

Pre & Post Care Instructions

Body Contouring (Cavitation, RF, Vacuum)

Pre-Care:

- Drink 1–2 liters of water before a session.
- Avoid heavy meals 2 hours prior.
- No alcohol or caffeine 24 hours before.
- Wear comfortable clothing.

Post-Care:

- Increase water intake for 48–72 hours.
- Light exercise is recommended for lymphatic stimulation.
- Avoid alcohol and caffeine for 48 hours.
- No fast food / high-fat intake for 2 hours post treatment.
- A healthy diet is recommended for optimal results.
- Multiple sessions are required for the best outcome.

✨ Reminder to Clients:

Body contouring is a supportive treatment, not a replacement for healthy lifestyle choices. Your commitment to hydration, diet, and movement will maximize and maintain your results.

Disclaimer: These guidelines are for general wellness support only and do not replace professional medical advice. Always follow the specific instructions provided by your treatment provider.