

EMSCULPT NEO care guide

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.

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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.