

THE GROVE SPA

& BOUTIQUE

Vitamin IV Therapy Post-Treatment

On the day of your treatment:

- Drink plenty of water after the treatment to help with absorption.
- Some mild side effects like slight bruising, lightheadedness, or fatigue are common. These should subside within a few hours. If you have any concerns or unusual symptoms (such as redness, swelling, or pain at the injection site), please contact us right away at (816) 834-9100.
- You may feel more relaxed or tired after the treatment, so take it easy for the rest of the day.

Follow up:

- If you are receiving Vitamin IV Therapy for a specific reason such as fatigue, brain fog, seasonal affective disorder, long Covid, active cold/flu, etc. We recommend receiving IV treatments as often as once weekly to boost your vitamins/minerals.
- If you are receiving Vitamin IV Therapy for general wellness and vitality, we recommend a monthly infusion.

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com