

Shrinking Violet Pre and Post Treatment Advice

Pre Treatment Advice

- You are advised to avoid alcohol 1-2 days beforehand
- Eat small meals regularly before and after wrap. Do not skip meals as this will slow metabolism
- Drinking alcohol after the wrap during loss period will cause fluid retention so will give false results
- If there is a possibility you could be pregnant you cannot be treated
- If you are breast feeding/had a recent operation, including c-sect, you cannot be treated
- You will have an initial consultation/disclosure before your treatment which you will need to sign.
- We want you to feel as comfortable as possible and so although this is a full body treatment, please attend your appointment wearing comfortable underwear or bikini to ensure you're at ease for the duration
- Avoid shaving 24hours prior to appointment
- Initial loss will continue over 2/3 days

Treatment Procedure

- After your consultation you will be left to undress down to underwear (or whatever you prefer to wear during the treatment). The treatment proceeds as follows :-
- Measuring
- Body Brushing
- Application of product
- Wrapping
- You will then spend one hour on a heated bed, wrapped and then left to relax
- Unwrapped, any excess product will be massaged in
- Remeasured and compared against initial measurements, losses recorded
- Left to dress

Aftercare :-

For best results:

- Avoid tea, coffee, alcohol and fizzy drinks for at least 24 hours
- Avoid exercise for at least 24 hours
- Drink plenty of water, ideally about 1 litre per day for the next 3 days. This continues the cleansing process and the flushing out of toxins
- Avoid bathing or showering until the following day to allow the product to continue to work
- Follow a healthy lifestyle to include a balanced diet with regular exercise
- You may notice an increase in urination for the following 3 days. This is completely normal as the body eliminates the toxins and fat