



# CRYOSLIMMING AFTERCARE

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# CryoSlimming

## AFTERCARE

Successful results are 50% CryoSlimming and 50% client follow-through.

### **Must Do:**

- Maintain a balanced diet and lifestyle
- Drink a minimum of 1.5L of water per day for 14 days following a session
- Avoid sugars for a minimum of 2 hours and maximum of 5 hours before & after your session. Sugar in this context includes carbohydrates, natural sugars (fruits, alcohol, etc.), and refined sugars

### **Extras:**

- Dry brushing for body treatments & gua sha for chin treatments
- Full Spectrum Infrared Sauna
- Daily jumping on a trampoline to flush lymph
- Drink lemon water to help flush the liver
- Lymphatic drainage massage
- Compression

### **Avoid:**

- Intense exercise directly prior to treatment
- All saunas for 3 days post treatment
- Sugar, alcohol or carbohydrates 2-5 hours before and after treatment

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