

# Salveo L.A. Wraps

## Introduction Body Wrap

Body Wrap is an easy-to-use wrap designed to promote instant inch loss, detoxify, tone and firm your body.

Body Wrap is fast and convenient. Simply soak the bandages in hot water together with our unique clay formulation, apply to your chosen body area and leave for an hour to experience instant inch loss. Unlike many wraps, Body Wrap is not a water loss wrap and we would actively encourage you to drink at least two litres/ four pints of water a day. It works like a giant poultice, drawing out the toxins and impurities that live in and around your fat cells, while the bandages gently compress and sculpt your body shape, resulting in safe, effective inch loss and visibly firmer skin.

### How to use Body Wrap

Before you start your Body Wrap experience, be aware that it will take up to 90 minutes of your time, so relax and enjoy it, safe in the knowledge that the results will be well worth the effort.

## Instructions: Body Wrap – Method one

### Preparation

- Unwrap two bandages from their packaging; remove the metal clips and place, still rolled up, in a suitable heat-resistant bowl, saucepan or container.
- Boil a kettle of water and add enough hot water to the container to cover the surface of the bandages.
- Open one sachet of Body Wrap's Detox Clay and add the contents to the water and two bandages.
- Lightly stir in the clay with a spoon and leave to soak for at least 30 minutes.

### Measurement

- Place the tape measure around the area you intended to treat and measure with the tape provided.
- Mark the position of the tape on your skin with a pen. This is an important step so that when you come to re-measure after the treatment, you will obtain an accurate and precise record of your inch loss.
- Record your measurements.

### The wrapping process

- After soaking the bandages in the body wrap clay solution for 30 minutes, test the temperature of the water. It should not be boiling, but just warm to the touch. Be careful not to burn your self and be aware that the bandages retain a great amount of heat.
- If necessary, top up with hot or cold water as appropriate, so that it feels warm to the touch.
- Gently wring out excess water from the bandages
- Wrap around your chosen area-please refer to the diagrams provided for an indication of the different potential areas for treatment.
- Always wrap from the lowest point of your body in an upwards direction
- You must be firmly wrapped, but not so tight as to hinder circulation or breathing.
- Cover you chosen area with punctured cling film and/or a heavy towel. It is important to retain as much warmth as possible during the process and to ensure the bandages do not get too cold during the treatment.
- Ensure that you skin can still breathe hence the importance of puncturing the cling film before use.

Leave for sixty minutes and relax. We suggest that you wear a dressing gown or towelling robe during this time.

### The unwrapping process

- Unwrap the bandages and, if necessary, rub any excess clay residue into your skin - there is no need to shower. The clay solution remains in your skin for three to four days after the wrap continuing the dual detox and tightening process.
- Re-measure your chosen area, ensuring that the tape is in the same marker position as when you started.
- Compare you measurements to those recorded earlier
- Calculate you total inch loss. No cheating please.

### After care

- We recommend that for 3-4 days after the wrap, you drink at least two litres/ four pints of water a day. Body wrap is not a water loss treatment, so the more water you drink, the more toxins you are flushing out through your lymphatic system.

- The inch-loss process may continue for several days and can be aided by bathing in lukewarm water.
- Bandages should be washed after use on a 40°C washing cycle and are reusable.

## Instructions: Body Wrap – Method two

### Preparation

- Unwrap two bandages from their packaging; remove the metal clips and place, still rolled up, in a suitable heat-resistant bowl, saucepan or container.
- Boil a kettle of water and add enough hot water to the container to cover the surface of the bandages and leave for 10/15 minutes.

### Measurement

- Place the tape measure around the area you intended to treat and measure with tape provided.
- Mark the position of the tape on your skin with a pen. This is an important step so that when you come to re-measure after the treatment, you will obtain an accurate and precise record of your inch loss.
- Record your measurements.

### The wrapping process

- Open one sachet of Body Wrap's Detox Clay and gently massage the contents of the sachet onto your chosen treatment area.
- After soaking the bandages in the body wrap clay solution for 10/15 minutes, test the temperature of the water. It should not be boiling, but just warm to the touch. Be careful not to burn yourself and be aware that the bandages retain a great amount of heat.
- If necessary, top up with hot or cold water as appropriate, so that it feels warm to the touch.
- Gently wring out excess water from the bandages
- Wrap around your chosen area - please refer to the diagrams provided for an indication of the different potential areas for treatment.
- Always wrap from the lowest point of your body in an upwards direction
- You must be firmly wrapped, but not so tight as to hinder circulation or breathing.

- Cover you chosen area with punctured cling film and/or a heavy towel. It is important to retain as much warmth as possible during the treatment and to ensure the bandages do not get too cold during the treatment.
- Ensure that you skin can still breathe hence the importance of puncturing the cling film before use.
- Leave for sixty minutes and relax. We suggest that you wear a dressing gown or towelling robe during this time.

### The unwrapping process

- Unwrap the bandages and, if necessary, rub any excess clay residue into your skin - there is no need to shower. The clay solution remains in your skin for three to four days after the wrap continuing the dual detox and tightening process.
- Re-measure your chosen area, ensuring that the tape is in the same marker position as when you started.
- Compare you measurements to those recorded earlier.
- Calculate you total inch loss. No cheating please.

### After care

- We recommend that for 3-4 days after the wrap, you drink at least two litres/ four pints of water a day. Body wrap is not a water loss treatment, so the more water you drink, the more toxins you are flushing out through your lymphatic system.
- The inch-loss process may continue for several days and can be aided by bathing in lukewarm water.
- Bandages should be washed after use on a 40°C washing cycle and are reusable.

### Repeating the wrapping process

We would recommend that you only wrap any specific, targeted area on a weekly basis. For example, if you are wrapping your thighs, wrap once and, if required, wrap again after a week.

### Caution

Not for use on open wounds. This product is not intended to diagnose, treat, cure or prevent any disease. The treatment of cellulite should also include a proper diet and exercise regime. Consult your doctor before using if you are pregnant, breast-feeding, taking any medication or have any existing medical condition.

### Patch test

If you have sensitive skin, it is advisable to do a patch test before using the product. We would recommend that you apply a small amount of the product onto the fabric part of a sticking plaster. Place the plaster with the product on it face down on the inside of you elbow. Leave for one hour. If after removing the plaster you have an allergic reaction, do not use this product. If you have no reaction, you are safe to use the

