



What You Need To Know For Best Results

1. Typically it will take **10-12 sessions** for significant and long-lasting results.
2. Please **keep your appointments** and make up any that you miss. This type of therapy is cumulative and consistency is important.
3. We recommend that you come **every other day** to allow your body time to process the extra fat.
4. Remember to take your **lymphatic support** as directed.
5. **Drink water** before each treatment and continue throughout the day, as directed. This helps flush the fat and toxins from your system.
6. **Don't eat AT LEAST** 1 hour before and one hour after each treatment.
7. Some form of **exercise** for at least 10-20 minutes must follow each treatment to stimulate lymphatic and blood circulation and help process the fat that has been released. We offer this as part of your treatment through our vibration plate.
8. **Reduce your overall caloric intake** while limiting starchy carbohydrates and simple sugars.
9. Please lessen or eliminate **alcohol** during the treatment process. Alcohol negatively affects the liver which will work against this treatment, lessening the results.
10. Once you've achieved your goal, it is important that you stay on a regular monthly **maintenance program**.
11. ***It is important that you remove creams, oil or make-up over areas that are to be treated!***