



Contour Light Therapy Client Instructions

1. Do not eat 2 hours before and 2 hours after your treatment.
2. Drink plenty of water on the day of your treatment. You can spread it out **before** and **after** your treatment. A helpful tool to determine how many ounces you need to drink, divide your body weight (pounds) in half. For best results, drink that amount of water in ounces throughout the day. (For example, if you weigh 140 pounds, drink 70 ounces of water the day of treatment.)
3. On the day of treatment, do not put any lotions or creams on the body parts you want treated (including foundation, makeup or moisturizers on the face.)
4. What to wear: A bathing suit or under garments if you are comfortable wearing just that. Keep in mind that wherever you want to lose inches, the light must be emitting on the skin.
5. Please feel free to bring your headphones so you can relax to your favorite tunes on your phone during the session. (You won't be able to text or email as you will be wearing protective goggles.)
6. Please do not bring children along. Anyone else in the room would need to wear protective goggles.
7. Reduce or eliminate alcohol consumption while receiving these treatments. Alcohol interferes with liver function, reducing its ability to process fatty acids.
8. Maintain a healthy diet of low carbohydrates / low fat that is designed, at a minimum, to maintain your weight.