



Aftercare Advice for Inchloss Unwrapped

- Do not shower or bathe for 24 hours to allow the product to continue its action
- Drink plenty of water to flush through the toxins that have been released (we recommend a minimum of 8 glasses/day for the next 72 hours)
- If you develop a headache, this could be due to hydration so increase your water intake
- If possible, avoid tea, coffee, fizzy drinks and alcohol for a minimum of 24 hours, ideally 72
- Ideally have a course of treatments to achieve maximum effect:
 - Week 1: 1st and 2nd treatments
 - Week 2: 3rd treatment
 - Week 3: 4th treatment
 - Week 4: 5th treatment
 - Week 5: 6th treatment
- Eat a light, healthy diet
- Please make a note of any reactions you have experienced in between treatments and let your therapist know on your next visit