

# *Bella Contours*

## **After Treatment Care**

### **Recommendations prior to starting your first session and during treatment process.**

Prior to starting your first session we recommend you drink 2-3 liters of water. Water and hydration is key to this process being effective.

To maximize the effectiveness of your sessions, it is best to restrict products that impact lymphatic flow during the program. [caffeine, alcohol and sugar in large amounts]

We recommend eating a healthy diet to stabilize the fat and inches loss you obtain during the treatment. Always consult with your Physician before beginning any new Health & Diet Program. Always inform us if you have a change in health status or experience any unusual symptoms during your program.

We recommend additional daily exercise to stimulate lymphatic flow. This includes low impact workouts, brisk walking, swimming or cycling during this process. Adding this activity to your ongoing lifestyle will help to stabilize your weight and fat loss.

You can have Ultrasonic Cavitation during your Menstrual Cycle but it is recommended to avoid the abdomen as you may not see the immediate results, due to bloating. This may increase blood flow and cause a heavy cycle.

We concentrate on treatment of one body area during each session. "Time on Target" will achieve maximum results. Treatments can be done a minimum of 72 hours apart.

Tell us if your digestive process is affected in any way during a session.  
[constipation/diarrhea]

If you should become pregnant during this process please inform us immediately.