

Best Aftercare Practices

* Avoid sugar 2 hours before and after your Cryoskin session to achieve maximum results. Sugar in this context includes carbohydrates, natural sugars (fruits, alcohol, etc.) and refined sugars. If you consume sugar you will fuel the fat cells we are working to destroy.
* Drink a minimum of half of your body weight in ounces for the following 14 days to promote proper flushing of destroyed fat cells for all CryoSlimming Sessions.
* Live a healthy lifestyle to include healthy eating, adequate fresh water, exercise and proper sleep.

To improve your Cryoskin results you can include:

* Infrared Sauna (after 72 hours)
* Lymph Drainage Massage
* Vibration Plate
* Herbal Supplementation (see handout)
* Lifestyle/Health Coaching
* Compression garment

Ask for details as we provide most of these services in-house.



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