



*Let's make a plan to be successful*

***IMPORTANT... PLEASE READ***

*For fat removal and cellulite treatments to be successful it is essential that you take steps to facilitate lymphatic drainage following each session.*

**Ways that you can successfully fulfill this important requirement**

- ❖ A vigorous 30-minute aerobic workout within 4 to 6 hours after your treatment has been completed. (The same day as the treatment)
- ❖ 30 minutes of compression such as a Metrum BOA compression suite for lymphatic drainage on the body
- ❖ 10 minutes on a vibration plate using the lymphatic drainage setting
- ❖ Red light therapy or dry heat sauna (use as directed for treatment)
- ❖ A lymphatic massage
- ❖ Dry brushing
- ❖ Cryo T-Shock drainage

**Note: It is important for you to be an active participant.**

If your BMI is above 24.9, you should be following a weight reduction diet and be on a regular exercise program. If you are consuming more calories than being burned in a day, it is possible to gain weight during treatments. If your BMI is below 24.9 and you do not need to lose weight you should be on a maintenance diet during treatments with a regular exercise program to support lymphatic drainage.