



FREQUENTLY  
*asked*  
Questions

DIVINE *Body* BEAUTY

63 WEST MAIN STREET  
FREEHOLD, NEW JERSEY 07728

# *Frequently Asked Questions*

## BODY CONTOURING

Are results permanent from body contouring treatments?

Results are permanent as long as you are maintaining a well balanced diet and exercise along with body contouring treatments.

How often do I need to come in to maintain the results?

The body contouring treatments are set up in either a 6 or 12-package. You'll be required to come in on a once a week basis to maintain results.

Are the treatments painful?

All the body contouring treatments are non-invasive and pain-free!

How do I know if I'm a good candidate for body contouring?

During your phone consultation, we will discuss your health history and assess your active lifestyle to determine which body contouring treatment best suits you. We will also inquire about your current medical condition to determine whether or not you can receive body contouring treatments. If you are unsure about body contouring treatments please consult with your medical physician to receive a clearance on body contouring treatments before booking.

## *Frequently Asked Questions*

# BRAZILIAN BODY SCULPTING LYMPHATIC DRAINAGE MASSAGE

Do I need to have a specific body type to receive this treatment?

Absolutely not! Everyone can benefit from receiving the Brazilian Body Sculpting Lymphatic Drainage Massage! Remember we are focusing on excess fluid retention not fat!

Do I need to have had surgery to receive this treatment?

No, this treatment is designed for anyone to receive whether you had surgery or not.

How noticeable are the results after the massage?

Internal results are noticeable as well as visible results from this treatment. Different body types and what your lifestyle is like will determine whether or not you see visible results.

Are tools used along with this treatment?

No tools or machines are used - just my hands! If you would like to enhance your body contouring treatments along with the Brazilian Body Sculpting Lymphatic Drainage massage check out the Snatched & Fab treatment sale!

## *Frequently Asked Questions*

# BRAZILIAN POST SURGERY LYMPHATIC DRAINAGE MASSAGE

Does the post-surgery lymphatic drainage massage hurt?

No! This massage focuses on helping to facilitate the movement of stagnant lymphatic fluid within the lymphatic system by using light, gentle strokes.

How many massages should I be receiving?

The recommendation is to receive 20- 40 massages for your first 3 months of healing. So make sure to financially plan for your post-op care. As someone who has had cosmetic surgery and also went through a negative experience, I stress the importance of the post-surgery lymphatic drainage massage. The more massages you get, the better you will feel and your results will be a lot more enhanced!

When should I start booking my massages?

As soon as you book your surgeon, book your post-surgery lymphatic massages in advance! You should never wait until the last minute to book out your post-op lymphatic massages due to a facility being booked out and not having the availability that you need.

How long should I have to wait to receive my first massage?

Most of the time surgeons will suggest that you receive massages 24 hours after your surgery. But if your surgeon says to wait for specific reasons, please listen to them and wait until you have clearance to receive your post-op lymphatic massage.



# *Frequently Asked Questions*

## MASSAGE THERAPY

How do I know which massage service will benefit my needs?

During your consultation with your massage therapist, they will analyze your verbal concerns and give you the best recommendation of the service that will help target your goals.

What is the difference between firm pressure and a Deep Tissue massage?

Our Deep Tissue massage focuses on specifically targeting areas that are causing chronic pain whereas a firm pressure Swedish massage combines relaxation of Swedish techniques with stronger pressure.



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