BODY SCULPTING BEFORE & AFTER CARE LIST

This is an important decision towards improving your wellness and overall lifestyle. We want to help you reach all your goals. This list will assist you in achieving your best results. It is important to manage your expectations as each individual is different. To get the maximum benefit you will need to engage in an appropriate diet, lifestyle and exercise program in conjunction with your body sculpting treatment protocol.

It is critical that the dietary and lifestyle changes made support the goals of treatment.

A reduced calorie diet and an exercise program to help you burn 350 – 500 calories post treatment are ideal. Individual results may vary and it is the responsibility of the client to ensure they are doing the appropriate healthy lifestyle changes to ensure maximum results. A series of treatment is required to achieve results.

ENSURE YOUR BEST RESULTS

- Do not eat 2 to 4 hours prior to treatment(s)
- Drink plenty of water before and after every treatment
- Consume at least 8-10 glasses of water daily while undergoing treatment(s)
- Perform 30 minutes of cardio-exercise directly after every treatment
- Manage caloric intake during treatment (excess calories will counteract the treatments)
- Abstain from alcoholic beverages for at least 48 hours before and after treatment(s)
- Abstain from caffeine at least 24 hours before and after treatment(s).

100% certainty of success cannot be assured as with any cosmetic treatment. It is also important to note that in the vast majority of cases, supported by clinical evidence, clients achieve results. Results may vary and therefore not meet expectations of all clients completing a full series of treatments. NO REFUNDS will be issued.