



CONTOUR  
LIGHT



# Rules To Optimize Treatment Results

1. Keep your regular appointments. Make up your appointment if you miss it. Red light is cumulative and the most significant results appear during the last 25% of treatments.
2. Drink plenty of water. 8-10 glasses a day.
3. Reduce caloric intake by 500 to 800 calories a day.
4. Eat only a light meal or nothing 2 hours before treatment and 2 hours after.
5. Avoid alcohol during the course of your treatment.
6. Do 12 minutes of interval exercise after the Contour Light session.
7. Do 10 minutes on the whole body vibration plate after the Contour Light session.
8. Use a liver detox supplement during the course of your treatments.