

The Skin Renewal Studio

Post-Care Instructions:

- Drink 2 Liters of water a day for the next three days
- Eat as much fruit and veggies so the antioxidants can flush your body
- Try to stick to a low carb diet for the next 48 hours to not put extra strain on your liver and kidneys
- Avoid processed food and processed beverages
- Do 20 minutes of cardio for the next few days to continue to burn melted fat
- *Send 24 hour and 72 hour after pictures*