



## Recommendations for... **After Your Purifying Wrap**

### **The Purifying Wrap is a marvelous incentive to start a diet**

When taking a series of wraps it's recommended they be 5 to 7 days apart. The results are excellent. The inch loss is cumulative, and most guests lose 25" or more with three wraps (depending on their size!) It is quite normal for a guest to lose a complete dress size, without losing a pound in weight, with 3-5 wraps. Guests who are dieting realize even better results.

Larger individuals with "solid" body mass in distinct areas (normally thighs or buttocks) definitely benefit from a series of wraps as it is impossible to get the maximum results in only one treatment.

Because the inches firmed and toned off your body do not return with a few glasses of water, one can only be wrapped a limited number of times, and will become what is called "Wrapped-out"! "Wrapped-out" is the point when further wraps would not result in a significant inch loss.

Size and lifestyle are two factors which determine how many wraps a person may receive before becoming "wrapped-out". In order to achieve further inch loss, dietary changes would need to be incorporated.

Even though you may become wrapped-out, further wraps can continue to benefit the skin by deep-cleansing, contouring and tightening soft fatty tissue, and it's an excellent detoxification process.

In order to maintain your shape and inch loss, we recommended having a wrap once every 1-2 months.

### **For maximum results, follow these after wrap instructions.**

Refrain from bathing or showering for 24 hours. Although your treatment in the spa has been completed, the detoxification and tightening process can continue for 3-4 days, imparting further inch loss.

You can greatly assist this skin tightening process over the next few days by showering with tepid water only. Limit soap to underarm, groin and feet areas only. Avoid creams and lotions that could be absorbed into the pores and inhibit the desired action of the topical preparation.

Following this procedure for the next 3-4 days will greatly assist the total visual results apparent on the skin. After 3-4 days, hot showers or baths and plenty of soap on the entire body will dilate body pores and facilitate the elimination of additional toxins which the topical preparation has drawn to the surface.

After your wrap you should drink plenty of water, mineral or tap water is fine – but NOT carbonated mineral water. Ideally, try drinking 2 quarts or more per day. This helps flush and rid your body of the impurities that have been broken down.

If possible, please avoid the following items during the next 3-4 days. The items indicated here are fairly toxic, and if avoided, will greatly enhance the results of your wrap.

### **TEA / COFFEE / SUGAR / SALT / CARBONATED DRINKS / ALCOHOL AND FRIED & FATTY FOODS**

If you normally consume caffeinated beverages and you completely eliminate them, you may experience headaches. If you have a high caffeine intake, you may prefer to cut down rather than stop.

The most important instruction to follow is **DRINK PLENTY OF WATER.**

### **Why have a Purifying Wrap?**

- Terrific motivation for dieters
- Tighten loose skin due to pregnancy or weight changes
- Cellulite becomes less noticeable
- Lose inches for a special occasion
- Eliminate toxins from your body
- Hydrate and soften overly dry or rough skin
- Reduce and improve problem areas like stomachs, waists, or midriffs and thighs
- To smooth and tighten skin for a more youthful appearance
- Lose diet-resistant inches from stubborn areas
- If you are "to-thin" yet need firming, toning and shaping
- Even out-of-proportion bodies
- To stay as firm as possible while dieting
- If you want or need to look terrific - **FAST**