

CLIENT INSTRUCTIONS FOR BEST RESULTS:

1. EAT LIGHTLY AND DRINK WATER

A MINIMUM OF 64 OUNCES OF WATER PER DAY WILL FLUSH THE FAT FROM YOUR SYSTEM. **DIVIDE YOUR BODY WEIGHT BY 2, AND THAT IS THE NUMBER OF OUNCES YOU SHOULD BE DRINKING.** STAY HYDRATED **BEFORE YOUR TREATMENT AND AFTER!** THE LIGHT IS ATTRACTED TO WELL- HYDRATED CELLS.

2. FOOD LIMITATIONS

NO FOOD 2 HOURS BEFORE OR AFTER YOUR SCHEDULED APPOINTMENT.

3. SUPPLEMENTS ARE OPTIONAL

SUGGESTED SUPPLEMENTS:

GRAPE SEED EXTRACT (150 MG) TO INCREASE METABOLISM AND BURN EXTRA CALORIES.

APPLE PECTIN (500 MG 3X A DAY) AT THE START OF EACH MEAL TO HELP YOU STAY FULLER LONGER

CLA (CONJUGATED LINOLEIC ACID) 3200MG PER DAY TO DECREASE TOTAL BODY FAT AND INCREASE LEAN BODY MASS.

FORSKOLIN (50 MG A DAY) MOBILIZES FAT RIGHT OUTSIDE THE CELL.

4. WEAR COMFORTABLE CLOTHING.

5. DO CARDIO EXERCISE

BURN 350 CALORIES **FOLLOWING** YOUR TREATMENT. WALKING, JOGGING, STAIRMASTER, ETC. THIS WILL BURN THE FAT EXACTLY WHERE YOU WANT TO! LIPO LIGHT IS THE BEST PERSONAL TRAINER YOU'LL EVER HIRE! WE GENERALLY RECOMMEND USE OF A VIBRATION PLATE (THE VIBRASLIMMER) FOLLOWED BY AN ENERGETIC CARDIO WORKOUT. THE AVERAGE FAT LOSS IS BETWEEN 40 AND 60 GRAMS WHICH TRANSLATE INTO BETWEEN 300 TO 500 CALORIES THAT NEED TO BE WORKED OFF TO MAXIMIZE YOUR RESULTS. THE EXERCISE DOES NOT HAVE TO FOLLOW IMMEDIATELY BUT COULD BE DONE LATER THE SAME DAY

6. FOLLOW A LOW FAT DIET AND LOW CARB DIET

YOUR BODY WILL BE TRYING TO PURGE FAT, DON'T PUT IT BACK IN!

7. AVOID ALCOHOL

ALCOHOL TURNS INTO FAT AND WILL WORK AGAINST THIS TREATMENT AND LESSEN YOUR RESULTS. FOR BEST RESULTS REFRAIN FROM ALCOHOL THE DAY BEFORE.

8. DECREASE CAFFEINE

CAFFEINE WILL DEHYDRATE YOU WHICH WILL DECREASE YOUR RESULTS. ONLY DRINK THE CAFFEINE YOU NEED IN THE MORNING TO AVOID THE “CAFFEINE HEADACHE”. COMPLETELY ELIMINATE CAFFEINE IF POSSIBLE.

9. THE SMALL PRINT

OUR RECOMMENDED PLAN IS AN INITIAL TREATMENT PLAN OF AT LEAST 9 – 12 VISITS TO GET THE RESULTS AS SEEN ON THE BEFORE AND AFTER PICTURES. IF YOUR RESPONSE TO THE TREATMENT IS FAVORABLE, YOU WILL GET AN OPPORTUNITY TO PURCHASE MORE VISITS AT A DISCOUNTED RATE. PLEASE DO NOT DISCUSS PROMOTIONAL RATES WITH OTHER CUSTOMERS WHILE AT THE OFFICE AS THEY MAY NOT HAVE BEEN GIVEN THE SAME RATE YOU WERE.

YOUR FIRST VISIT WILL BE APPROXIMATELY 30 MINUTES AND WILL CONSIST OF THE CONSULTATION AND EVALUATION OF YOU BEING A FAVORABLE CANDIDATE FOR THE LIPO LIGHT TREATMENT. PLAN FOR THE ACTUAL TREATMENTS LASTING AROUND 45 MINUTES TO AN HOUR.

WE REQUIRE 24 HOURS CANCELLATION NOTICE OR YOU WILL FORFEIT YOUR SESSION.

WE WILL TRY TO ACCOMMODATE YOUR SCHEDULING NEEDS AS MUCH AS POSSIBLE WHILE PROVIDING A GREAT EXPERIENCE FOR ALL OUR CLIENTS. DON'T FORGET TO ASK US ABOUT OUR REFERRAL PROCESS.

THANK YOU. AND WELCOME TO LIPO LIGHT SOUTH BAY.

Lipo Light South Bay

Located at:

1700 South Catalina Ave, Suite #203, Redondo Beach, CA 90277

If you need to reschedule, email us at lipolightsouthbay@yahoo.com

You can also leave us a message at (310) 540-8284. This is a voicemail number and your message will be retrieved.