

Guidelines to Optimize Red Light /Body Contouring Treatment and Obtain Your Best Results:

1. Drink plenty of water

A minimum of 64 oz. of water per day will help flush the fat from your system. Ideally, divide your body weight by 2 and this is the number of ounces you should be drinking. Stay hydrated before your treatment and after! **THE RED AND INFRARED LIGHTS ARE ATTRACTED TO WELL-HYDRATED CELLS.**

*** **CAUTION:** overhydrating can lead to a loss of minerals, particularly if you have a poor diet or are taking medications. *If you experience being faint, weak, or have muscle cramps, decrease your water intake and let us know.*

2. Food Limitations

Eat either a light meal or nothing two hours before or after your scheduled appointment.

3. Wear comfortable clothing

For Example: shorts and a tee shirt or a two piece bathing suit

4. Exercise following treatment

We generally recommend use of a full body vibration plate followed by an energetic cardio workout. The average fat loss is between 40 and 60 grams which translates into 300-500 calories that need to be worked off to maximize your results. The exercise does not have to follow immediately and could be done later that same day.

5. Follow a low carb diet

Eliminate sugars, grains, and high glycemic fruits and vegetables.

For Example: bananas, pineapple, potatoes, beans, grapes, etc.

6. Avoid alcohol

Alcohol turns into fat and will work against this treatment and will lessen your results. For best results, refrain from alcohol the day before as well.

7. Decrease caffeine

Caffeine will dehydrate you which will decrease your results. Only drink the caffeine you need in the morning to avoid the "caffeine headache" Completely eliminate caffeine if possible.

8. Keep your regular appointments.

Make up your appointment if you miss it. Red light is cumulative and the most significant results appear during the last 25% of treatments.

Don't forget to ask us about our referral program.