



Fat Reduction
Skin Smoothing
Muscle Toning

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Client Protocol

To achieve results, the following Steps are Required:

1. **Healthy Diet** – Your body is working hard to break down fat cells, so try to avoid sugar and carbs completely (for best results) or at the very least avoid sugar and carbs for 3 days prior to treatment and 3 days after the treatment.
 2. **Motion** – A 25 to 40 minute of cardiovascular movements 7 days a week during your entire treatment plan. This is done to help stimulate the lymphatic system.
 3. **Hydrate** – Make sure to drink lots of water (6–8 bottles of water) before and after the treatment session daily throughout your treatment plan.
 4. **Avoid Alcohol & Smoking** – This allows your body to focus more on flushing the fat out and not on removing the toxins that come from drinking and smoking. For best results, it is very important to follow this step. However, you can resume drinking after your treatment plan.
 5. **Do a Series of Treatments** – Most people will require 5 to 7 sessions to produce the best slimming results. Results appear gradually over a few weeks and months.
- OPTIONAL** Step to achieve even better results:
6. **Try 19/5 Intermittent Fasting** – This step is optional, but we highly recommend that you adopt this eating habit. This habit helps achieve better results plus other life improving benefits (see separate sheet).

Benefits of Intermittent Fasting:

1. Promotes Weight Loss

- One of the major intermittent fasting benefits is its ability to rev up fat burning. Another major benefit is that it's Easy! Many people prefer intermittent fasting to traditional diets because it doesn't require you to meticulously measure your foods and track the calories and grams consumed.
- Intermittent fasting results in increased fat burning and fast weight loss by forcing your body to use up fat stores as fuel. When you eat, your body uses glucose (sugar) as its primary source of energy and stores whatever is left over as glycogen in your muscles and liver.
- When you don't give your body a steady stream of glucose, it begins breaking down the glycogen to use as fuel. After the glycogen has been depleted, your body seeks out alternative sources of energy, such as fat cells, which it then breaks down to help power your body.

2. Decreases Hunger

- Leptin is a hormone produced by the fat cells that helps signal when it's time to stop eating. Your leptin levels drop when you're hungry and increase when you're feeling full.
- Because leptin is produced in the fat cells, those who are overweight or obese tend to have higher amounts of leptin circulating in the body. However, too much leptin floating around can cause leptin resistance, which makes it harder for it to effectively turn off hunger cues.
- Lower levels of leptin could translate to less leptin resistance, less hunger and potentially even more weight loss.

3. Reduces Inflammation

- Inflammation is a normal immune response to injury. Chronic inflammation, on the other hand, can lead to chronic diseases. Some research has even linked inflammation to conditions like heart disease, diabetes, obesity and cancer.

4. Improves Blood Sugar

- When you eat, carbohydrates are broken down into glucose (sugar) in your bloodstream. A hormone called insulin is responsible for transporting the glucose out of the bloodstream and into the cells where it can be used up as energy.
- Some studies have found that intermittent fasting benefits your blood sugar levels by keeping them well-regulated and preventing spikes and crashes.
- Another study* showed that fasting decreased blood sugar by 12 percent and also lowered insulin levels by nearly 53 percent. Preventing a build-up of insulin allows it to work more efficiently and keeps your body sensitive to its effects

5. Keeps Your Heart Healthy

- One of the most impressive intermittent fasting benefits is its favorable effect on heart health. Studies show that intermittent fasting improves your heart health by lowering certain heart disease risk factors.
- In one study, fasting was shown to influence several components of heart health. It increased good HDL cholesterol and decreased both bad LDL cholesterol and triglyceride levels.**

Precautions

- If you suffer from low blood sugar, going without eating all day may lead to dangerous drops in blood sugar causing symptoms like shakiness, heart palpitations and fatigue. If you have diabetes, it's best to get a medical clearance from your primary doctor to determine if intermittent fasting is right for you.
- If you have a history of eating disorders, this may also not be ideal for you as it may encourage unhealthy behaviors and trigger symptoms. Intermittent fasting is not recommended for growing children.
- If you are pregnant, you should avoid intermittent fasting and focus instead on a nutritious diet rich in vitamins and minerals.
- If you have gallstone disease, fasting may actually increase the risk of gallbladder problems and should be avoided

Keys to Success

- Get lots of sleep, rest.
- Eat lean meat, chicken, fish, veggies, fruits.
- Do not drink alcohol during the treatment period.
- Do not eat 2 hours before and 2 hours after treatments.
- Do not drink sodas or high calorie, high sugar sports drinks.
- Do not have caffeine and artificial sweeteners.
- Try to avoid foods or drinks with sugar in them.
- Do not eat white carbohydrate foods (rice, pasta, bread, potatoes, etc.).
- Avoid all processed foods and foods that are high in carbohydrates.
- Do a minimum of 30 minutes of cardiovascular movements 7 days a week.
- Drink lots of water (half your body weight in oz/day, usually 6 to 8 bottles daily).

Tips for Clients

- Wear loose, comfortable clothes
- Start hydrating 8-12 hours before your session by drinking lots of water.
- Bring something to entertain yourself with such as a book, phone or tablet unless you plan to nap!
- Be patient. Stick to the treatment plan recommended by your practitioner and remember that it will take several sessions to see improvement and a series to get to your goal.

Recommended Low-Carb Foods

Low-Carb Veggies	Meat & Seafood	Eggs & Dairy	Nuts & Seeds
Broccoli Cauliflower Mushrooms Peppers Asparagus Kale Spinach Green beans Arugula Leeks Onions Tomatoes Brussel sprouts Avocado Turnips Cabbage	Salmon Haddock Trout Halibut Sardines Anchovies Mackerel Tuna (in moderation) Cod (in moderation) Grass Fed Beef Chicken (white meat only) Filet Mignon Pork Tenderloin	Cage-free eggs Unsweetened yogurt or kefir Raw whole milk	Chia seeds Flaxseeds Almonds Walnuts Pumpkin seeds Cashews
Oils & Fats	Condiments, Herbs & Spices	No-Carb Drinks	Miscellaneous
Coconut oil Olive oil Flaxseed oil Avocado oil Butter Palm oil Lard	Turmeric Ginger Oregano Rosemary Basil Real Sea Salt Pepper Hot sauces	Black Tea Green Tea Oolong Tea White Tea Coffee Herbal Teas	Balsamic Vinegar Deli Mustard Soy Sauce Bone Broth Coca Powder

Single Session Pricing

\$350 (1 Area)

\$500 (2 Areas)

\$700 (3 Areas)

Buy more, save more package pricing:

One (1) Area - Treatment Package \$1,890
6 sessions (\$315 per session)

10% Savings

Two (2) Areas - Treatment Package \$3,000
6 sessions (\$500 per session, \$250 per area)

30% Savings

Three (3) Areas - Treatment Package \$4,350
6 sessions (\$700 per session, \$233 per area)

33% Savings

