

Treatment Protocol

How Many Sessions Are Required For The Contour Light Body Makeover Program?

How Many Pounds Do you Want To Lose?

- Under 5 lbs weight loss = 6 sessions
- 5lbs to 20lbs weight loss = 10 sessions
- 20lbs or more = 20 Sessions
- Sessions are done 2 to 3 times per week until treatment course is completed.
- Each session is 25 minutes. It is recommended that each session is immediately followed by a 10 minute whole body vibration session.