

EXION Body care guide

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.

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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.

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.