



FIRST TIME BALLANCER® PRO GUIDE

BEFORE YOU ARRIVE

- We recommend wearing loose or comfortable clothing during your session.
- Drink plenty of water (with fresh lemon preferably) before your session. It is recommended that you enjoy your session on a near empty stomach. This will allow the Ballancer® Pro to properly drain your lymphatic system in your abdomen and lower organs.
- If you are planning to listen to music, podcast or watch a show/movie, we kindly ask you to bring your headphones so as to not disturb others.

AT YOUR APPOINTMENT

Introduction

Our Service Specialist will show you to your service room and assist you into the lower body garment first. Our Service Specialist will make sure that you are completely comfortable before starting your touchless session.

During Your Ballancer® Pro Session

Your lower body session will last approximately 40 minutes. This treatment will cover 75% of the lymph, i.e. the thoracic duct. At the conclusion, our Service Specialist will assist exiting the garment, and provide time for a water and a restroom break. Afterwards, our Service Specialist will then assist you into the upper body garment. You will enjoy this treatment for approximately 20 minutes. This will the “flush” the remaining 25% of your lymphatic system, i.e the right lymphatic duct.

After Your Ballancer® Pro Session

Once your session is complete, our Service Specialist will assist you out of the upper body garment. You are welcome to enjoy some tea and cool water in our “relaxation” room. We suggest continuing to drink plenty of water (again with lemon preferably) throughout the day to continue to flush the waste product out of your system.