

FOLLOWING EACH FAT REMOVAL OR CELLULITE TREATMENT

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

Several methods to fulfill this requirement:

- A vigorous 30 minute aerobic workout within 4-6 hours after the treatment (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 the client to be an active participant. If the BMI is above 24.9, they should be following a weight reduction diet, and on a regular exercise program. If they are consuming more calories than being burned in a day, it is possible to gain weight during treatments. If the client has a BMI of below 24.9 and does not need to lose weight, they should be on a maintenance diet during treatments with a regular exercise program to support lymphatic drainage.