

LASER LIPOLYSIS *Before & After Treatment Precautions*

Throughout the course of the treatment:

1. **DO NOT** drink alcohol or abuse fat, fried or spicy food, in order not to be a burden on the liver and kidneys
2. **DRINK** at least 1.5 liters of water per day
3. It is highly recommended to **DRINK** 1 liter of water 2-3 hours before treatment

On the day of treatment; after the treatment:

1. **DRINK** at least 2 liters of water per day. This is important for assisting lymphatic drainage and detoxification
2. Eat a **BALANCE DIET**, although not very strict
3. **DO NOT** abuse the consumption of alcohol, coffee, fats or carbohydrate-rich foods
4. Exercise for 20-30 minutes or a sauna is encouraged immediately following treatment to aid in the metabolizing.

Refer a friend!



It's easy! When they book their 6 session package, just have them add your name and phone number to the notes and on the day of their appointment you will receive a \$25 voucher via email to use towards your next session purchase.