

GUIDELINES FOR TREATMENT

To have treatment be the most effective for you, please consider doing the following:

- ❖ Set aside enough time to arrive relaxed both to your appointment and to your next destination following treatment.
- ❖ Schedule a light day of activities for yourself, and leave extra time in your schedule after your appointment so as to take in the full benefit of treatment before returning to your daily activities.
- ❖ Make sure you have eaten (not heavily) and are adequately hydrated before coming for your appointment.
- ❖ Do not wear heavy make-up or fragrances to treatment.
- ❖ Do not drink alcohol for at least six hours before or after treatment.
- ❖ Do not drink caffeine for at least six hours before or after treatment.
- ❖ Avoid strenuous exercise directly before or after treatment unless it is part of your normal routine.
- ❖ Do not drink icy cold fluids for four hours following treatment.
- ❖ Do not have a very hot shower, bath or sauna within three to four hours before or after treatment.