

# HOW TO PREPARE FOR YOUR BODYSCULPTING SESSIONS

## **#1 – Drink plenty of WATER!**

We recommend drinking half your body weight in ounces of water per day. For example: If you weigh 200 pounds, you should be drinking at least 100 ounces of water per day. For some people that are not used to drinking this much water, this amount can be a lot. In this case, just try to drink as much water as possible per day and just keep increasing your water intake little by little every day. For those that are already drinking at least half their body weight, you will need to still increase your water intake, especially the day of the treatment.



Keeping your body very well hydrated is KEY for your bodysculpting sessions to work effectively and fast. This is not just for flushing or detoxing your system. The more hydrated you are, the easier it is for your body to break down your fat cells and tighten/tone your skin. It is a lot harder for a dehydrated body to break down fat cells, which can cause slower results.

## **#2 – Have nothing to eat 1 HOUR BEFORE & 1 HOUR AFTER your bodysculpting session.**



For best results, we recommend doing the treatment on an empty stomach. If you have eaten less than an hour before your appointment, please let us know so we can reschedule you.

## **#3 – NO lotions or creams on your body during your bodysculpting session.**

We recommend having freshly cleansed skin without any lotions or creams on the body. This is so there is no barrier from the infrared lights to your skin, for maximum results!



## **#4 – NO exercise after your bodysculpting session (just the day of.)**



It is important not to exercise after your bodysculpting session, just the day of. After your bodysculpting session, you are placed on a Whole Body Vibration machine to ONLY stimulate your lymphatic system to ensure that your fat cells stay drained. If you go beyond lymphatic stimulation, for example: cardio, the fat cell we just drained could potentially fill back up again. You may exercise anytime before your session, on the day of your treatment, and any other non-treatment day.

**Disclaimer: These statements have not been evaluated by the Food and Drug Administration. We do not make any claim to diagnose, treat, cure, or prevent any disease.**