



MONARCH

BEAUTY COLLECTIVE

Body Sculpt

POST CARE INSTRUCTIONS

POST SCULPT CARE



DRINK PLENTY OF WATER, AT LEAST 2 LITRES A DAY



AVOID CAFFEINE OR ALCOHOL FOR AT LEAST 24 HOURS AFTER TREATMENT



USE AN ICE PACK TO REDUCE ANY BRUISING, STIFFNESS OR SWELLING



MASSAGE THE TREATED AREA DAILY TO PREVENT FAT OR TOXINS BECOMING STAGNANT



ENGAGE IN LIGHT EXERCISE FOR 20-30 MINUTES, SUCH AS WALKING, TO STIMULATE LYMPHATIC DRAINAGE



AVOID SAUNAS, HOT TUBS OR STRENUOUS ACTIVITY FOR 24 HOURS POST TREATMENT



MAINTAIN A HEALTHY BALANCED DIET AND REGULAR EXERCISE IS KEY TO PRESERVE RESULTS



BOOK YOUR NEXT SESSION AT LEAST 4 DAYS LATER

314-898-5943

