



# Body Sculpt

PRE CARE INSTRUCTIONS

## PRE-SCULPT CARE



DRINK AT LEAST 2 LITRES OF WATER THE DAY BEFORE TREATMENT



DO NOT DRINK CAFFEINE, ALCOHOL OR CARBONATED DRINKS 24 HOURS BEFORE TREATMENT



AVOID HEAVY MEALS THE DAY BEFORE AND DO NOT EAT 2 HOURS BEFORE TREATMENT



REMOVE ANY LOTIONS OR OILS FROM THE SKIN BEFORE YOUR TREATMENT



SHAVE ANY HAIR ON OR AROUND THE AREA TO BE TREATED



WEAR LOOSE FITTING CLOTHES ON THE DAY OF THE TREATMENT

