



FIRST TIME EMSCULPT NEO GUIDE

BEFORE YOU ARRIVE

- Substantially Increase water intake, include lemon if possible.
- Keep skin free of lotions to treated areas.
- Wear loose clothing the day of treatment.
- Avoid caffeine, sugar, and carbs 2-3 hours before treatment.
- Avoid exercise directly before a session.
- To avoid excessive sweating, the treated area should be shaved, or hairs in the treatment area should be trimmed before the treatment.

AT YOUR APPOINTMENT

Introduction

Our Client Care Coordinator will bring you to your service room. This is a great time to share anything that is going on with your body and mind and ask any questions you may have.

When It's Time For Your Session

During your first visit our Medical Director, Dr. Kirsten Kerrigan, will conduct a 10-15 minute consultation. Based on your goals and background this consultation will allow us to accomplish the following: (1) make sure this is the right service for you, (2) thoroughly manage your expectations and (3) make recommendations of frequency and minimum number of sessions required to achieve desired results. Always keep in mind that these are purely recommendations and that everyone's "body" is different and will react to the treatment differently. Therefore, the recommendations will be purely based upon previous clients' experience and are in no way a guarantee/promise of results.

Once it's time for your treatment to begin, our Medical Director, Dr. Kirsten Kerrigan, or RN following Dr. Kerrigan's guidance, will talk you through the approach they will take during your session to ensure you are as comfortable as possible.

[more >](#)



FIRST TIME EMSculpt Neo Guide (CONT.)

Once Your Session Is Complete

The Medical Director, Dr. Kirsten Kerrigan, or RN will record and document all your settings, frequency recommendations, as well as the protocol administered to achieve your desired outcome. The Medical Director, Kirsten Kerrigan, or RN may also recommend a Ballancer® Pro session to expedite results.

AFTER YOUR SESSION

- Continue to increase water intake and add lemon and/or apple cider vinegar, if possible.
- Avoid alcohol (1 day).
- Avoid processed foods, artificial sweeteners, dairy and soy (1-2 days).
- Avoid sugars (especially fructose), refined grains (especially gluten), chemically modified fats and limit high salt foods (1-2 days).
- Increase your magnesium intake.
- Exercise daily... 15-30 minutes.
- Dry brush in sweeping motions, always towards heart.
- Massage or wrap of the area for slight compression.