

You Need a Wrap Preparation Sheet

1. The day before and the day of the wrap, exfoliate your body in the shower or bath. Do not put creams, lotions, or oils from the neck down. If possible do not wear deoderant.
2. We are a fragrance free zone.
3. The day of the wrap do not drink caffine. If you experience a detox headache then have as little as possible or drink a green tea.
4. Do eat at least one and a half hours before the wrap and do have some form of protein. Something easy for you to digest.
5. You need to wear cotton bra and underwear. A sports bra is great as there is no underwire. Underwear of any style is fine, as long as it fits close to the body and doesn't hang. **Bring a change of dry underwear and bra as the ones you wear in the wrap will be wet.**
6. You do not shower for at least four hours after the wrap. You will feel fresh and clean. If you can wait until the next day that is even better. You can rinse or wash hair if needed.
7. Please bring a suitable container to hold water. It is necessary to drink water following your Wrap.

**Please do not hesitate to call us if you have any questions
613-831-6644**