

For three hours after your treatment, if possible, we recommend you do not:

*Shop

* Go to a restaurant

* Visit hair salon, barber shop, or nail salon

* Gas your car

* Chew gum or use breath mints

* Drink anything except water

* Eat anything

* Do anything that is highly stressful or stimulating

* Do not have a massage, acupuncture, vigorous exercise, hot tub, sauna, steam room or swimming

This is to avoid exposure to foods and chemicals that you eat, drink, breathe or put on your skin, and is recommended for best results.

You may be able to break some or all of these rules and do just fine, but for the best results follow all these suggestions. The restrictions are for three hours -- a small price to pay for long term benefit.