



## **Radio frequency skin tightening**

### **What to expect**

The area being treated will heat up as the treatment progresses. Please tell your therapist if this is uncomfortable in any way. Treatment area will remain warm to the touch for approx 30 mins post treatment and may be red in appearance. As the heat from the radio-frequency causes retraction of the collagen fibers it is important NOT to cool the area afterwards as this inflammatory process encourages best results. Most people find they can return to work or normal duties immediately post treatment.

### **Post treatment**

You may wear mineral based make up immediately after treatment to conceal any redness.

Excessive exercise, swimming, spas and saunas should be avoided for 24 hours post treatment

Normal skincare routine can be followed immediately following treatment.

The increased and improved circulation resulting from the treatment assists in clearing toxins from your body. To assist in this detoxification, 2 liters of water should be consumed within 24 hours post treatment