

# Nimb WELLNESS

## **BEFORE THE TREATMENT**

- Recommendations for guest at the time of booking:
- Avoid waxing/threading/bleaching and body-treatments involving heat for 48 hours prior to appointment.
- Avoid lasers, chemical peels and other skin revitalising procedures for 7 to 10 days prior to appointment.
- Water consumption: drink 1.5 to 2 litres the day before treatment and practice good hydration on the day, including at least one glass of water prior to treatment.
- Alcohol consumption must be avoided for a minimum of 12 hours prior to appointment.
- Please do not eat for at least 1.5 hours prior to treatment.
- Take a warm (not hot) shower before the treatment and do not apply body creams/oils.
- Jewellery and body piercing accessories will be removed and stored in a safe place prior to commencing the treatment.
- Heavy sweating is likely to occur in the infrared sauna while the body releases toxins. Please only wear disposable underwear during the session. You may also bring your own extra set of underwear.
- Please study the FAQ.
- Cardio exercise is encouraged prior to undergoing the treatment for faster muscle recovery.