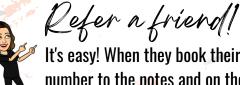
LASER LIPOLYSIS Before & After Treatment Precautions

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.



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.