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Strategies To Improve Your Cryo – Sculpting Experience

BEFORE TREATMENTS

- Increase water intake, include lemon if possible
- Keep skin free of lotions to treated areas
- Wear loose clothing the day of treatment
- Avoid alcohol a couple days before the treatment
- Avoid caffeine the day of the treatment
- Exercise a little daily

AFTER TREATMENT

- Continue to increase water intake and add lemon and/or apple cider vinegar, if possible
- Avoid alcohol after treatment (1 day)
- Exercise daily 15 – 30 mins (walk)
- Massage or wrap the area for slight compression (Legs, arms or stomach)
- Avoid sugars (especially fructose), refined grains (especially grains containing gluten), and chemically modified fats, limit high salt foods (1 – 2 days after)
- Avoid processed foods, artificial sweeteners, conventional dairy and soy
- Take some Magnesium, or Herbs such as: Goldensea, Calendula, Echinacea, Astragalus.
- Add a little apple cider vinegar to water
- Do deep breathing techniques
- Do dry brushing in sweeping motions, always toward the heart