

EXION Body aftercare

Radiofrequency skin and body treatment

After your treatment

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

Mild redness is normal

You may notice slight redness or warmth in the treated area. This usually settles within 30 minutes.

Keep drinking water

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

Avoid heat

Avoid saunas, steam rooms, hot baths and other intense heat for 24 to 48 hours after treatment.

Skincare

Carry on with your usual body care. If the area feels sensitive, keep to gentle, unfragranced products for a day or two.

Other treatments

Avoid injectables and other skin treatments in the area while you're completing your course.

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.