 days post treatment

TREATMENT	WEIGHT	INCHES