

# CRYOSKIN

## Slimming Before + After Care

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- For best results following a cryo session, do not eat sugar 2 hours before and after the session.
- If possible, avoid all kind of sugar for 4 - 5 hours before and after the cryo session. 2 hours is the recommended time for best results.
- This applies to all kind of sugars (pasta, rice, bread, cereals...) and of course simple starches and sugars.
- The cold weakens and retracts the adipocyte [fat storage cell]. Consuming sugar will return immediate energy to these cells, so the apoptosis [cell death] effect will be less efficient and can even be canceled.
- The lymphatic system takes 15 days to complete an entire cycle. Results will improve over the 2 weeks following the session. Additional slimming sessions can be completed 2 weeks after a treatment.
- Avoid exercise directly before a session. It will be harder to cool the body down and complete the slimming effectively.
- For best results, maintain the best possible diet and lifestyle to accompany the treatment (drink plenty of water).