

Restore



# Lymphatic Therapy

Restore Recover House and Spa

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## PRE-TREATMENT INSTRUCTIONS

Before YOUR TREATMENT...

Avoid eating heavy meals the day of your treatment.



DRINK WATER Drinking water is crucial to aid in the flushing out of broken down fat that will be excreted through your lymphatic system! The day before your treatment drink at least 1.5 liters of water.



DO NOT consume alcohol on or the day before treatment



DO NOT wear any lotion or products on the areas to be treated.

