



## **Body Wrap Post Care Instructions**

Drink at least 8 glasses of water after the wrap to keep your body hydrated

It is important to wear the lotion for as long as possible to allow it to absorb fully into the skin. It is recommended to keep this lotion on for 24 hours if at all possible to receive the maximum benefits.

Make sure to stay away from fatty foods and caffeine for the next 24 hours.

Remember the more body wraps you have performed the better the results.

If you have any additional questions be sure to ask your aesthetician.