

EMSCULPT NEO aftercare

Build muscle and reduce fat

After your treatment

Most people go straight back to their day. A few tips help you get the most from it.

No downtime

You can go back to your normal day straight away. We suggest avoiding intense exercise on the treated area immediately after your session.

Mild muscle soreness is normal

Your muscles may feel sore the next day, like after a hard workout. This usually eases within 24 to 48 hours. Light stretching or massage can help.

Keep drinking water

Keep to 2 litres of water a day throughout your course.

Go easy on alcohol and caffeine

Both can dehydrate you and slow muscle recovery. Try to keep them to a minimum for 24 to 48 hours.

Eat well

Protein-rich foods help your muscles recover and grow.

Stay active

Results are best when combined with regular strength and cardio training, which also helps maintain them.

Complete your course

For the best results, complete your full course and keep up any maintenance sessions we recommend.

If anything worries you after your treatment, please contact us. We're happy to help.