

# ENDERMOLOGIE

## PRE & POST CARE



### PRE CARE

- You may not be treated if you have had surgery in the past 6-12 months.
  - BODY OR THERAPEUTIC: Plan your endermologie procedure for a day that you will be able to get some R&R post treatment (therapeutic), OR hit the gym (cosmetic)!
  - Check with your technician if you are on any contraindicated medications (listed in consent form)
  - If you have a history of perioral or genital herpes simplex virus, it is recommended that you take a prophylactic antiviral therapy. Follow directions for your particular antiviral medication
  - Avoid natural fillers 4 weeks before treatment
  - Avoid treatments of chemical peels, exfoliation facials, microneedling, etc. for one week before treatment
  - Avoid neuromodulators (botox and like injectables) 2 weeks prior to treatment
  - FACE: Ensure you start your home care routine prior to treatments, this will allow your skin to be at it's best, and respond even better to endermologie treatments
  - BODY: Ensure you start your healthy lifestyle at the time or prior to your first treatment. Endermologie is not a replacement for a healthy lifestyle, it is to be used as an enhancement.
  - BODY: Hormones can have a major impact on success of endermologie treatments. How are your stress levels? Have you had your hormones checked recently? Odette's team highly recommends a Live Blood Analysis service prior to endermologie series to ensure best success!
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### THE DAY OF

- Arrive to your treatment with minimal makeup (foundation may be removed by technician)
  - Ensure you are hydrated, this will benefit any endermologie service
    - remember, take your weight in lbs., divide it by 2, and that's how many oz of water you should drink MINIMUM per day! Not quite there yet? A step in the right direction is better than no step at all.
  - COSMETIC BODY: plan your workout BEFORE your endermologie session to reduce muscle fatigue, DOMS, etc., or AFTER your endermologie session to amplify the cellular detox
  - THERAPEUTIC: If muscle related, ensure you have time post treatment to do any physio exercises, stretches, etc. as endermologie limbers you up and improves mobility
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### POST CARE

- Follow home care plan. (diet, skin care, lifestyle, exercise, water consumption) Active ingredients are SAFE to use after an endermologie service
  - FACE & BODY: Be diligent with SPF - Endermologie stimulates collagen, and the sun kills it! Worried about chemical SPF? Have you tried mineral?
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### NEXT APPOINTMENT

- Your treatment plan will be put together by your endermologie technician, but the general rule of thumb for cosmetics (face or body) is if you want to see results, you will be coming 1-3 x weekly. If you want to maintain results, you will come 1 x monthly. Therapeutic, initially 1-2 x weekly, maintenance is based on target