

Preparing for Your Booty Bar Session

How to Prepare

- Wear comfortable, non-restrictive clothing (leggings or shorts recommended).
 - Stay well-hydrated before and after your session.
 - Eat a light meal or snack at least 1 hour before your appointment.
 - Avoid heavy lower-body workouts on the day of treatment.
 - Remove jewelry, watches, or metallic items near the treatment area.
 - Use the restroom before your session for comfort (sessions last ~30 minutes).
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Contraindications – You should not receive this treatment if you have:

- **Cardiac pacemaker** or other implanted electronic devices.
- **Metal implants** (hip replacement, surgical screws, plates, etc.) in or near the treatment area.
- **Pregnancy or breastfeeding.**
- **Active cancer** or recent cancer treatment.
- **Severe cardiac conditions** (arrhythmia, recent myocardial infarction, uncontrolled hypertension).
- **Epilepsy or seizure disorders.**
- **Recent surgery** in the treatment area (<3 months).
- **Open wounds, skin infections, or active inflammation** in the treatment area.
- **Severe hernia, abdominal wall weakness, or diastasis recti repair** not yet healed.