



YOUTHFUL YOU

AESTHETICS & ACADEMY®

EMSCULPT NEO®

Post-Treatment Guidelines

Hydration:

- Continue drinking plenty of water to support fat elimination and recovery.

Physical Activity:

- Light activity, like walking, is encouraged to enhance results.
- Avoid strenuous exercise on the treated area for 24 hours if you feel sore.

Skin Care:

- The treated area may feel warm or flushed; this is normal and will subside quickly.
- Apply a soothing lotion if needed but avoid harsh products or exfoliants for 24 hours.

Diet:

- Maintain a balanced diet to optimize fat reduction and muscle toning results.

Follow-Up:

- Attend all scheduled sessions as recommended by your provider for the best outcome.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

What to Expect

During Treatment:

- You may feel intense muscle contractions and a warming sensation. The treatment is typically comfortable.

Immediately After:

- The treated area may feel like you've had an intense workout. Mild soreness or tightness is normal.
- There is no downtime; you can resume normal activities immediately.

Short-Term Results:

- Some clients notice subtle muscle definition or firmness within a few days.

Long-Term Results:

- Fat reduction and improved muscle tone become more apparent over 6-12 weeks as the body metabolizes treated fat and builds muscle.

Multiple Sessions:

- A series of 4-6 treatments is usually recommended for optimal results.

