



The aftercare for ultrasound fat cavitation is detailed, however it is worth sticking to to ensure maximum results. To ensure that your body responds well to ultrasound fat cavitation, drink a minimum of 1.5 liters/ 6 cups of water prior to and following your treatment. Stagger 2 liters intake of water over 24 hours, for three days post-treatment.

The ultrasound fat cavitation treatment works by eliminating fats and toxins via the lymphatic and urinary systems. The body requires three days to properly eliminate the fat and toxins after a treatment. Treatment intervals also need to reflect this; at least three days must pass between each session. For most clients, I recommend a minimum of between six and ten fat cavitation treatments for best results.

It is important to topically stimulate the treatment area following your session by use of a dry body brush, loofah, exfoliating gloves, or a dual action body scrub like Polish can be used in the shower or bath. In order to promote circulation in the treated area, daily use of a body moisturizer such as A-Lift, will not only ensure proper circulation but will also increase cell turnover, revealing firmer and more youthful looking skin.

Maintaining a low calorie, low carbohydrate, low fat, and low sugar diet for 24 hours pre-treatment and three days post-treatment will help achieve the best results. This is to ensure your body utilizes the triglycerides ( a type of body fat) released by the fat cavitation process. If suitable, I also encourage my clients to stick to this diet as much as they can. Many find this to be a great starting point for maintaining a healthier lifestyle in the future.

A minimum of 20 minutes of elevated heart rate cardio exercise is required post-treatment. This is best to be done immediately after the treatment, and for three days following. This ensures the stored energy released by the cavitation process is burned off. If cardio is not your style, this is where infrared sauna sessions may assist, as it has a similar effect on the body. Additional steps can be taken to achieve optimum results. You can assist your body to flush toxins by following your treatment with the use of an infrared sauna. Lymphatic drainage will help eliminate released toxins from the body. This can be done post treatment via a massage or body vacuum treatment.

By following the ultrasound fat cavitation after care plan, the results will be visible. It is a non-invasive treatment which requires no downtime, and offers results which are comparable to liposuction.

