



# PhoenixHer Protocols



## PhoenixHer Only Protocol:

3 treatments per week for 6 weeks. Pause for 1 month. Repeat until results improve.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
**REPEAT FOR 6 WEEKS**						

## The Ideal Protocol:

2 treatments per week for 6 weeks. Plus 1 FemiWave treatment per week for 6 weeks at your local provider's office. Repeat until results improve.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
**REPEAT FOR 6 WEEKS**						

## Lifestyle Recommendations:

Engage in aerobic exercise for 30-45 minutes, 3-5 days weekly. Consume 4-6 servings of vegetables per day. Limit your alcohol, caffeine and sugar intake. Quit smoking. Talk to your provider about lifestyle recommendations.

\*This is not medical advice. Please consult with your medical practitioner before seeking any form of medical treatment.\*

\*Exact frequency of treatments may change based on your provider's recommendations\*

This product is not intended to diagnose, treat, or prevent any disease. Consult with your medical practitioner before using The PhoenixHer. The information in this document is designed for educational purposes only. You should not use this information to diagnose or treat any health problems or illnesses without consulting your healthcare practitioner. Please consult your healthcare practitioner with any questions or concerns you may have regarding your condition.

## PhoenixHer Treatments Areas

- Apply plenty of ultrasound gel
- 5 treatment areas are noted below
- Each area requires 20 light cycles

