



3 Step Body Contouring Treatment Before and After Care

During the contouring treatment journey, please observe the following:

- DO NOT drink alcohol.
- DO NOT eat unhealthy fats, fried and spicy food, in order to not be a burden on the liver and kidneys
- Drink at least 1.5 liters of water per day
- It is HIGHLY recommended to consume 1 liter of water 2-3 hours before treatment

On the day of treatment and after-care instructions:

- Drink at least 2 liters of water a day. This is important for assisting lymphatic drainage and detoxification.
- Eat a balanced diet, although not too strict
- Do not abuse the consumption of alcohol, coffee, unhealthy fats or carbohydrate-rich foods
- Start an exercise/movement program

