



DO'S AND DON'TS TO BEING A SUCCESSFUL BODY WRAP CLIENT

- DO start taking CELL-U-RID at least one week prior to starting wrap series.
- DO drink a minimum of 1/2 your body weight in ounces each day at least 1 week prior to receiving first body wrap; continue this habit forever!
- DO ensure that you practice a healthy lifestyle (including your diet!) to maintain the inches lost.
- DO drink at least half your daily allotment of water before drinking anything else (but don't drink anything within 1 hour of receiving wrap- so you don't need to "go" while wrapped.)
- DO use MAINTAIN each day after a bath or shower.
- DO ensure that you perform enzymatic exfoliation at home at least 3 times a week.
- DO ensure that your technician performs an enzymatic activator prior to receiving wrap.
- DO ensure (if you are sensitive to niacin) that you are not using any tanning creams, or vitamins that contain niacin 2 days prior to wrap.
- DO consider doing an internal detoxification program to enhance cellulite and inch loss.
- DON'T allow yourself to be wrapped if you: have a heart condition (specifically conditions requiring coumadin), epilepsy, have had cancer that is not in remission, or are pregnant or nursing.
- DON'T use a lotion or cream the day of your wrap.
- DON'T shave the day of your wrap.
- DON'T consume carbonated drinks, coffee, refined sugar, white flour, red meat.
- DON'T shower within 6-8 hours of receiving wrap.