

## PRIOR to Cooltech Fat-Reduction Treatment

- For comfort we advise you wear loose clothing to your appointment
- It is important that you have a good meal 1-2 hours prior to your appointment
- The treatment can take over an hour and a half to perform, we recommend that you use the bathroom before coming to your appointment
- Let your therapist know if there are any changes in your medical history, medications and/or supplements prior to your treatment
- Do not have treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc)
- A BMI (body mass index) of 31 and below is required to meet our safety guidelines for this treatment. See [heartfoundation.org.nz/wellbeing/bmi-calculator](http://heartfoundation.org.nz/wellbeing/bmi-calculator) to ascertain your BMI
- If you have been sick in the past 7 days you will need to reschedule your treatment

## POST Cooltech Fat-Reduction Treatment

- Redness, numbness, discomfort and tenderness may be felt for up to 10 days post-treatment
- Bruising can be common with this treatment; you can apply arnica cream to help with healing
- Avoid exercising post-treatment for 48 hours
- Drink 2 litres of water within the first 24 hours post treatment
- You can feel run down, tired, or slightly unwell for 24-48 hours post treatment
- Do not take any anti-inflammatory medications for 24 hours post-treatment unless prescribed (paracetamol is fine)
- It is recommended that either post-treatment massage or the use of compression garments are used on the area for at least the first 3-7 days following the treatment to assist in minimizing discomfort. If it can be tolerated, you may apply aloe vera gel, oil emulsions or moisturisers on the treated area when massaging. We recommend spanx or compression tights as a great option
- Use paracetamol for relieving discomfort
- If you are experiencing neuropathic pain (severe pain), around 3-7 days post abdominal treatment, please contact the store immediately

If you have any questions, or experience any other side effects from the treatment not listed on this page, please contact us on 0800 004 525 | Email: [info@lovelybyskin.co.nz](mailto:info@lovelybyskin.co.nz) | [www.lovelybyskin.co.nz](http://www.lovelybyskin.co.nz)

## Diet & Exercise guidelines

- To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs
- It is important to note that Cooltech™ treatments will not yield optimal results if the effects of treatment are counteracted by a sedentary lifestyle or an excessive diet
- A balanced diet means eating a good serving of all food groups on a daily basis without excess and with controlled amounts of saturated fats and any processed, sugary food
- Limit foods and drinks with high amounts of added sugar. Choose foods with naturally occurring sugars such as fresh fruits
- Cooltech is not a weight loss treatment, it is a body contouring treatment. You can gain weight in treatment areas if you do not maintain a healthy lifestyle
- Exercising is good for overall health, both mentally and physically
- 2.5 – 4.5 hours of moderate to intense exercise per week is where you can see the physical benefits of exercise.  
4.5 hours of moderate to intense exercise per week is where you can achieve modest to moderate weight loss

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