



## RECOMMENDATIONS AFTER CAVITATION

- During your treatment process, we recommend you drink 2-3 liters of water. Water and hydration are key to this process being effective.
- To maximize the effectiveness of your sessions, it is best to restrict products that impact lymphatic flow during the program. ([Caffeine](#), alcohol, and sugar in large amounts)
- We recommend eating a healthy diet to stabilize the fat and inches loss you obtain during the program.
- Always consult with your Physician before beginning any new diet plan.
- Always inform us if you have a change in health status or experience any unusual symptoms during your program.
- We recommend adding the whole body vibration machine to your treatment. Spending 10 minutes after your session on whole body vibration machine; will maximize lymphatic drainage to more quickly flush out cellular waste produced during the session.
- We recommend additional daily exercise to stimulate lymphatic flow. This includes low impact workouts, brisk walking, swimming, or cycling during this process. Adding this activity to your ongoing lifestyle will help to stabilize your weight and fat loss.
- You can have Ultrasonic Cavitation during your menstrual cycle, but it is recommended to avoid the abdomen as you may not see the immediate results, due to bloating.
- Treatments can be done a minimum of 5-7 days apart.
- Tell us if your digestive process is affected in any way during a session. (constipation/diarrhea)
- If you should become pregnant during this process, please inform us immediately.

If you have any questions, please contact us

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