



THE BEAUTIE BOUTIQUE

Body Sculpting Aftercare

Drink 2- 3 liters of water a day to flush body and stay hydrated

Avoid caffeinated, alcohol or carbonated drinks 24 hours after treatment

Avoid sauna, spa, hot tubs or strenuous exercise for 24 hours after treatment

Engage in light exercise for 20-30 mins such as walking to stimulate lymphatic drainage

Maintain a healthy diet, stay hydrated with regular exercise is the key to preserving results, avoid high carbohydrate, sugar and fat foods.

Book your next session as advised by your therapist

