

Create Beauty Body Sculpting

AFTERCARE ADVICE



Drink plenty of water and stay hydrated.



Do not drink any alcohol or caffeine for 48 hours.



Avoid sauna, spa, hot tubs, hot shower & for 24 hours.



Use an ice pack to reduce swelling, bruising and stiffness.



Engage in 30 min light exercise, like walking, within 6 hours to stimulate lymphatic drainage.



Massage the treated area daily to prevent toxins from becoming stagnant.



Maintain a healthy diet and regular exercise to preserve the result.



Don't forget to book your next appointment.

CREATE BEAUTY

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