

Client Preparation & Information

Before Your Session

- On the day of your session you may want to eat lightly
- If you are working out prior to your Body Bar session, please courteous to your contouring tech and wipe down all intimate areas and any area there may be excess sweat and dirt sitting
- Drink 1/2 your body weight in ounces of water 24 hrs prior. Staying hydrated helps begin the fluid movement process needed for lymph drainage.
- Please do not wear body lotion or scented products.
- We may be utilizing heat therapy at the start of or during your session. This is usually administered with FAR Infrared which helps to boost immunity, heal skin issues, reduce wrinkles and enhance detoxification. If you have any negative reactions to heat, please let us know at the start of your session.
- This is a very gentle therapy allowing clients to relax and even sleep. Removing or silencing your cell phone can help you relax more during treatment.

After Your Session

- Please wear a compression garment/ girdle for a minimum of 10 hours post service. We recommend fully body faja (girdles) and not waist cinchers.
- It takes approximately 3 days for the body to process all of the fluid/toxins that are moved and impacted during the treatment which means that you may experience some mild swelling or discomfort in drainage sites. Occasionally there can be some bruising from the mobilization of the fluid from the lymph system into the circulatory system. This will disappear quickly.
- We recommend drinking half of your body weight in ounces of water for three days after the treatment so that toxins can be released through the urine and feces.
- The release of toxins can cause fatigue, soreness and a flu-ish feeling, so try to limit your activities for a day or two just in case you need lots of rest.
- Immediately after your treatment you may experience headaches, and this will typically be a sign of toxins being eliminated from your body and you need to drink more water.
- Sessions create change slowly, so we recommend a series of sessions for maximum effect.

NcBodyBar.com | 919-750-0083



