Body Treatment Aftercare Checklist

1. Post treatment care instructions: TICK the 5 (five) most important aftercare WHICH YOU WOULD RECOMMEND

✅	**Advice**	**Icon**
	Eat light, nourishing meals	🥗
	Do gentle stretching or walking	🚶
	Follow therapist’s personalized advice	📋
	Wear loose, comfortable clothing	👕
	Avoid heavy exercise for 24 hrs	🏋️
	Keep skin cool and protected	🌬️
	Practice deep breathing or relaxation	🧘
	Drink 6–8 glasses of water	💧
	Rest for 2–3 hours post-treatment	🛌
	Avoid alcohol and caffeine for 24 hrs	🚫🍷☕
	Moisturize skin with gentle lotion/oil	🧴
	Avoid hot showers, saunas, sun exposure	☀️🔥

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