

We are excited for you and want you to have the best experience and results! Please take a moment to review our After-care Instructions.



Cavitation & Radio Frequency After-Care Instructions

1. Avoid crop tops or anything exposing waist and abdomen as well as cold and windy environments.
2. Avoid binge eating or drinking. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink warm water.
3. Keep your abdomen warm. Take a bath after 4-6 hours.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after treatment. Light exercise is okay.
5. Before going to bed at night, you can rub your abdomen clockwise with your hands, so as to better the effect of weight loss and metabolism.
6. Wear a waist Trainer 4-8 hours following treatment.

Have Questions about our services? Call us at 713-364-8040