

Pre & Post Treatment Advice for Brazilian Lymphatic Drainage & Wood Therapy Sculpting

For the best results from your treatment, please follow the advice below.

Before Your Treatment

Drink plenty of water throughout the day.

Avoid alcohol and heavy meals for 24 hours before your appointment.

Wear comfortable clothing.

Avoid applying body oils or lotions on the day of treatment.

After Your Treatment

Stay hydrated to support lymphatic flow and detoxification.

Engage in light movement, such as walking, to encourage circulation.

Avoid alcohol, excessive caffeine, and high-sodium foods for 72 hours.

Avoid hot baths, saunas, and steam rooms for 24 hours.

Maintain a healthy, balanced diet to prolong results.

For best results, treatments can be incorporated into a regular wellness routine.

You may notice increased urination and a feeling of lightness following your treatment, which is a normal response.