

Your Sculpting Success Guide

To get those "wow!" factor results, your body needs a little teamwork!

Since we are breaking down fat cells, your lymphatic system needs to be in tip-top shape to flush them out.

Before Your Session (The Prep)

1. Hydrate, Hydrate, Hydrate: Drink at least 2 liters of water the day before and the day of your appointment. Think of water as the "conveyor belt" that carries the fat away.
2. Eat Light: Try to avoid a heavy meal 2 hours before your session.
3. Skip the Alcohol: Avoid alcohol for 24–48 hours prior, as it slows down your liver's ability to process the fat we're about to mobilize.

After Your Session (The Flush)

1. Keep the Water Flowing: Drink another 2 liters of water daily for the next 3 days. This is the most critical step for seeing results!
2. Get Moving: Engage in at least 30 minutes of light cardio (like a brisk walk) within 4–6 hours of your treatment to jumpstart your lymphatic drainage.
3. Watch the Carbs & Sugars: For the next 72 hours, try to stick to a clean, low-carb diet. Your body will use the newly released fat for energy instead of storing it back!
4. Dry Brushing or Massage: Gently massage the treated area or use a dry brush to keep that "inner glow" moving and the skin tightening process active.

