

LipoMelt



Treatment Preparation

1. Typically it will take 10-12 sessions for significant and long-lasting results.
2. Please keep your appointments and make up any that you miss. This type of therapy is cumulative and consistency is important.
3. We recommend that you come every other day to allow your body time to process the extra fat.
4. Remember to take your liver support as directed (50% off with a package of 5 or more sessions). Supplements can be purchased at our store.
5. Drink water before each treatment and continue throughout the day. This helps flush the fat and toxins from your system.
6. Don't eat or drink anything with calories one hour before and one hour after each treatment.
7. Some form of exercise for at least 10 minutes must follow each treatment to stimulate lymphatic and blood circulation and help process the fat that has been released. Our whole body vibration machine will achieve this result.
8. Please lessen or eliminate alcohol during the treatment process. Alcohol negatively affects the liver which will work against this treatment, lessening the results (alcohol is not permitted on phase 1 of Ideal Wellness).
9. Once you've achieved your goal, it is important that you stay on a regular monthly maintenance program.
10. Women wear a bikini style suit or bra and underwear and remove all creams, oils or makeup on treated areas.