

Client's Homework

*For maximum results for any service listed, hydration plays a huge role. We recommend you begin to properly hydrate...drink half your body weight in water (at least 1 Liter) days before your treatment as well as days after.

*During your process it's important to eat clean, detox, exercise and refrain from caffeine, alcohol and unhealthy carbohydrates.

*Ladies...we are unable to provide Contour Lipo on the abdomen area if your menstrual is on, pregnant, or lactating.

* If you have a cold or your digestive system is impeded ex. Gastritis/constipated let us know immediately.

*After Contour Lipo a 20 minute workout is strongly recommended. We encourage using our vibration plate machine (additional charge, if not included in your package), jogging, trampoline to encourage stimulation of the lymphatic system.