

POST OP

1 Session (1 Sesión)	\$175.00
4 Sessions (4 Sesiones)	\$500.00
6 Sessions (6 Sesiones)	\$690.00
12 Sessions (12 Sesiones)	\$1260.00
21 Sessions (21 Sesiones)	\$1890.00



INFRARED SAUNA

30 Minute Session (Sesión de 30 minutos)	\$42.00
45 Minute Session (Sesión de 45 minutos)	\$55.00

**SOME PRICES
INCREASED
AS OF
MARCH 1ST**

BODY SCULPTING

EMSCULPT	\$400.00
Cavitation (<i>Cavitación</i>)	\$85.00
Skin Tightening RF (<i>Estiramiento de la piel RF</i>)	\$85.00
Cavitation+ Skin Tightening RF (<i>Cavitación + Estiramiento de la piel RF</i>)	\$146.00
Full Body Wood Therapy (<i>Terapia de madera de cuerpo completo</i>)	\$155.00
1 Area Wood Therapy (<i>1 Área de Terapia de Madera</i>)	\$87.00
Lipo Pads (<i>Lipo Almohadillas</i>)	\$85.00
Non-Invasive BBL (<i>No invasivo BBL</i>)	\$118.00

RECOMMENDED FOODS

Proteins: Skinless Chicken, Turkey, Salmon Beef (Lean), Guava, Spinach, Tuna, Halibut, Lake Trout

Carbs: Sweet Potatoes, Oatmeal, Brown Rice, Wheat Bread, Beans (Kidney/Lentil/Black), Artichokes, Pumpkin, Butternut Squash, Mango, Quinoa, Buckwheat, Bananas, Olive

Other: Avocado, Cashews/ Almonds, Chickpeas, Beets, Zucchini, Pineapple, Greek Yogurt, Blueberries, Dates, Cottage Cheese, Brussel Sprouts, Cucumber, Watermelon. Pears, Carrots, Berries, Broccoli, Oranges

LYMPATHIC MASSAGE

Sculpt and Tone with Our Multi-Therapy Approach Experience the ultimate body transformation with our comprehensive treatment package. Combining lymphatic drainage, red light therapy, RF, whole-body vibration, and cavitation, we target stubborn fat, improve circulation, boost collagen production, and tighten skin for a sculpted, youthful appearance.

1-hour session: \$135

Moldea y tonifica con nuestro enfoque multiterapia Vive la transformación corporal definitiva con nuestro paquete de tratamientos integral. Combinando drenaje linfático, terapia de luz roja, radiofrecuencia, vibración corporal total y cavitación, atacamos la grasa rebelde, mejoramos la circulación, estimulamos la producción de colágeno y reafirmamos la piel para una apariencia esculpida y juvenil.

Sesión de 1 hora: \$135

OUR SHAPEWEAR

- Fajas
- Waist Trainers
- 360 Wrap Bands
- Heal Me Oil
- Compression Boards & More

Pricing Available on Our Website

QUESTIONS & ANSWERS

- **What is lymphatic drainage?**

A gentle massage technique that removes waste from tissues.

- **Benefits of lymphatic drainage?**

Reduces swelling, aids healing, boosts immunity, improves circulation.

- **When to start massages post-procedure?**

48 hours after, consult your doctor.

- **Number of sessions & duration?**

6-12 sessions, 45-60 minutes each.

- **How to prepare for post-op massage?**

Wear comfortable clothes, stay hydrated, avoid lotions.

- **When to start body contouring?**

4-6 weeks post-procedure.

- **How long for results?**

Visible after a few sessions, optimal results in 2-3 months.

- **Can you provide nutritional recommendations?**

We recommend:

- Limiting how much fried foods you eat
- Avoid eating spicy foods.
- Limit your salt intake.
- Use portion control when making your meals.



THE BODY IS ART Aesthetic and Wellness Spa

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[thebodyisartnj](https://www.instagram.com/thebodyisartnj)



friendly



LYMPHATIC DRAINAGE/ POST OP SERVICES

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