

Body Wrap User Guide

Step 1: Use the Measurement Chart to record measurements.

Step 2: Dry Skin Brush

Use a brush with all vegetable fibers. Starting at the ankles, brush in a circular motion up the ankle and leg, always brush toward the heart. Brush vigorously but not so much as to damage the skin. Pay special attention to the Cellulite areas. It is best to stand while brushing to help with circulation during this procedure.

Step 3: Prepare Formula and Heat the Wraps

If you are using cotton/elastic wraps (not plastic wrap). Pour 1 gallon of water into your heating unit. This can be a roaster oven, a slow cooker, crock pot or even in a pot on the stovetop. (Optional: Mix in 1 cup of either the herbal concentrate, the aloe vera concentrate or the dry mineral formula). Add the cotton/elastic wraps, and heat to 120 degrees.

Step 4: If using Clay or Mud type formulas....

Apply a thin layer of the Clay or Mud Formula directly to the skin area where you wish to reduce inches, the appearance of cellulite or stretch marks. Then wrap with plastic wrap or cotton/elastic wraps (step 5).

Step 5: Wrap the area

If using cotton/elastic wraps...

Use tongs to remove the wraps from the heated solution 1 at a time as needed. Wear the gloves to wring out the excess water from the wrap prior to wrapping.

Always begin wrapping at the ankles or furthest from the heart wrapping upward or toward the heart. Wrap firmly but not too tight to cut off circulation. Each wrap should be tucked in at the end and overlapped with the next wrap.

If using plastic wrap over clay or mud only:

Plastic wrap can be used to wrap areas where sea clay or sea mud are applied to the skin. The benefits of using plastic wrap is that it is easier to use if you are wrapping yourself and you can still get terrific results! It is also much easier to clean up because you can simply throw it away when it is removed. Plastic wrap should only be used for partial wraps or spot treatments. The disadvantage of plastic wraps is that you do not get the compression that cotton/elastic wraps give which help to squeeze out the toxins from the skin cells typically providing better results.

Step 6: Repeat steps 4 & 5 until you have wrapped all of the areas of the body you will be treating. You can wrap the entire body or spot treat one section at a time. Wrapping the entire body will take approximately 15 wraps (more or less depending on your body size).

Benefits of Dry Skin Brushing

Dry skin brushing prior to the Body Wrap will remove all the dead skin cells from the surface of the skin, stimulate the sweat glands, and open up the pores. This enables the body wrap formula to penetrate more thoroughly and effectively. You will see a greater inch loss.

The brushing also stimulates blood circulation to tone and tighten the skin and drastically reduce Cellulite deposits.

A Note about different body wrap formulas and body wrapping options:

Sea Clay or Sea Mud can be used alone with either plastic wrap or cotton/elastic wraps. If using the cotton/elastic wraps, you can soak them in plain hot water or add aloe or herbal formula to enhance inch loss. You can also perform a wrap without the clay or the mud. Simply soak the cotton/elastic wraps in the hot solution of either the aloe, herbal or dry mineral formulas for a no-mess option!

Step 7: Put on Sauna Suit or Sweat Suit or cover up with a warm blanket. Stay in the wraps for at least 60-90 minutes. To enhance results you can also perform light exercises (a balance ball works great or any type of slow controlled movements such as yoga) or sit in a sauna or sauna blanket.

Step 8: Remove Wraps

Slowly remove the wraps and wipe off any excess residue with a moist cloth. For best results, do not shower or rinse for at least 6 hours to allow the benefits of the formula to continue to work. Applying the Anti-Cellulite Gel or Amino Spray after the wrap will enhance the effects and also help reduce excess residue from the surface of the skin. Note: the wraps are reusable and can be washed in hot water.

Step 9: Re-Measure

Be sure to measure in the exact places you measured before wrapping by following the marks. Record the results on the chart and calculate your inch loss. Most people will see greater results after a series of wraps.

Congratulations! Now follow the “*Rules to keep the inches off*” for helping the toxins to be removed from the body and to keep the inch loss off.

Spot Treatments: Spot treatments are easier for most people to do on their own. You can choose any area to focus on. Tip: Wrap lower body one day and upper body the next. To wrap the neck/chin area, pull back hair or use a shower cap. Apply a thin layer of the formula to the skin. Start at the top of the head, wrap and bring to down under the chin and back around.

Rules to Keep the Inches Off!

Continue with the wrap treatment program and some form of exercise program.

- Continue on a series of wraps. You can experience a wrap every other day. For best results, complete a series of 8-12 wraps.
- Do not shower for at least 6 to 8 hours after the wrap. The body wrap solution is still working.
- Do not use soaps, lotions or creams prior to the wrap or for 4-6 hours after the wrap.
- Drink 8-10 glasses of water a day to flush the toxins and impurities out of your system.
- Do not drink alcoholic beverages; limit your salt, sugar & caffeine intake. Avoid carbonated beverages and starches.
- Cut down on animal fats, (Red Meat and Dairy). Fiber and complex carbohydrates are ideal substitutes because they are easily digested and assimilated by the body.
- Start an internal flush program to clean out toxins from the inside out for overall health benefits.

Warning Information: Almost anyone should be able to have a wrap but if you have a medical problem, circulatory problems, heart disease, low or high blood pressure, diabetes, or other disease, check with your doctor first. It is recommended that you consult with a doctor before beginning any weight loss or inch loss program. Do not perform a wrap if you are pregnant, nursing, menstruating or are constipated.

Test patch a small area of the skin prior to use to check for allergic reaction. Keep out of reach of children. Not for internal consumption. External use only.