



Post-Treatment Information

To get the most from your treatment we advise you follow our guided aftercare.

Drink H2O

Be loyal to water drink at least 2 liters of water after your treatments this will help your body eliminate the unwanted fat cells from your body. Your results will be increased if you stick to this 5 days following your treatment.

Say No To Alcohol

Since your liver is involved in the process, it needs to fully cooperate after the treatment. Taking in alcohol is never a good idea because your liver will first remove the alcohol from your body instead of the deactivated fat cells. Drink more water instead.

No Caffeine

You've been advised to increase your water consumption to at least two liters per day. When we say water, that's none other than H2O. Coffee, juices, tea, and carbonated drinks are excluded from the list.

It is important to keep your body hydrated to help your skin recover fast and help your body remove the broken down fat cells. Drinking coffee and other beverages that contain caffeine can dehydrate the body rather than rehydrate it.

Cool Bathing

We advise that you shower with cool water. But if you really want something warm to rinse your body, a lukewarm bath is okay.

Keep in mind that the water's temperature shouldn't be too high. Hot temperature could aggravate the condition of the skin that has been through intense radio frequencies and delay its recovery.

No Junk Food

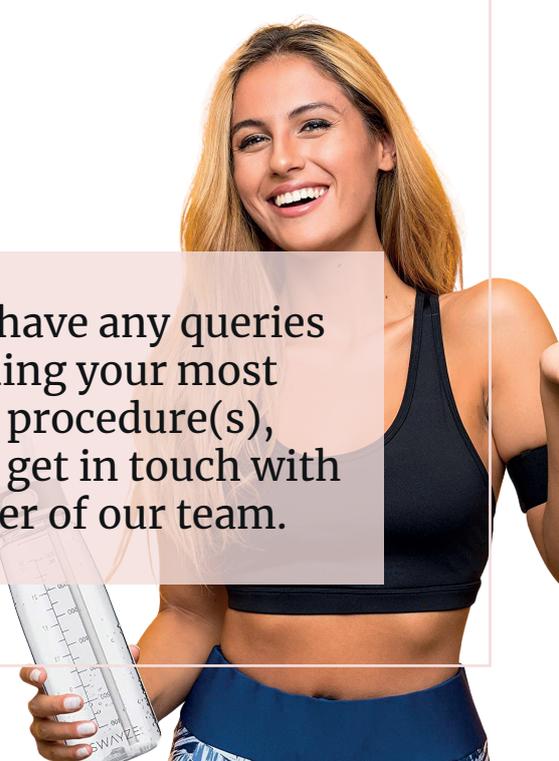
It's completely a no-no to eat fatty and unhealthy food right after your radio frequency skin tightening session. Give your body time to heal.

Light Exercise

We recommend very light exercise after your treatment; a brisk walk usually does the trick. Squats and Lunges will dramatically increase the results.

No Sun Shine

Radiofrequency and cavitation energy plus UV rays would be too much for your skin to absorb. Tanning after a treatment could cause your skin to be more sensitive and increases the likelihood of damaged cells. We recommend no direct contact with the sun or sun beds for at least 24 hours.



If you have any queries regarding your most recent procedure(s), please get in touch with member of our team.