



## **PHYSIQ Post Treatment Protocol**

Self-massage the treated area with the PHYSIQ post-care lotion using significant pressure immediately post treatment for at least 2 minutes and 2x/day throughout your entire series.

Good hydration is always a healthy habit, especially after a PHYSIQ treatment. Increasing water intake before and after will help flush the lymphatic system.

Limit your alcohol consumption for 3-4 days post treatment. Decrease your alcohol intake overall to maximize results.

A gentle walk or light exercise are beneficial post treatment, however, strenuous exercise should be avoided for at least 48 hours. Other activities that elevate body temperature (hot tubs, saunas) should be avoided for 2-3 days.

Avoid prolonged sun exposure for 2 weeks post treatment. If in the sun, cover up the treated area and wear a sunblock with SPF 50 or higher.