

# Fine-Light/Acu-Clear

Welcome! We are here to help you achieve your skincare goals. Put your investment to good use and improve your results by sticking to the following guidelines.

1. **Please be on time** as we schedule in 30-minute blocks. If you are late, it will affect all appointments scheduled after yours. We will not be able to extend your session past the allotted time.
2. **Please make every effort to keep your appointments** as rescheduling may be difficult and gaps in your program may diminish your results. If you must cancel an appointment, please provide 24 hours notice.
3. **Refunds on partially used programs are not issued.** Please remember that if you have purchased a program from us, you have received a substantial discount from the standard retail price. Any unused credits may be used for other services or products available at the office. In the event of an extreme circumstance that necessitates a refund, standard retail prices will be applied to the visits already used and the refund will be issued on the remainder.
4. **Please, no children in the room** for safety reasons.
5. **Skin in treatment area should be cleaned prior to your appointment** to remove oils. Do not use oils or lotions before treatment, as this will cause some of the light to be reflected and decrease the effectiveness of the therapy. No makeup.
6. **Bring 12 to 16 ounces of water** to drink before, during, and after your treatment.
7. **Your overall diet is important**, and eating healthily, reducing calorie intake and eliminating junk food will obviously improve your results. Please ask us at your next visit if you would like us to email you our hypoallergenic, anti-inflammatory detoxification diet.
8. **A bad diet will diminish your results.** Patients who have chronic, low-grade inflammation from poor diets high in junk foods, refined carbohydrates, alcohol, soft drinks, too much coffee and excess fats will not see optimal results. Patients with food allergies and/or poor liver detoxification function are also at risk for lesser results.
9. **Ask about Nutraceuticals** (natural products) we offer to assist in Phase 1 and Phase 2 liver detoxification.
10. **Ask us how to further improve your results** through adding a liver detoxification program. (Acu-Clear).