

# Welcome to The House of Rozel

*"Where beauty and wholeness meet."*

*The House*

Body Contouring Aftercare & Meal Guide

ROZEL

Dear Beautiful Soul,

Welcome and thank you for choosing The House of Rozel as your partner in wellness, beauty, and transformation. We are honored to support you on your journey toward a more confident, empowered, and vibrant version of yourself.

Your body contouring session was just the beginning — a sacred act of self-love and intentional care.

This packet includes everything you need to maintain and enhance your results, including detailed aftercare instructions, a nourishing meal guide, and expert tips to support detoxification and sculpting over the next few days.

At House of Rozel, we don't just focus on appearance. We believe in wholistic renewal — blending body, mind, and soul wellness.

Your commitment today reflects your desire for something deeper: not just looking good, but feeling radiant from the inside out.

Should you have any questions, need personalized support, or are ready to book your next visit, our team is here to assist.

With gratitude and glow,

**Kelly Menefee Okpala, Founder**

The House of Rozel








281-783-9984

info@houseofrozel.com

## What to Expect After Treatment

---

Your body is working hard behind the scenes to sculpt and release. Here's what you might notice in the hours and days following your session:

-  **Warmth or Redness**  
The treated area may feel warm or appear slightly pink — this is normal and should fade within a few hours.
-  **Increased Urination**  
As fat cells are broken down and processed, your body eliminates them through the lymphatic system — expect to use the restroom more often!
-  **Mild Swelling or Tenderness**  
Some tightness, puffiness, or sensitivity in the area is common and usually resolves within 24–72 hours.
-  **Visible Results Over Time**  
Some clients see changes immediately, but results continue to improve over the next 2–4 weeks. Multiple sessions yield the best outcome.
-  **Temporary Bloating or Water Retention**  
Your body may hold onto water as it detoxifies. This is temporary — stay hydrated and gently move your body to assist drainage.
-  **Energy Shifts**  
You may feel an energy boost or a bit more tired than usual. Both are normal — give your body the rest or movement it needs.
-  **Mild Detox Symptoms**  
Headaches, brain fog, or light digestive changes may occur as your system processes released toxins. It's a sign of release — hydrate and nourish yourself well.

## Tips to Maintain Your Results Long-Term

- Follow a **high-fiber, low-sugar diet**
- Consider regular **follow-up sessions** every 1–2 weeks

Schedule your **next body contouring appointment today** to stay on track!

**The House of Rozel | [www.houseofrozel.com](http://www.houseofrozel.com) | 281-738-9984**

## Post-Treatment Aftercare Instructions (First 72 Hours)

---

To maximize your body contouring results and support your lymphatic system, follow these essential steps:

### ✓ Hydrate Generously

- Drink at least **2–3 liters of water per day**
- Avoid caffeine, alcohol, and sugary drinks

### ✓ Support Lymphatic Drainage

- **Dry brush** the treatment area twice daily
- Light physical activity like **walking for 30 minutes** daily improves circulation

### ✓ Avoid Toxins

- No alcohol, nicotine, or processed foods
- Avoid NSAIDs (like Ibuprofen) which can interfere with fat metabolism

### ✓ Skip Hot Environments

- No saunas, hot tubs, or steam rooms for 72 hours
- Avoid very hot showers on treated areas

### ✓ Gentle Skin Care

- Moisturize with aloe vera or light oil (our Vitality Serum is a great choice!)
- Avoid exfoliating products, retinols, or harsh scrubs for 5 days

### ✓ Wear Compression (if advised)

- For some procedures, light compression garments (waist trainer or spanx) are recommended to help with swelling and sculpting

## Clean Body, Clean Fuel: 3-Day Detox Meal Plan

---

*Designed to flush toxins, reduce bloating, and support your body's fat elimination process.*

### Day 1: Flush + Hydrate

- 🥤 Start your day with warm lemon water
- 🥗 Lunch: Green Salad with cucumber, spinach, olive oil & apple cider vinegar
- 🥤 Snack: Celery + Pineapple Smoothie
- 🍽️ Dinner: Grilled salmon, steamed broccoli, and quinoa
- 💧 Water intake: 80–100 oz minimum

### Day 2: Lean & Clean

- 🍳 Breakfast: Egg whites with sautéed spinach
- 🥗 Lunch: Turkey lettuce wrap + avocado
- 🥤 Snack: Chia pudding with almond milk
- 🍽️ Dinner: Baked chicken breast, asparagus, sweet potato

### Day 3: Light + Alkaline




- 🍵 Breakfast: Herbal tea + melon or citrus fruit
- 🥗 Lunch: Kale & avocado salad with lemon tahini dressing
- 🥤 Snack: Cucumber slices with hummus
- 🍽️ Dinner: Stir-fried tofu with bok choy and brown rice

## Movement & Exercise Plan

---




Movement is a vital part of your body contouring journey.  
Here is a simple 7-day plan to follow your session:

### Day 1: Recovery + Circulation

-  Light 20 to 30-minute walk
-  Gentle stretching or restorative yoga
-  Focus on hydration and rest




---

### Day 2: Lymphatic Flow

-  30-minute walk outdoors or on treadmill
-  Light dynamic stretching  
(arm circles, leg swings)
-  Add dry brushing to your daily routine



---


### Day 3: Detox Support

-  30 to 45-minute walk
-  Try foam rolling or lymphatic yoga
-  Increase water intake, add lemon or cucumber




---

### Day 4: Light Cardio

-  Low-impact dance workout or rebounder session
-  Optional light jog or elliptical session  
(only if you feel ready)




-  Enjoy a detox bath or infrared sauna session.

### Day 5: Strength Activation

-  Bodyweight moves: squats, lunges, pushups
-  Walk for 30 minutes
-  Cool down with yoga and deep breathing




---

### Day 6: Fat-Burn Boost

-  Stationary bike, elliptical or brisk walk
-  Gentle stretch and mindfulness session
-  Add chlorophyll drops to water for detox support

---

### Day 7: Rest & Reflect

-  Restorative yoga or mat Pilates
-  Long soak in an Epsom salt or herbal bath
-  Reflect on your progress + book your next session