



Pre-care Instructions

Before any treatments can be performed you must detox. Detoxing can be done In-office, allowing you to receive treatment instantly after performing a foot detox. Or we can provide/ recommend a detox tea which must be consumed at home and you may return back after 24 hrs to have any treatment perform.

- *Avoid eating two hours before and after treatment sessions*
- *Avoid heavy meals on the treatment days.*
- *Drink plenty of water to facilitate lymphatic drainage*
- *Limit carbonated drinks, coffee, and tea during the treatment period.*
- *Avoid fasting or the body will go into “starvation mode” and become more resistant to the release of stored fat.*
- *Within the two hours following treatment, the client MUST perform 30-45 minutes of cardio-vascular work-out in order to create the energy demand that will facilitate metabolism of the fatty acids and glycerol freed from the fat cells.*
- *Must wear shapewear 5 to 8 hours per day during the duration of receiving treatments the more you wear the garment the more consort your body will become.*

I certify that I have been counseled in the pre and post-treatment instructions and have been given a copy of them. I have read and understand the instructions and realize that I must follow these instructions diligently in order to obtain optimum results.

Client Signature: _____