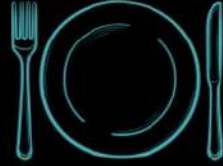


# Body Sculpting

## POST-TREATMENT INSTRUCTIONS

After your treatment...



DO NOT eat for TWO HOURS after your treatment.



Continuing to drink water is crucial. STAY HYDRATED with plenty of water to facilitate lymphatic drainage.



Limit your intake of carbonated drinks and caffeine.



DO NOT consume alcohol for 24 hours after treatment.



DO NOT fast or your body will go into “starvation mode” and becomes more resistant to releasing stored fat. Instead, talk with your practitioner about healthy diet options and appropriate supplements such as vitamin B complex that will help the body detox.



Wearing a waist trainer or shape wear can maximize results.

Experiencing swelling, itching and some pain is normal. You may see results as early as 2 weeks but don't be discouraged if you don't. It may take 1-3 months to realize. The body will continue to excrete fat cells up to 6 months after treatment.