

Max Out Your Body Wrap

- ❖ Combine it with Nutrition Program and/or Exercise Program
 - If used as a weight loss tool it is recommended to have 4 consecutive wraps, 1 week apart.
- ❖ Have one done prior to a spray tan application
 - If used for this one wrap will do the job.
- ❖ Use it to help reduce aches and pains.
 - This helps warm the whole body and relieve pain in the muscles and joints. Do as needed.
- ❖ Clean up your cells and do it for detoxification.
 - Complimentary service when you are doing one of our Whole Body Health or Weight Loss programs.

Gear Up For Your Body Wrap

- ❖ Stop in before your treatment to test an area of your skin for sensitivity (if possible)
 - If for some reason there is a skin irritation, we will lessen the concentration of it and test again.
 - About 1% of patients will have a visible skin irritation. In this case we recommend not to proceed with treatment. We do want the skin to react to the product which is the visible increase in circulation, which is how the best results are gained.
 - Products in treatment: Organic Massage Cream, Beautifying Oil, Niacin.
- ❖ Wear undergarments that you are okay with getting oil on them
 - We do provide disposable bra and panties.
- ❖ Shower/bathe (if possible), but do not apply personal products such as lotion, deodorant, etc.

After Your Body Wrap

- ❖ For the 24 Hours after treatment, DO NOT shower (if possible) to prolong the effects of the body wrap.
- ❖ You should see some/all of the outcomes listed below.
 - Moisturized and rejuvenated skin
 - Helps maintain tan/spray tan
 - Lost inches (after first treatment)
 - Immediate weight loss (due to water weight)
 - Decreased aches and pains
 - Increased circulation
 - Natural full body detoxification
 - Please let your therapist know how your wrap affected you to better tailor your treatments for your personal goals.