



Pre/Post Care Instructions

Pre-Care Instructions -

- 1) Drink at least 1.5 liters before (24hrs leading) and after each treatment.
- 2) They should not eat 2 hours before your treatment.
- 3) Should not drink anything an hour prior.
- 4) Do not drink ANY alcohol or caffeine on the day of treatment.
- 5) Maintain a low calorie, low carbohydrate, low fat, and low sugar diet for 24 hours pre-treatment.
- 6) Wear active wear (no underwire bra).

Post-Care Instructions -

- 1) Please be sure to drink plenty of water the whole time during your treatments series. This will help the liver and lymphatic system to eliminate fat.
- 1) 20-30 minutes of light cardio after your sessions like walking to stimulate the lymphatic and urinary systems.
- 2) refrain from any alcohol consumption for 2-3 days after your treatments. (Alcohol can prevent your liver from working to remove fats as it will make alcohol metabolism its priority before fat removal and could hinder your results. Alcohol is treated like sugar and your body will convert it into fat).
- 3) No tanning during the treatment series! (Tanning will cause you to be overly sensitive to the ultrasonic and RF treatments).
- 4) Maintain a low calorie, low carbohydrate, low fat, and low sugar diet for three days post-treatment.
- 5) Do not have a heavy meal
- 6) Do not eat 2 hours prior to the sessions.
- 7) Do not binge eat or fast!
- 8) No caffeine or carbonated drinks 3-4 hours prior to the sessions and 24 hours After the sessions.
- 9) No hot showers, baths or saunas straight after treatments.
- 10) The body requires three days to properly eliminate the fat and toxins after a treatment. Intervals also need to reflect this, at least three days must pass between each session.