



POST SESSION SUGGESTIONS

It's important you support your body after your Equiscope® session to ensure you get the most out of your experience.

For Best Results

- Stay hydrated with water, electrolytes, and coconut water.
- Prioritize sleep for body repair.
- Avoid exercise, heat exposure, water immersion for 4 hours, & other therapies for 12 hours.
- Steer clear of alcohol, nicotine, and caffeine.
- Ensure proper nutrition.
- Schedule consecutive Equiscope® sessions for optimal cumulative results.



EQUISCOPE®