

# Body Wrap Home Care Instructions

Body wrapping is most successful when it's combined with a series of professionally applied treatments at a spa. Plan to do a minimum of 7-12 treatments spaced 4-5 days apart.

Daily exfoliating using the scrub cloth and **Lavender Spa Bath** or **Aloe Body Wash** will prepare the skin for the **Body Wrap Solution Gel** to fully absorb.

After bathing or showering, towel dry, then smooth **Body Wrap Solution Gel** over the legs, buttocks and stomach areas.

Beginning at one ankle, unroll plastic film over still-moist gel. Unroll up one leg, around the buttocks and stomach area, then down the other leg to the ankle. One layer of film is all that is needed to keep Gel moist for penetration to occur. Do not wrap tightly.

Smooth the warm **Body Wrap Solution Gel** over the breast area and the back. Use a spatula to get the gel onto the back or ask a friend to help.

Start the plastic film unrolling around one arm, across the shoulder and around the breast area and stomach. It is difficult to wrap the 2nd arm without help.

Relax and stay warm without perspiring for 1 hour. Remove the plastic film and massage in any still-moist gel. Drink 2-3 liters of water during the 24 hours following the treatment to complete the process.

The solution will stay in the body and keep working for 3 days. Drink 2-3 liters of water for each of the 3 days. Then repeat treatment.



[www.set-n-me-free.com](http://www.set-n-me-free.com)

For more information call:  
800-221-9727 / 503-666-9661

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