



Ionic Shape Prep

- Wear loose fitted clothing to allow your technician to adjust/remove anything covering the area to be treated.
 - For facial services, long hair (typically any length that passes the chin) should be tied back.
 - For service on or around the buttocks, thong or loose fitting underwear that can be adjusted should be worn.
- Please arrive 10-15 minutes prior to appointment to fill out consent waiver and pre service details. Photos and measurements before treatment will be taken at this time.
 - During this time your technician will take before photos for your client portfolio. Photos will remain private and are not shared or used as marketing material. If you do not wish to have photos taken, please inform your technician at this time.
- Avoid applying moisturizer, lotions, scrubs etc. on or around the area to be treated.
 - For facial services, avoid applying cosmetics to any area of the face or neck that is being treated.
- Determine the end goals for your Ionic Shape sessions. Discuss your goals/desired effects with your technician prior to your service being performed.
 - These goals can be short term or long term and can include: dropping a pant size, reducing fat, defining the area being treated, tightening the skin and much more. Be sure to determine what is most important to you and communicate this to your technician so the best service and results are provided.
- Avoid large meals 2 to 4 hours prior to service.
 - Water and dietary supplements can be taken in as usual.



Ionic Shape Aftercare Instructions

- After your Ionic Shape appointment, continue to massage the treated area every few hours. This is best done by rubbing the hands in an outward motion, away from the body, over the treated area, with a medium amount of pressure to aid in circulation and drainage of the area.
- Avoid hot water on or near the treated area for at least 24 hours after your Ionic Shape appointment. It is recommended to use lukewarm/cold water to clean around the treated area.
- Drink plenty of water to ensure you are hydrated and can pass excess fatty acids more easily. Continue your regular diet, however high fiber foods are recommended.
- Customers may experience a temporary ringing in the ears during the treatment, however it will fade within a few minutes after the treatment.
- You may continue your routine as usual. For best results, light to moderate exercise is recommended. Paired with Cryotherapy desired results can be accelerated and enhanced.
- For best results, be sure to schedule secondary appointments based on your desired results. Your technician will give you a full schedule of availability, however it is recommended you allow ample time between services for your body to properly recover and process fatty acids. Your technician will provide you with the correct time frame to wait based on the area treated.
- Although results can be immediately achieved, allow time between sessions to achieve desired results. Customers should allow between 4-7 days to see initial results of service, depending on the area treated. Your technician will provide you with this time frame at time of service.

Customer Signature: _____.

*Results may vary. No results guaranteed. All sales are final with no refunds offered.