



HOW TO PREPARE FOR YOUR LEMON BOTTLE FAT DISSOLVING TREATMENT AT TEN BEAUTY, COBHAM

At TEN Beauty in Cobham, we want you to feel completely confident and relaxed before your Lemon Bottle fat dissolving treatment. Whether it's your first time or you're coming back for a top-up, a little preparation goes a long way in making sure you get the best results possible.

Here's everything you need to know to get ready:

1. STAY HYDRATED

In the days leading up to your appointment, aim to drink plenty of water. Hydration helps your lymphatic system work more efficiently, which is essential for flushing out the dissolved fat after your treatment.

2. AVOID ALCOHOL AND CAFFEINE

Try to reduce your intake of alcohol and caffeine 24 hours before your appointment. These can dehydrate you and may increase the chances of bruising.

3. NO ANTI-INFLAMMATORIES

Avoid taking anti-inflammatory medications such as ibuprofen or aspirin for 48 hours before your session, unless prescribed by your doctor. These can increase your risk of bruising and swelling.

4. EAT A LIGHT MEAL

Have a small, healthy meal about an hour before your appointment. This can help prevent any light-headedness during or after the treatment.

5. WEAR COMFORTABLE CLOTHING

Choose loose-fitting, comfy clothes on the day of your appointment. Depending on the area being treated, we may need access to your stomach, chin, arms or thighs – so wear something that makes you feel at ease.

6. PLAN FOR SOME DOWNTIME

While Lemon Bottle is a non-surgical treatment with minimal downtime, you might experience mild swelling or tenderness for a few days. It's best to avoid strenuous exercise, saunas, and hot baths for 24-48 hours after your appointment.

7. COME MAKEUP-FREE (IF TREATING THE FACE)

If you're having a facial area treated (like the chin), please arrive without makeup so we can begin your treatment straight away.

NEED MORE INFO OR READY TO BOOK?

I'm always here to answer any questions or chat through your concerns. You can call, message, or pop into the clinic – whatever suits you best. At TEN Beauty in Cobham, it's all about helping you feel confident and cared for every step of the way.