

## Aftercare – Lipo-Cavitation & Acoustic Wave Therapy

Maintenance session recommended every 6 months

Limit your alcohol intake and smoking

Drink 2-3 litres per day; can include herbal teas and weak squash

Drink 1 litre immediately after treatment

Eat a healthy diet. Following every treatment, try to increase your fruit and vegetables, avoid fatty foods. Aim to reduce all portion sizes by 10% for the first week. You must eat 3 meals a day, no food supplements. We highly recommend 'juicing' as much as possible, if you can maintain this kind of diet within your daily lifestyle you will see even greater results.

Lower your salt intake – Avoid processed and tinned foods

Partake in 30 minutes of exercise immediately or as soon as possible after each treatment session. If you do not currently exercise, then increase your physical exercise by walking instead of driving, taking the stairs instead of the lift. Try to do 30 minutes daily.

Avoid caffeine, try drinking decaffeinated coffee (not more than 4/day) We recommend you take milk thistle (one tablet/day) for 30 days then 30 days off. This will help detoxify your liver.

### Pressotherapy Aftercare

It's important to stay well hydrated after your treatment, the lymphatic drainage process releases toxins and by hydrating the body one enables the detoxification process to go more smoothly. Clients may feel the need to urinate more initially – this is a good sign, as it demonstrates the excess fluid is being released from the body. Due to its detoxifying effects after the first couple of treatments some people may experience tiredness, headaches, slight nausea or flu-like symptoms. This should not last any more than 24 hours and is greatly reduced if plenty of water is consumed. A feeling of profound relaxation is experienced after the treatment and an increase in energy levels may be felt.