



RF Body: Pre and Post Treatment Instructions

Pre Treatment

- Shave any excess hair in the treatment area the day before the treatment.
- Avoid waxing or other traumatic procedures that may compromise skin integrity 3-4 days prior to treatment.
- Arrive with clean/exfoliated skin for the treatment.
- Please do not use any self-tanning products prior to your procedure.

Post Treatment

- Increase water intake (14-16 8oz. glasses) for 1-2 days after treatment.
- May resume normal activities immediately after treatment.
- Avoid direct heating of the treated areas such as heating pads, jacuzzis, hot tubs.
- Avoid alcohol at least 3 days post treatment.

If you have any questions or experience any side effects, please contact our office immediately.
Text us at 202.333.4445 and email us at info@helaspa.com.