

EXION Body pre-care

Radiofrequency skin and body treatment

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.

Skincare

You can keep using your usual body products, but please arrive with the treatment area free of creams, oils, SPF and self-tan.

Avoid other treatments in the area

Avoid other aesthetic or skin treatments on the same area for the time your practitioner advises, and while your course is running.

Hair removal

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

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.

Remove metal and jewellery

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

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.