



Quick Start Instructions & Rules

Session Rules

1. Women – **must wear** bikini-style bathing suits or cheeky/bikini briefs and a bra.
2. Men – **must wear** speedos or briefs.
3. Prior to each session, **remove** creams, oil or make-up **over areas to be serviced**.

General Rules

1. We will be taking **pictures** before your initial session and periodically thereafter in order to document your successful progress.
2. Typically, **it will take 12 sessions** for significant and long-lasting results.
3. You **must keep your appointments** and make up any that you miss. These types of sessions are **cumulative** and **consistency** is important.
4. It is recommended that you **come no more than every other day** to allow your liver time to process the extra fat.
5. You should take a supplement to **support your liver**. **We will guide you** as to the proper liver support products that is best for you.
6. Make sure you **drink plenty of water before and after your sessions**. You need to drink a minimum of half your body weight in ounces of water per day to help flush the fat from your system. (weight/2 = minimum ounces of water per day)
7. **No food 1-2 hours before or after your appointments.**
8. Some form of **exercise** for at least 10 minutes must follow each session to stimulate circulation and help process the fat that has been released. You should exercise at least 10 - 20 minutes **every day**.
9. After a session you **must wear** a *neoprene compression garment(s)* over the targeted area(s) **for the remainder of the day**. Recommendations at <https://accesscompletewellness.com/compression-garments/>
10. Try to **reduce your overall caloric intake** while limiting starchy carbohydrates and simple sugars. ***The Transformations 360 program is an ideal way to do this.***
11. **Little or No alcohol** during the Red Red 360 process. Alcohol affects your liver and turns into fat which will work against this process, lessening the results.
12. Once you have reached your weight and body composition goals, we suggest you begin our **maintenance care program**. This will help you to not slip back into your bad habits. We also have other support programs, such as BrainTap, to help you eliminate overweight behaviors, have a good self-image and create a new, positive mindset.