



If you receive a treatment on the first visit:

- 🌀 You may not shop for eight hours after the visit. So please shop in advance of your visit.
- 🌀 You may not go to a restaurant for eight hours. (for *any* reason)
- 🌀 You may not visit a hair salon, barber shop, or nail salon for twelve hours after being treated.
- 🌀 You must avoid all chemicals for twelve hours, so please refuel your automobile before your visit.
- 🌀 You may not bathe or shower for eight hours after treatment, so please shower before your visit.
- 🌀 Do not chew gum, use breath mints, drink anything except water or eat anything after arriving for your visit.
- 🌀 Not permitted for twelve hours after treatment: *Massage, Acupuncture, Vigorous Exercise, Hot Tub, Sauna, Steam Room or Swimming.*
- 🌀 You may not consume alcohol for twelve hours after treatment.
- 🌀 Do not eat a large meal after treatment.
- 🌀 You may be given a list of additional things to avoid for twenty-four hours after treatment.

The restrictions above are designed for the worst-case scenario.

*We have designed these suggestions based on years of practical experience. You may be able to break some or all of the rules and do just fine, or you may bend one rule and have to repeat the visit. You will have the best chance for success if you follow all the suggestions. The restrictions are to be followed for 24 hours, a small price to pay for a long-term benefit.*