

## Body Contouring and Tightening

After your EndyMed 3Deep procedure, you may immediately resume all routine activities. You may notice slight redness around the treatment area, which usually disappears in a couple of hours.

Benefits can be seen the same day, but will continue as collagen growth is stimulated during the weeks that follow.

- We encourage you to maintain a healthy lifestyle by consuming small but frequent portions of food.
- Drink 1 Liter or more of water, one hour before each session and continue drinking 1-3 liters daily.
- Incorporate 15-20 min of daily exercise.

We highly recommend all treatments to be done in intervals as advised by your technician as longer intervals can affect results. With six treatments at one to two week intervals, you should see a gradual improvement of your skin tone and appearance.

As long as you maintain a healthy lifestyle, the benefits of your EndyMed 3Deep treatment should be long lasting.