

**SOLACE MASSAGE
AND MINDFULNESS**



Holistic Recovery from Plastic Surgery

Reduce swelling, inflammation and fibrosis after plastic surgery by focusing on all aspects of your recovery. If you have had Brazilian butt lift, facelift, liposuction, mommy makeover or tummy tuck, this program is right for you!

Before Surgery:

Read the Southern California Plastic Surgery Cookbook (paperback or online class).

There is solid research on nutritional needs before and after surgery. Scientists know what nutrients your body needs to heal. I share that research in the Southern California Plastic Surgery Cookbook.

Listen to the Guided Meditations to help reduce stress and anxiety before and after plastic surgery.

Start the Six Minute Faja Workout Pre-Surgery workout

After Surgery:

Read Plastic Surgery Recovery Handbook (available in paperback or Kindle). This resource is full of tips for reducing swelling and fibrosis and recovering faster after plastic surgery.

Start plastic surgery recovery massage 1 week after your surgery. Plan on 1 - 2 sessions per week, based on your swelling.

Work with the self-massage videos to help improve your results between visits.

When your surgeon clears you for exercise, start the Six Minute Faja Workout. Work out safely after plastic surgery to make your waist look smaller and butt look bigger WITHOUT losing fat. This series of workouts target swelling in the arms, bra roll, abdomen, FUPA and thighs and help slim the waist and build the booty after liposuction. There's even a workout for post-tummy tuck clients.

Solace Massage and Mindfulness Plastic Surgery Recovery Program

5 - 1 hour sessions of plastic surgery recovery massage (including lymphatic massage, lymphatic cupping, myofascial techniques, hot stones and IASTM)

A copy of Plastic Surgery Recovery Handbook (available in paperback or Kindle)

A copy of Southern California Plastic Surgery Cookbook (paperback or online class)

Guided Meditations - meditations that will help you reduce stress and anxiety before and after plastic surgery.

Six Minute Faja Workout videos

Self-massage for Fibrosis after Liposuction videos

Total: \$600

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