



Body Sculpture

The Art of Inch Loss

Northamptonshire

How to get the best results from your Body Sculpture Ultrasound Treatments

Ultrasonic Liposuction is designed to remove the stubborn, unwanted pockets of fat that cannot be removed through exercise and dieting. It will help to sculpt your figure into the shape that you desire...

In order for us to help maximise your results it is important that you follow the advice outlined below.

Water is the key!

It is strongly advised that you drink as much water as possible leading up to your treatment. Full hydration means that fat can be broken down effectively and the flushing out through the lymphatic drainage system can happen quicker. You will also need to drink plenty of fluids after the treatment in order to flush the broken fat out of the body.

Remember, drinking water alone will encourage the body to lose excess fat...

Get off the couch!

Taking regular exercise before and after your treatment will speed up results. Gentle exercise is recommended following the treatment; maybe a brisk walk, the use of a "Power Plate" or a gentle exercise routine in the gym will be sufficient enough to speed up the fat transition out of the body.

Remember, physical activity will help you look and feel better. Experts say that just 30 minutes of activity on most days will help you to stay healthier...

Cut the carbs!

For fast, maximum results we recommend that you limit your carbohydrate intake for 72 hours after the treatment. Effective inch loss will occur when we give our liver a rest from processing food such as rice, bread, pasta and potatoes.

Remember, complex carbohydrates are a necessary part of a healthy diet and should not be totally eliminated... For those looking to lose weight, restricting the amount of carbs in your diet forces your body to break down fat for energy instead of carbs. This in turn can lead to greater weight loss and reduce your appetite...

Alcohol – Just say "No!"

Alcohol is processed through the liver, just like carbohydrates, so it is important that alcohol is avoided up to 72 hours after any one treatment. You will need to bear this in mind when booking your sessions with us...

Remember, alcohol contains empty calories that have no nutritious value... A 'moment on the lips' can result in unsightly body areas....

Body Sculpture – For the Body You'll Love!