

Vacuum Therapy Body Contouring: Pre-Treatment Preparation & Aftercare

Before Your Vacuum Therapy Treatment

To help you achieve the best possible results, please follow these guidelines before your appointment:

Drink plenty of water for 24-48 hours before your treatment.

Eat a healthy, balanced diet and avoid excessive salt intake, which can contribute to fluid retention.

Avoid alcohol & caffeine for at least 24 hours before treatment.

Wear comfortable clothing to your appointment.

Inform your practitioner of any medical conditions, medications, recent surgeries, or changes to your health.

Ensure the treatment area is clean and free from lotions, oils, or self-tanning products on the day of your appointment.

Maintain realistic expectations and discuss your treatment goals during your consultation.

After Your Vacuum Therapy Treatment

To support lymphatic drainage and maximise your results:

Drink plenty of water for 72 hours after treatment to help flush toxins and support the body's natural elimination processes.

Stay active. Light exercise such as walking can help promote circulation and lymphatic flow.

Follow a healthy, balanced diet to support your body contouring goals.

Continue any treatment course as recommended by your practitioner.

Follow all personalised aftercare advice provided during your appointment.

For 24 Hours After Treatment

Avoid:

Excessive alcohol / caffeine consumption.

Heavy meals high in salt, sugar, or processed foods.

Dehydration.

Extremely hot baths, hot tubs, saunas, or steam rooms.

Tight clothing that may restrict circulation around the treated area.

What Can I Expect After Treatment?

Many clients notice:

Improved skin smoothness

Reduced appearance of cellulite

Temporary contouring and sculpting effects

Improved circulation

Reduced fluid retention

Firmer-looking skin

Results typically improve with a course of treatments and healthy lifestyle habits.

Possible Temporary Effects

It is normal to experience:

Mild redness

Temporary warmth in the treated area

Slight tenderness

Light bruising in some areas

Temporary sensitivity

These effects are usually mild and resolve within a few days.

How Can I Maximise My Results?

For the best outcome:

Stay well hydrated every day.

Maintain a regular exercise routine.

Follow a healthy, balanced diet.

Attend your recommended treatment course and maintenance sessions.

Avoid smoking where possible, as this can affect circulation and skin health.

Results & Expectations

Vacuum therapy is designed to support body contouring, improve skin texture, stimulate circulation, and reduce the appearance of cellulite. Results vary from person to person and are best maintained through a healthy lifestyle and regular maintenance treatments.

For optimal results, Vacuum Therapy works best as part of a complete wellness approach that includes hydration, exercise, healthy nutrition, and consistency with your treatment plan.