

BODY CONTOUR

PRE-TREATMENT INSTRUCTIONS



Stay hydrated, drinking plenty of water the day before and the day of your treatment.



Avoid caffeine or alcohol 24 hours before treatment.



Make sure the area to be treated is clean.



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POST-TREATMENT INSTRUCTIONS



Maintain a balanced diet and regular exercise to support the treatment.



Wear your sweat band or compression garment.



Keep hydrated by drinking plenty of water.



Dry brush and use cellulite cream.



Avoid alcohol and caffeine as they can dehydrate you.



Massage the treated area gently if instructed by your specialist.



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