



- A good night's sleep is needed.
- Please have a meal or snack with protein before coming to appointments.
- Avoid sugar snacks.
- Hair must be washed and clean.
- Hair must be dry to prevent a salt bridge that may affect the results.
- Alcohol should be avoided for 1-2 days before session.
- Avoid drinking coffee or energy drinks at least 3 hours prior to the training.
- Do not use hair conditioners, hair spray or gels the day of the training.
- Do not wear colognes or perfumes the day of the training.
- Earrings and jewelry may have to be removed.
- Avoid over-the-counter (OTC) medications.
- Report prescription medication use.