

## Body Contouring Treatment Pre & Post Care

Ultrasound cavitation is a great way to address stubborn pockets of fat. However, for maximum results and long-term overall health, combining your Body Contouring treatment with aftercare that supports your body is essential.

### Treatment Frequency

- The body requires 72 hours to eliminate fat and toxins after treatment; therefore, treatments can only be provided every three days with a maximum of 40 minutes per treatment.
- On average, most clients require 6-10 treatments to achieve the best possible results. Your clinician will be the best person to provide you with a realistic plan.

### Pre- Treatment

- Hydration: To ensure your body responds well to Body Contouring, at least 2 litres of water should be consumed over 24 hours before the treatment. It is essential to stagger water consumption over this period to ensure your body is well-hydrated. Tip: Externally hydrate your skin with Synergie B-Juvinate Body Moisturiser. To help maintain internal hydration, we recommend ANP omega oils.
- Diet and Exercise: To achieve optimal results, a low-calorie diet 24 hours pre and post-treatment will ensure your body utilizes the triglycerides released by the body contouring process. For best results, maintaining a calorie deficit is recommended. For the nutrition & exercise program, we can refer to some fantastic coaches if you would like.
- While fat cavitation is a great tool to help contour your body through the emulsification of fat, it will not compensate for a healthy and active lifestyle.

### Post Treatment

- The Detoxification Process: The release of energy into your body through Ultrasound Cavitation can also release any toxins stored in the fat, which will naturally filter through your lymphatic system following treatment.
- To assist the detoxification process, 2 litres of water should be consumed within 24 hours post-treatment.
- Lymphatic drainage, a circulatory system-enhancing form of massage, will also help release toxins from the body,
- A minimum of 20 minutes of elevated heart rate cardio exercise is recommended in the 24 hours following your treatment to assist the stored energy released by the cavitation process is burnt off.