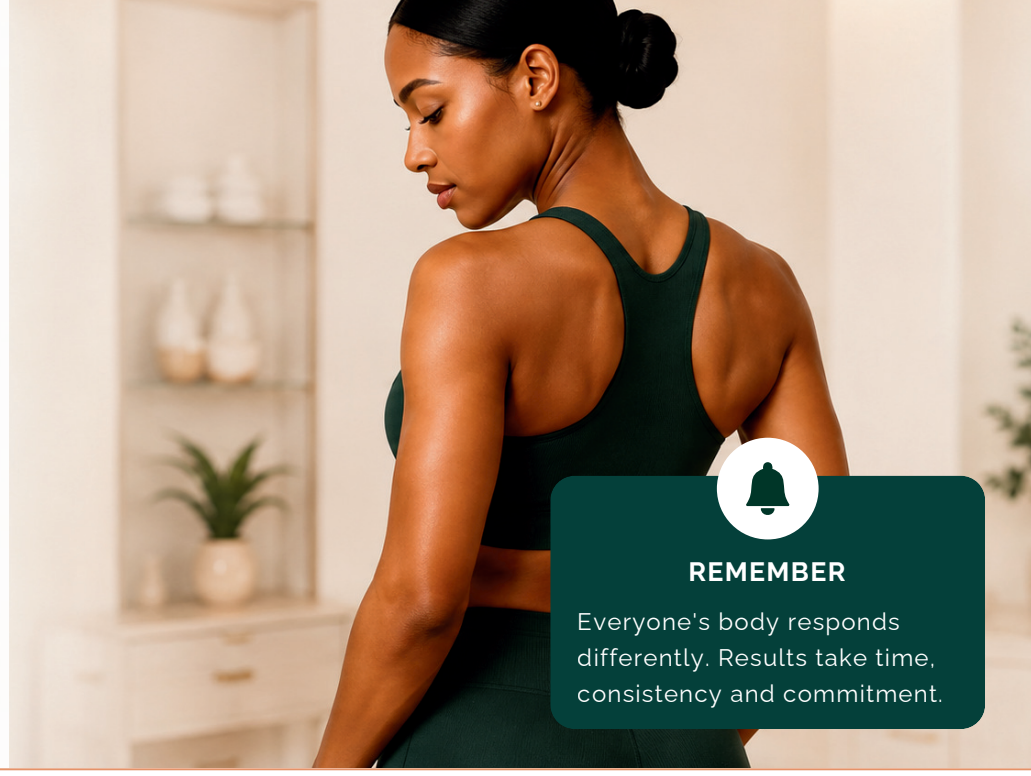
Abi Cole
AESTHETICS

BODY CONTOURING

AFTERCARE GUIDE

Following the right aftercare helps you get the best reults from your treatment and maintain a healthy, sculpted body.



REMEMBER

Everyone's body responds differently. Results take time, consistency and commitment.

APPLIES TO THE FOLLOWING TREATMENTS

MLD MASSAGE
Helps reduce fluid retention and promotes lymphatic damage.

WOOD THERAPY
Stimulates circulation, breaks fat cells and reduces the appearance of visible debris.

RADIO FREQUENCY
Tightens skin, boosts collagen and improves skin elasticity.

ULTRASONIC CAVITATION
Helps break down fat cells and support body contouring goals.

EMSLIM NEO
Stimulates muscle contractions to tone, strengthen and refine the treated area and improves skin appearance.

VACUUM THERAPY
Enhances blood flow, lifts and sculpts the treated area and improves skin appearance.

GENERAL AFTERCARE INSTRUCTIONS

STAY HYDRATED
Drink 2-3 litres of water daily to keep your blood toxins and support lymphatic drainage.

MOVE YOUR BODY
Light activity such as running or walking may be helpful to boost circulation and enhance results.

EAT HEALTHY
Eat a balanced diet rich in proteins, fiber and whole foods. Avoid excess sugar, salt and processed foods.

AVOID ALCOHOL
Avoid alcohol for 24 hours after your treatment as it can cause dehydration and reduce results.

AVOID HEAT EXPOSURE
Avoid saunas, hot baths, steaks, and iced iced excessive sun exposure for 24-48 hours.

AVOID LOTIONS & OILS
Avoid lathering, oil, or tight clothing on the treated area for 24 hours.

AVOID HEAVY MEALS
Avoid heavy, heavy meals for a few hours after treatment.

BE CONSISTENT
Attend all recommended sessions and follow your treatment plan for optimal results.

MANAGE EXPECTATIONS
Results are gradual and vary from person to person to person. Patience is key!

LISTEN TO YOUR BODY
It's normal to feel light, soreness or sensitivity if you have concerns, contact the clinic.

TREATMENT SPECIFIC CARE

MLD MASSAGE	You may feel relaxed and lighter. Continue to drink plenty of water to support lymphatic flow.
WOOD THERAPY	Mild redness or slight bruising may occur. This is normal and should fade within a few days
RADIO FREQUENCY	You may notice mild warmth or redness which should subside shortly after treatment.
ULTRASONIC CAVITATION	You may feel slight tenderness in the treated area. Drink plenty of water to help your body eliminate released fat cells.
EMSLIM NEO	Muscle fatigue may occur similar to after a workout. Stay hydrated and allow your muscles to recover.
VACUUM THERAPY	You may experience temporary redness, brusing or slight swelling. This is normal and usually subsides within a few days.

WHAT TO EXPECT

- ✓ Mild redness, swelling or bruising may occur.
- ✓ You may feel lighter, less bloated and more energised.
- ✓ Skin may feel firmer and more toned over time.
- ✓ Results vary from person to person and are enhanced with a healthy lifestyle.

Consistency with your treatments, health nutrition, hydration and regular activity will give you the best long lasting results.

SIGNS TO CONTACT US

Contact us if you experience:

- ✓ Severe or persistent pain.
- ✓ Excessive swelling or bruising.
- ✓ Skin irritation or burns.
- ✓ Any other unusual symptoms.

We are here to support you every step of the way.
Your saftey is our priority!

IMPORTANT REMINDERS

Attend all scheduled follow up sessions

Drink plenty of water before and after each session

Follow all instructions provided by your practitioner

Results take time.
Stay consistent and trust the process

WE'RE HERE TO HELP

If you have any questions or concerns about your aftercare, please contact us.

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EXPERT CARE. NATURAL RESULTS.

This guide is intended as general client information and does not replace personalised advide from your qualified practitioner.