Body Treatment Aftercare Checklist

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

✅	Advice	Icon	Translation Space
	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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