



Avatar Aesthetics
laser center

Laser Lipo Instructions

Protocol:

- 2-3 times a week (every 48-72 hours)
- No Food 2 hours before and after treatments
- 2-3 L of Water 2-3 days pre and post treatments
- 10 minutes of Vibration Plate right after treatments
- 15-45 minutes of Lymphatic Drainage Exercise:
 - Sprints
 - Running
 - Jogging
 - Swimming
 - Elliptical
 - Brisk Walk

Exercise has a direct effect on the functions of the lymphatic system...During exercise, your breathing rate increases as does the rate of contraction in your skeletal muscles. This will speed up the flow of lymph through the lymphatic ducts, increasing the removal of excess fluid and wastes, and the delivery of nutrients to the tissues in the body.

Best to exercise right away, or within the hour, or same day, also helpful to repeat the next day (drainage time is a 48 hour period)

During 4-12 Week Treatment Session (Skip the week of Menstral Cycle)

Diet

- High Antioxidant foods (colorful fruits and veggies)
- Low Fat Lean Proteins
- Foods high in Fiber
- 2-3L of water a day
- Healthy Fats in Moderation (Plant Fats)
- Avoid Processed Foods
- Detox Shake (optional)
- 8 Hours of Sleep (the body does most of its healing and recovery during sleep)