To ensure the best results with this treatment we suggest that you follow the aftercare recommendations:

* Drink at least 2 liters of water before your treatment and another 2 liters in the day after your treatment (soft drink, soda, juice or tea is not water).
* You should not eat 2 hours before and 1 hour after treatment.
* Do not drink ANY alcohol or caffeine in the day of treatment of 48hrs after.
* Use dry skin brushing daily to stimulate lymph movement (your therapist will show you how to do this).
* Do not have a hot shower (warm is alright), spa or sauna straight after treatment.
* Diet: Follow a fat free, low starch, low sugar diet for best results
* Exercise for at least 20 minutes after your treatment to stimulate lymph movement.