



CONTOUR
LIGHT



Pre-Treatment Instructions

Your first visit will consist of a consultation, treatment and an evaluation.

*****Please arrive 10-15mins early to complete New Patient Forms.*****

1. Drink Water!

A minimum of 64 ounces (2L) of water PRIOR to your treatment will help flush the fat from your system. Stay hydrated before and after your treatment! The red and infrared light is attracted to well-hydrated cells.

2. Food limitations.

Nothing to eat 2 hours before and 2 hours after your appointment.
Avoid all sugars, all fats, carbohydrates and alcohol.

3. DO NOT APPLY ANY LOTIONS, CREAMS, OILS, PERFUMES, ETC.

4. Wear comfortable clothing that allows you to change easily.