



What You Need To Know For Your First Visit

- ❖ Complete both fillable forms, save them with your answers, and send them to bewell@arneclinic.com or come 15 minutes early so you have time to fill them in at the clinic before your appointment.
- ❖ Do not eat or exercise two hours before your appointment.
- ❖ Drink plenty of water both before and after your session.
- ❖ Avoid exfoliating your skin or applying body lotions or makeup before treatment.
- ❖ Be prepared to wear light-colored undergarments during your treatment.
- ❖ For best results, wear compression clothing for a few hours after your appointment.
- ❖ Because we are blocking a full hour for your first appointment, we require 24 hour notice for cancellation or changes to your scheduled appointment time.