EmTone Pre-Care

- Please arrive well hydrated. Drink at least 2 liters of water before your appointment
- Please shave all hair from desired treatment area prior to your appointment
- Discontinue use of any irritant topical agents for two to three days prior to treatment and the treatment area (AHA, BHA, glycolic acid, lactic acid, benzoyl peroxide)
- Avoid tanning for at least four weeks before treatment
- Make sure to come in with no products in the area being treated (no lotions, makeup, perfume or powders)
- Make sure not to wear any metallic accessories on the day of the treatment (jewelry, piercings or clothing containing metallic threads – for example, Tommie Copper, Lululemon).
- Refrain from alcohol, caffeine for 24 hours before treatment

Post-Care

- Drink plenty of water and stay hydrated
- Discontinue use of any irritant topical agents for two to five days after treatment in treatment area (AHA, BHA, glycolic acid, lactic acid, benzoyl peroxide)
- Avoid prolonged sun exposure or tanning for at least two weeks after your treatment
- Discontinue use of products like perfumes, petroleum and exfoliates for up to four days after treatment
- Use minimum SPF 30 daily to protect your skin after your treatment
- Refrain from alcohol, caffeine or smoking for 24 hours after your treatment.

If you have any questions or concerns, please don't hesitate to call us at 914-229-3959 or email at dreamsculptbodyspa@gmail.com