

ULTRASLIM CLIENT INSTRUCTIONS



ONE WEEK PRIOR TO YOUR TREATMENT

Drink lots of water, approximately 1.5 l a day

No need to change medications, including diuretics (which increase the flow of urine)

Refrain from binge eating. Do not indulge in alcohol for 24 hours prior to any UltraSlim treatment.

TREATMENT DAY

Drink 750 ml of water – avoid coffee, tea, and cola products

Refrain from diuretics the day of your scheduled treatment

Do take any normally prescribed medications, as directed

Refrain from caffeine and carbonated beverages for 3–4 hours prior to treatment

Enjoy a modest meal but refrain from heavy/large meals prior to treatment

Please do NOT attempt to fast (starve yourself) before, during or after your treatment

IMMEDIATELY POST-TREATMENT

IMPORTANT: Refrain from any alcohol post-treatment, as well as heavy/large meals or “binge” eating. It is not unusual to experience some hunger cravings after a large amount of fat has been metabolized. It is important to stick to a normal, healthy eating plan.

POST-TREATMENT

Drinks lots of water – this is key!

Continue to manage your appetite with healthy eating choices– do not increase your normal caloric intake during this high–metabolic state

IMPORTANT: Stay active! A large amount of fat is currently processing through your circulatory system. In order to prevent these cells from returning to their normal condition, it is important to “flush” them from the body during physical activity and water intake.

UltraSlim cold light therapy (Red Light Therapy) causes an immediate release of significant fatty deposits from very specific, targeted areas of the body, facilitating dramatic results!

These improvements are permanent providing that clients do not reverse the effects by:

- Abusing alcohol (moderation is key) .
- Taking in too many carbohydrates. Feel fuller, longer with proteins & fiber.
- Binge eating or “splurging” on high calorie meals – don’t eat away your results!

What to Bring

IMPORTANT: Bathing suit (must be two-piece), sport trunks or regular undergarments.

A positive attitude! Remember, we’re here to help you feel better about yourself. There’s no reason to be shy, nervous or embarrassed. Everyone at our clinic is rooting for you and thoroughly invested in your RESULTS! We are honored to be a part of this personal and exciting fat reduction experience!