

# Lipo-Light Weight Loss of Toms River

Welcome! We are here to help you achieve your inch and weight loss goals. Put your investment to good use and improve your results by sticking to the following guidelines. Remember that Lipo-Light will take off inches, but only you can keep them off!

1. **Please be on time** as we schedule in 45-minute blocks. If you are late, it will affect all appointments scheduled after yours. We will not be able to extend your session past the allotted time.
2. **Please make every effort to keep your appointments** as rescheduling may be difficult and gaps in your program may diminish your results. If you must cancel an appointment, please provide 24 hours notice.
3. **Refunds on partially used programs are not issued.** Please remember that if you have purchased a program from us, you have received a substantial discount from the standard retail price. Any unused credits may be used for other services or products available at the office. In the event of an extreme circumstance that necessitates a refund, standard retail prices will be applied to the visits already used and the refund will be issued on the remainder.
4. **Please, no children in the room** for safety reasons.
5. **Do not eat for at least one hour before and after your treatment.** Take extra precaution to avoid foods containing fat, as your goal is to use the fat that has been liberated from fat cells as energy.
6. **Skin in treatment area should be cleaned prior to your appointment** to remove oils. Do not use oils or lotions before treatment, as this will cause some of the light to be reflected and decrease the effectiveness of the therapy.
7. **Bring 12 to 16 ounces of water** to drink before, during, and after your treatment.
8. **Your overall diet is important,** and eating healthily, reducing calorie intake and eliminating junk food will obviously improve your results. Please ask us at your next visit if you would like us to email you our hypoallergenic, anti-inflammatory detoxification diet.
9. **Make Lipo-Light part of an overall weight loss program.** Patients who obtain the best results are committed to a lifestyle that promotes weight loss and health.
10. **A bad diet will diminish your results.** Patients who have chronic, low-grade inflammation from poor diets high in junk foods, refined carbohydrates, alcohol, soft drinks, too much coffee and excess fats will not see optimal results. Patients with food allergies and/or poor liver detoxification function are also at risk for lesser results.
11. **No more than one cup of coffee** before your treatment.
12. **Ask about Nutraceuticals** (natural products) we offer to assist in Phase 1 and Phase 2 liver detoxification and weight loss.
13. **Minimize alcohol intake** during your course of treatment and consume **none** the days of your treatments.
14. **Please wear loose, comfortable clothing and shoes** appropriate for exercise to help mobilize the fat from the treated area.
15. **Try to burn an additional 300 calories after your treatment** as this will greatly improve your results.
16. **Ask us how to further improve your results** through the following:
  - a. Checking your thyroid function
  - b. Adding a liver detoxification program.
  - c. Adding HydroMassage to improve lymphatic flow.