



BRUISING CONTROL

To Help Reduce the Risk of Bruising:

- *Arnica: take 4 tablets 4 times a day beginning 2-3 days prior to your treatment
- Do not take Ibuprofen, Aspirin, or NSAID's 3-4 days before your treatment
- Do not consume red wine or alcohol 1-2 days prior to treatment.

After Bruising:

- Ice compresses the first 48 hours
- Warm compresses after the first 48 (Green tea bags work well)
- *Bromelain: 3 capsules, 4 times a day
- *Arnica: Topically, as often as possible

Tablets, 4 tablets 4 times a day under tongue (don't take 15 min. before or after eating)

*Both are available here or at GNC, Whole Foods, CVS, Rite-Aid and Homeopathic Pharmacies. Call before going so you're not driving all over town!

Make-Up:

- We sell Revision Skincare it is an anti-aging tinted moisturizer with sunscreen. Matches all shades of skin.
- Dermablend (available at Macy's and Beauty Collection, call first!) – Get the Leg & Body cover and the powder to set it.
- Or bring your own foundation to match your color.