

*Parker Day Spa*  
*Parker Laser and Anti-Aging Clinic*

19767 E. Pikes Peak Ct  
Parker, CO 80138  
303-841-8780



**Zerona, YOLO (Lipolaser) & TPR Protocol**

During Treatment: For the next **six (6)** weeks you **MUST** follow the following Protocol:

- 1) Niacin Flush Free Capsules taken 2-2 times daily
- 2) Cranberry Capsules taken 2-2 times daily
- 3) Neem Capsules: 2 capsules taken twice per day
- 4) A lot of Water Daily; at least 8 glasses
- 5) Please wear girdle for 24/7 hours after treatment
- 6) 40 minute brisk walk every day
- 7) Elevate legs towards ceiling and rub vigorously at night before you go to bed
- 8) Any additional exercising at this time is beneficial to you  
You will need to continue to knead the area worked for six full weeks (from the beginning of your treatments through the 6 week mark)
- 9) **No Caffeine or Alcohol**
- 10) Follow the “If God grows it, you can eat it” concept of food. No processed, enriched, or high fructose corn syrup.

Please sign off that these procedures have been explained fully and that you understand completely the above mentioned steps towards benefiting the most from your treatments. If you have any questions, please do not hesitate to ask. It is always a good idea to check with your doctor before starting any supplements.

***Treatments are Non-Refundable for any reason.***

If you cancel your treatments prior to starting a 10% of fee paid will be held as a bookkeeping and set-up fee. There is a 48 hour cancellation policy that carries a \$35 per 15 minutes scheduled and \$50 per 15 minutes after 5 p.m.

Signature; Acknowledgement; & Date: \_\_\_\_\_