



CONTOUR
LIGHT



Pre-Treatment Instructions

**Your first visit will be approximately 90 minutes
And will consist of a consultation, treatment and an evaluation.**

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

1. Drink Water!

Drink a minimum of 64 ounces (2L) of water prior to your treatment. Stay hydrated before and after your treatment, the water will help flush the fat from your system. If you have a morning appointment, please drink at least 64oz of water on the day before as well.

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.

Deodorant is okay.

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

*Kindly note for any Saturday appointments, the building doors are locked.
Please call the office at 702-636-2843 upon arrival for staff to unlock for you.*

Active Life Health & Wellness
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