

EMSCULPT NEO pre-care

Build muscle and reduce fat

Before your treatment

Please follow this guidance before each session.

Stay hydrated

Drink at least 2 litres of water a day in the days before your treatment and throughout your course. Good hydration helps the energy spread evenly through the tissue.

Limit alcohol and caffeine

Both can dehydrate you. Where possible, keep them to a minimum for 24 hours before treatment.

Eat enough protein

A balanced, protein-rich diet before and during your course helps your muscles recover and develop.

Arrive with clean skin

The treatment area should be free of creams, lotions, oils, SPF and self-tan on the day.

Hair removal

Where needed, the treatment area should be clean shaven so the applicator makes good contact with the skin.

Remove metal and jewellery

Please remove jewellery, piercings and metal accessories from the treatment area before your session.

Remove electronic devices

Phones, smartwatches and fitness trackers need to come off before your session.

Wear something comfortable

Loose, comfortable clothing makes it easy to access the treatment area.

Sun exposure

A tan is fine, but the treatment area should be free of recent sunburn or irritated skin.

Avoid other treatments in the area

Please avoid other aesthetic or skin treatments on the same area for the time your practitioner advises.

Tell us about any changes

Let your practitioner know before treatment if anything has changed in your medical history, medication, skin or general health since your consultation.