

### Massage, Wraps, Massage & Facial Combinations

- ☆ Avoid alcohol and heavy meals for 24 hours after treatment
- ☆ Always drink plenty of water after treatment
- ☆ Do not undertake any other body treatments for 48 hours after treatment
- ☆ Stay away from direct sunlight/sunbeds and heat e.g. saunas for 48 hours after treatment
- ☆ Keep skincare products to a minimum for 24 hours after treatment
- ☆ Stay relaxed 12 hours after treatment
- ☆ For long term results book in for regular treatments and use the home care products prescribed as well as an SPF

### Body Wraps (in addition to the above)

- ☆ Please do not drink tea, coffee, alcohol or fizzy drinks for 48 hours following a wrap
- ☆ Please avoid bathing or showering until the following day (additional tightening and inch loss occurs for up to 12 hours)
- ☆ Please support your body wrap with a healthy diet and regular exercise