CLIENT INSTRUCTIONS FOR BEST RESULTS

1. Eat lightly and drink water
A minimum of 64 ounces of water per day will help flush the fat from your system. Divide your body weight by 2 and this is the number of ounces you should be drinking. Stay hydrated before your treatment and after! The red and infrared light is attracted to well-hydrated cells.
2. Do not apply any lotions or creams to the body before treatment. Please remove makeup before treatment.
3. Food limitations
Eat only a light meal or nothing 2 hours before and 2 hours after your scheduled appointment.
4. What to wear
Undress to your comfort level. Please keep in mind that, wherever you want to lose inches or receive a benefit, that the light has to be emitting directly onto the skin in that area.
5. Do cardio or vibration plate immediately following treatment. Consider burning 350 calories following your treatment if your desired reason for RLT is weightloss. This will burn the fat exactly where you want to!
6. Reduce or Eliminate Alcohol Consumption
. For best results refrain from alcohol the day before.
7. Decrease Caffeine
Caffeine will dehydrate you which will decrease your results. Only drink the caffeine you need in the morning to avoid the "caffeine headache". Completely eliminate caffeine if possible.
8. The small print
Our recommended plan is an initial treatment plan of at least 14-18 visits to get the results as seen in the before and after pictures.
Your first visit will be approximately an hour and will consist of a consultation, RLT & VP. We will strive to accommodate your scheduling needs to the best of our ability.
Do you want to earn free contour sessions? Don't forget to ask us about our referral program!

Client Engagement Letter

Welcome to Renewal by Red Light!
We are excited that you've chosen to embark on a wellness journey with us at Renewal by Red Light. We aim to provide you with personalized services designed to support your health and wellness goals. To ensure a clear understanding of the services we provide and the commitments involved, we have outlined important terms below. By signing this document, you agree to abide by the terms and conditions outlined here, which are incorporated by reference from our full Terms and Conditions. You can view the full Terms and Conditions here.

Pricing for Services

Introductory Offer (1st time visit only): $49

Individual Sessions: $ (varies based on package/membership purchased)

_____ACKNOWLEDGMENT AND SIGNATURE

I, the undersigned, have read and understood the terms of this Agreement. By signing below, I consent to the Terms and Conditions set forth by Renewal by Red Light, hosted at www.renewalbyredlighttherapy.com.

Client Information:

Date: _____

Name: _____

Address: _____

Phone: _____

Email: _____

DOB: _____

□ Client Signature

X_____

Print Name of Signer: _____

Thank you for choosing Renewal by Red Light. We look forward to supporting your wellness journey!