

About your treatment

You will require a course of 8 sessions to obtain the best results.

You should allow a minimum of 48 hours between treatments.

The body requires 48 hours to eliminate fat deposits which have been dispersed from the fat cells into intestinal space, so although you may want to have your treatments more frequently, you should stick to two sessions a week for best results.

Treatment time will take between 30 minutes to one hour, depending on the area treated. You may need to allow a little longer for the initial treatment.

Exercise should be performed as soon as possible after treatment (ideally within 12 hours of treatment if you cannot exercise straight after). Your consultant will advise the best exercise option for you.

Only one treatment zone should be focussed on at any one time. This is because treating multiple zones at once will mobilise large amounts of fat that may not be able to be metabolised during the exercise aspect of treatment, and will increase the likelihood of it being re-stored as fat, reducing your results.

Once one treatment course completed, a second zone can be started after a two week rest period.

cell-IQ™ does not remove fat cells or the ability to store fat in the treatment area (This is GOOD, since removing the ability to store fat in one place will make the body seek out other areas to store vital energy, such as the major organs or arteries).

Maintaining a healthy lifestyle is crucial to retain the results in the future.

Pre-treatment protocol

- Avoid a heavy meal in the two hours before and after each treatment as this will confuse the body as to which 'fat' to metabolise.
- Avoid coffee, tea or carbonated drinks prior to a treatment as these may cause bloating.
- Drink plenty of water – good hydration provides a healthy lymphatic system and will allow you to achieve your optimal results.
- Avoid treatment when menstruating.

Your commitment

To achieve optimum results we need a commitment from you that you understand what is necessary on your part to have a successful outcome:

- Please keep a food and exercise diary and bring it to each session so your consultant can review it and assist you in any direction you may need.
- You must work out in the club immediately afterwards FOR A MINIMUM OF 30 MINUTES, maintaining a relatively moderate to high heart rate. Information will be supplied to assist you with this.
- You must be punctual. We pride ourselves on being on time for each and every client, and so we appreciate you arriving in time for your appointment. If you are running late your session may be cut short to ensure we don't run late for the rest of the appointments throughout that shift.

- We require 12 hours notice for cancellations. If you cancel less than 12 hours before the treatment, that session will be forfeited.
- Given the personal nature of the treatments, if you choose to have a workout before your session, please allow enough time to shower before your treatment. Remember, you must also exercise AFTER your treatment to ensure your treatment is effective.
- The success rate is a lot higher if you have all 8 sessions on the one area, rather than moving them around to different areas. We recommend each course targets a specific area. Secondary treatment courses can be undertaken to target other areas.
- We cannot guarantee that this treatment will reach your expectations if your expectations are unrealistic. Discuss the expected outcome with your consultant before you begin treatment to ensure your expectations are in line with the results.
- Although every person is different, we have had a 100% success rate when exercise, diet and treatment schedules have been correctly adhered to. It is important to keep up your end of the bargain to reach optimum results!

I have been explained what is expected of me throughout these treatments to ensure the best possible results:

Name: _____

Date: _____

Signature: _____