

SHAHINA HOJA

AESTHETICS

PRE AND POST CARE FOR EMERALD LASER BODY SLIMMING

To maximize results and promote recovery, please follow these guidelines after your treatment:

1. Hydration:

- Drink plenty of water after the treatment to help your body metabolize fat cells.
- Aim to drink at least 2 liters of water daily for 3-5 days.

2. Diet Recommendations:

- Avoid high-calorie and high-fat foods for 24 hours after the treatment.
- Increase your intake of fiber-rich foods (e.g., vegetables, fruits) to aid digestion.

3. Skin Care: - Avoid using harsh skincare products (e.g., AHAs, retinols) on the treated area.

- Use a gentle moisturizer or aloe vera gel to soothe the skin if needed.

4. Exercise Recommendations:

- Avoid intense exercise for 24 hours after the treatment, but light activities like walking are encouraged to improve circulation.
- Avoid saunas, steam rooms, or high-temperature environments for 48 hours.

5. Additional Notes:

- Mild redness or warmth in the treated area is normal and should subside within a few hours.

If discomfort persists, contact your therapist. - Follow your therapist's recommendations and attend follow-up sessions as advised for optimal results.