



## PRE/POST TREATMENT INSTRUCTIONS

### For best results (fat and toxin release)

- Avoid eating two hours before and after treatment
- Avoid heavy meals on treatment days. Follow a low fat/carb diet
- Drink plenty of water (at least 2liters) to facilitate lymphatic drainage
- Limit carbonated drinks, coffee and tea during treatment period
- Avoid alcoholic beverages for 24-72 hours before/after treatment, for alcohol retains water
- Avoid fasting or body will go into “starvation mode” and become more resistant to the release of stored fat
- Physical activity and massages are highly recommended to keep circulation strong.
- Arrive to your appointment in comfortable clothing and undergarments (Note: they may get a little soiled in gel/oils if they are left on during treatments)

Helpful hints to maximize results:

\*Red meat and processed foods are more difficult for your body to digest

\*Powdered and carbonated drinks may cause bloating

\*Waist train or use a source of body shaper (available for purchase)

*Results from treatments can be permanent as long as you maintain a healthy diet and exercise.*

### Possible side effects

- Increased Urination: This is good! Loss of water from your tissue is normal following treatment is a good sign that you are removing fat and toxins from your body. Fat enters the blood from the lymphatic system, increasing the “thickness” of the blood and pulling water from tissue to carry the fat to the bowel for removal.
- Increased hunger: this is the bodys attempt at returning to normal by re-accumulating fat. Do not increase food consumptions! Follow a low carb, high protein, high fiber diet to combat hunger pains.
- Diarrhea: When fat is successfully broken down, it must exit the body stool. You may or may not notice an increase in bowel movements. Typically, diarrhea is mild and lasts no longer than 36 hours.
- Flu like symptoms: This is *rare* but can occur due to toxins in the fat being removed via the lymphatic system, causing congestion. Congested lymph pathways can lead to aches, pains, water retentions, soreness and flu like systems.

NOTE: clients are able to do treatment every 3 days. All treatments are working on your body for 72 hours (3 days).

*Enhanced Beauty Bar*



## TREATMENT DESCRIPTION AND BENEFITS

Areas for treatments:

- |                  |               |
|------------------|---------------|
| * Abdomen/flanks | * Back        |
| * Front thighs   | * Back thighs |
| * Buttocks       | * Upper arms  |
| * Face           |               |

### VACUUM BRAZILIAN BUTTLIFT (BBL)

- This is a non-surgical/non-invasive butt lift treatment that promotes fuller, more lifted and shapely buttocks. Vacuum therapy is used to restore and mobilize fat of the gluteal muscles by stimulating natural lifting and tightening of the skin. The buttocks are treated to receive a rounder, toned appearance without surgery using suction cups attached to each buttock. This procedure promotes blood circulation, clearance of toxins and removes cellulite and clumpy fatty deposits, reshaping and contouring the booty. BBL treatment is the equivalent to 1500 squats plumping, firming, and lifting.

### ULTRASOUND CAVITATION/LASER LIPO TREATMENTS (CAVI)

- Ultrasonic cavitation is a new, non-surgical, non-invasive fat removal technique that helps to eliminate stubborn fat pockets as well as toxins. This process works by using ultrasonic low frequency waves to breakdown fat cells and liquefy them. Due to their weak structure, the vibrations impact movement in the fat cells and effectively cause the fat cells to liquefy. The fat is then metabolized and released through the liver and natural means. Treatments are done on most desired areas like the stomach, back, thighs and arms. There is no pain, no downtime, and you can even go right back to your regular daily routine afterwards. Combined with a proper diet and a healthy lifestyle, you can have the body you always wanted.
- Improves blood and lymph circulation
- Improves skin texture
- Removes fat cells permanently
- Connective tissue tightening

### RADIO FREQUENCY TREATMENTS (RF)

- Radio frequency technology is FDA approved to tighten loose or sagging skin on the face and/or body without an incision or recovery time. RF uses radio frequency which heats the skin to stimulate collagen production, leading to tighter skin, minimized pore size and improved skin tone and texture with no downtime. It also aides in reduction of stretchmarks, body contouring and great for post baby/weight loss loose skin.

## RADIO FREQUENCY FACIAL (RF FACIAL)

- Radio frequency is all about stimulating your own collagen. RF facial softens fine lines, firms skin, reduces pores, lifts cheeks and tightens saggy skin, giving the skin an all over smoother more radiant look.

## VACUUM CONTOURING/CELLULITE THERAPY

- Vacuum contouring is used to improve blood circulation, reduce cellulite, smooth the underlying fat layers, and increase elasticity. Vacuum therapy is a non-invasive technique that is used to reduce the appearance of fat and cellulite. The skin is gently drawn down to break down and loosen cellulite and stubborn fatty deposits, lifting the cellulite away from them thus encouraging blood flow, stimulating lymphatic drainage. We use a combination of non-invasive techniques including, but not limited to, ultrasound cavitation and radio frequency therapy with vacuum therapy. This treatment helps tone and firm the skin, diminishing the appearance of cellulite. Vacuum therapy also helps mold the fat and contour your body.

## INFRARED SAUNA BLANKET BODY WRAP

- The sauna blanket is an infrared blanket that uses a body wrap concept to help detoxify the body of unwanted chemicals and break up fatty tissue deposits. The benefits include weight-loss, muscle tension relief, detoxification, increases metabolism, and a builds a stronger immune system. The controlled, timed heat will cause the body to sweat and release toxins. The result is a loss of that excess body fat. Helps you lose inches and reduce the appearance of cellulite.

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