

Frequently Asked Questions

What are the do's and don'ts before & after treatment

- Drink plenty of water
- Avoid exfoliation before treatment
- Avoid exercise just before treatment
- No saunas, steam rooms before treatment
- Avoid extreme temperatures for 4-6 hours after treatment. No exercise, hot showers, steam rooms, sauna or sweating after treatment.
- Keep warm after treatment but no sweating
- You will more than likely be left with marks on your skin after treatment, the discolouration will fade a few days after your treatment. Some marks may last longer than others.
- There may be some tissue tenderness if deep work is performed
- There may be some redness or itching on the skin due to the increased vasodilation and inflammation that has been brought up to the skin. There is a higher risk of this happening if the client has sweat after the treatment or experienced extremes of temperatures after treatment.

- You may experience, tiredness, moodiness etc, this can last for a few hours after treatment as the body detoxifies the waste products that have been removed from the tissues.
- You may need to urinate more frequently for a few hours after treatment.