

It is normal for the area to feel a little hot and tender after treatment. This is due to the delivery of energy into the tissue. Immediately post-treatment it is highly encouraged to **participate in rigorous physical activity for a minimum of 30 minutes**. Going for a brisk walk, or some interval training are helpful. The key is to stimulate the lymphatic system in order to encourage the disposal of waste material. **Consult your health professional** to identify which is the best style of training for you.

KEY FACTORS TO CONSIDER:

- » The type of excess fat to be addressed – genetic and environmental factors, including diet and lifestyle makes every human unique, and so are their results.
- » Exercise and a balanced diet should be incorporated in the program, to naturally encourage metabolism and support the elimination of liquefied fat after cavitation.
- » Hydration pre- and post -treatment affects results.
- » The lymphatic system plays a crucial role after cavitation.
- » High compliance is required from the client.

FOR BEST RESULTS:

- » Following your treatment, **drink 3 litres of water** for the rest of the day after your treatment to assist in flushing.
- » **Eat as fresh and clean as you can**, including wholefoods. Consult with a clinical nutritionist for specific advice.
- » We suggest to apply the **Body Sculpting Creme or Firming Body Lotion** on the third evening after treatment to boost results and smooth cellulite concerns. Ask your Skin Therapist if this is right for you.
- » We also advise the **EFA supplementation**. Always consult your GP or pharmacist when starting on new supplements.

After 3-5 days the skin can become a little bruised and small, raised “blister-like” lesions may occur. This is normal and will go away within a week.

- » **DO NOT pick or scratch** at these as you will increase the risk of scarring.
- » If you are concerned about bruising, the in-clinic HEALITE Phototherapy treatment will help speed up the healing process.

IF YOU HAVE ANY QUESTIONS OR YOU REQUIRE ANY FURTHER INFORMATION, PLEASE FEEL FREE TO CONTACT US:

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