



Prepare: Before Your Session

- ❖ **Complete the fillable forms** and send them back to our email, bewell@arneclinic.com, or come 15 minutes early so you have time to fill them in at the clinic before your appointment.
 - ❖ **Come to your session well hydrated** and continue drinking water afterwards.
 - ❖ **Do not eat or exercise** two hours before your appointment.
 - ❖ **Arrive with clean skin**, free of lotions, oils, or makeup.
 - ❖ You do not need to wear anything in the bed, but if you prefer to wear undergarments during your treatment, make sure they are light-colored to avoid overheating.
 - ❖ Because we are blocking over an hour for this appointment, **we require 24-hour notice for cancellation** or changes to your scheduled appointment time.
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What To Expect: During Your Session

- ❖ We will start by running a bio-impedance analysis (BIA) to assess your baseline health markers.
 - ❖ Enjoy 20 relaxing minutes in the full-body LED bed with the warm and healing light.
 - ❖ Conclude with a 10-minute vibration plate session to enhance lymphatic drainage and circulation.
 - ❖ Schedule out your report of findings consultation with Dr. Arne to go over your BIA results and to create a personalized treatment plan that will help you reach your health goals.
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Aftercare: Post-Session

- ❖ For best results, **wear compression clothing** for a few hours after your appointment.
- ❖ **Moisturize:** Apply a gentle, nourishing moisturizer to keep your skin hydrated and enhance the effects of the therapy.
- ❖ **Limit sun exposure:** Avoid tanning or prolonged direct sun exposure immediately after your session. If you'll be outside, use sunscreen.
- ❖ **Avoid harsh skin treatments:** Refrain from exfoliating, using strong acids, or applying retinol or other irritants for at least 24 hours.
- ❖ **Stay consistent:** Regular sessions yield the best results — benefits build over time with consistent treatments.
- ❖ **Combine with healthy habits:** Continue balanced nutrition, hydration, and movement to support detoxification and skin health.