

PRE AND POST TREATMENT CARE

Radio Frequency

- Avoid any heat on treated area for 48 hours before and after treatment (Sunbeds, Sauna, Steam room etc)
- Avoid heavy exercise until area is normalised
- Follow treatment with any recommended home care products
- Apply SPF Daily
- Drink 2 litres of water daily

Acoustic Therapy

- Living a healthy lifestyle, exercise and drink half a litre of water directly after treatment
- Drink 2 litres of water daily