



**GETTING THE MOST OUT  
OF YOUR TREATMENT**

**NEVESKIN**

ARTEMIS

# AFTERCARE INSTRUCTIONS

Avoid sugars for a minimum of 2 hours after your Shape treatment. Sugar in this context includes carbohydrates, natural sugars (fruit, alcohol, etc), and refined sugars. Please ensure that you drink enough water (half your body weight in ounces) every day for the 14 days following your treatment. Follow a balanced lifestyle with a healthy diet and exercise routine for the best results.

If desired, you may incorporate detox treatments into your routine such as:

- Infrared sauna
- Whole body cryotherapy
- Lymphatic drainage massage
- Compression

For best results these treatments should be done 24 hours after your Shape treatment.

Normal side effects you may experience:

Neveskin™ body

- Numbing in the area of application which could last up to 24 hours post-session
- Soreness in the area of application which could last up to 24 hours post-session
- Localized redness + raised tissue in the area of application which could last up to 24 hours post-session
- Warmth in the area of application which could last up to 24 hours post-session

