

## WHAT IS BODY WRAPPING?

Body wrapping is an inch loss and cellulite treatment program.

The body wrap is an advanced development that works on shrinking the adipose tissue of fat called cellulite that is found directly below the surface of the skin. Body Wrapping eliminates toxins and impurities that have built up in the body plus helps to rid the body of cellulite. It detoxifies your body, tightens loose tissue, exfoliates, smoothes and softens your skin.

### Lose 5-15 Inches in One Body Wrap!

Schedule 3 or more wraps for better results within 7-10 days of each other. Reduce the appearance of cellulite and stretch marks.

## HOW DOES THE BODY WRAP WORK?

Body Wrapping is the process of wrapping the skin to draw out toxins and impurities for health and inch loss benefits. It works deep into the pores of the skin where fat deposits and cellulite are stored. The treatment reduces the appearance of cellulite as it pulls out the toxins and leaves the skin tightened, toned and healthier.

## BODY WRAPPING

### Benefits & Advantages

- ✓ Noticeable Difference in One Visit!
- ✓ Cleanses Body of Toxins & Impurities!
- ✓ Treats Unsightly Cellulite!
- ✓ Works to Reduce Stretch Marks!
- ✓ Works for Both Men & Women!
- ✓ No Pills or Shots!
- ✓ Not a Water Loss!
- ✓ No Saran Wrap or Plastic!
- ✓ Tightens & Tones Your Body!
- ✓ Conditions & Softens Skin!
- ✓ Slimming & Contouring Effect!
- ✓ 100% Safe & Effective!
- ✓ Rejuvenates & Revitalizes!
- ✓ Fantastic for Psoriasis!
- ✓ Firms up Sagging Skin!
- ✓ Excellent motivator to help you "see" inch loss results when dieting.
- ✓ Perfect for toning up specific areas of the body.
- ✓ Great way to quickly lose inches for a special occasion.

## WRAP YOURSELF THIN!

*To Experience a Body Wrap Call:*

# Lose 5 - 15 Inches Fast!



## *Body Wraps for Detox & Inch Loss*

**Cleanse Toxins  
Firm & Tone Up  
Reduce Cellulite  
Soften Skin  
Lose Inches  
Shape Up Safely  
Rejuvenate Your Body!**

## Will it help get rid of Cellulite?

Most women see significant improvement in Cellulite after body wrap treatments. Cellulite is fluid retention in the connective fibers of the upper layers of the skin, along with an enlargement of individual fat cells. With poor circulation, this toxin accumulation and fluid retention are a major factor causing cellulite to develop. The body wrap process detoxifies the layers of the skin, tightens the pores, and increases circulation which reduces the appearance of cellulite.

## How much weight and inches will I lose?

Body wrapping is not a weight loss process. It is an inch loss program that detoxifies, tones, and firms the skin. Significant inch loss can be achieved but is not guaranteed. 99% will achieve inch loss and 100% will achieve firmer and toner skin. The Body Wrap will significantly improve the health of your skin through the detoxification of the pores of the skin.

The inch loss achieved from body wrapping will help you to feel better and motivate most people to stick to their exercise and healthy eating!

**Lose inches and fit into your special occasion clothes!  
Look and Feel Fabulous!**

## What Do I Wear?

During the wrap process ladies should wear panties and bra or a bathing suit. The clothing will get wet during the treatment so always bring an extra set to wear home. The wrap is most effective when it comes in contact with the bare skin.

## How Long Does It Take?

A total of 1 ½ - 2 hours for the body wrap. Thirty minutes is spent measuring, wrapping up the body and then unwrapping and remeasuring. You must stay in the wraps for one hour to achieve the best inch loss. It is important to stay warm during the complete procedure also.

## How Many Wraps Will I Need?

You will need a series of wraps to see long lasting results. We recommend that you be wrapped 1 - 2 times a week until desired results are achieved, then continue the body wrap treatment program with a wrap once per month, depending upon the amount of cellulite that has formed, your percentage of body fat, and your inch loss and toning goals.

## Is the Inch Loss Permanent?

Yes, as long as you stick to drinking plenty of water and maintain a healthy diet and exercise program.

## Rules to Keep Inches Off!

- Do not shower, use soaps, lotions or creams for at least 6 to 8 hours after the wrap or prior to wrapping. Anti-cellulite gel is the only product that should be used on the skin after the body wrap treatment to enhance results. If showering within a few hours prior to wrapping, use only water or Aloe Body wash to cleanse the skin of toxins and prevent buildup of soaps that may clog the pores.
- **Drink Lots of Water!** Drink a minimum of 8-10 glasses of water a day to flush the toxins and impurities out of your system. The body wrap continues to work up to 2 days after your wrap and drinking lots of water helps to flush out the toxins.
- **Maintain a good diet.** Avoid alcoholic or carbonated beverages. Limit your salt, sugar & caffeine intake. Cut down on Red Meat and Dairy. Fiber and complex carbohydrates are ideal substitutes because they are easily digested and assimilated by the body.
- **Exercise** at least 3 times per week.
- Use Anti-Cellulite Gel twice daily.
- Dry Skin Brush the skin daily.

**Continue with the wrap treatment program by continuing with a series of wraps for long term results!**