



6 Steps to Verjú® Success

Optimize your Verjú results by:

1. Walking for 15-20 minutes per day throughout your treatments.
2. Drinking 1/2 ounce of water per body weight pound, with a minimum of 64 ounces per day.
3. If doing cellulite treatment, we strongly recommend applying Ph-irm® cream twice daily where cellulite is present.
4. Eating sensibly and minimizing alcohol and caffeine during your treatments.
5. Keeping to your Verjú scheduled treatments.
6. Recommended: Massage the targeted areas after treatment to help your body's lymphatic drainage and fat removal processes.



verjú®
by Erchonia®

**Congratulations on jump starting
your commitment to a healthier you!**

TX 1 Day	Date	Time
TX 2 Day	Date	Time
TX 3 Day	Date	Time
TX 4 Day	Date	Time
TX 5 Day	Date	Time
TX 6 Day	Date	Time
FINAL MEASUREMENTS TAKEN	Date	Time

It is critical to keep all of your scheduled appointments.