



PRE-WRAP INSTRUCTIONS

- Clients are advised not to eat for approximately two hours prior to their wrap to prevent discomfort. Or something very light one-hour prior...a piece of fruit or small snack.
- Clients are advised not to drink a lot of fluids for approximately two hours prior to the wrap to avoid the need to use the restroom while wrapped.
- The client should always bathe before coming in for a wrap to ensure the body is cleaned of all lotions and perspiration.
- Instruct the client NOT to use oils, lotions, cream-type bar soaps or perfumes before the wrap as this may clog the pores and decrease the wrap results.
- Self-tanners should not be used for at least 2 days prior to the wrap. If you are scheduled for an Sunless Airbrush it must be scheduled after your wrap!
- Female clients should wear a wireless bra (or sports bra) and panties or thongs to be wrapped in. Bras with an underwire may cause bruising or irritation. Men should wear a pair briefs and a pair of boxer shorts over the briefs to be wrapped in. Boxers alone are often too thin, have the front opening, and may cause you and the client unnecessary embarrassment. • Clients should bring dry undergarments to wear after their wrap.
- Female clients that are receiving a wrap during their menstrual cycle cannot wear a menstrual pad (a tampon must be worn). A wrap during this time may cause the client discomfort when wrapped tightly across the abdomen, the measurements will not be accurate if the client is retaining fluids or is swollen. There is always the risk of "leakage" onto the bandages.
- Clients should arrive 10 – 15 minutes prior to their appointment to prevent delays and have enough time to fill out your client questionnaire.

POST WRAP INSTRUCTIONS

- Clients are advised not to shower or bathe for approximately 3-4 hours after their wrap. If they feel they must rinse off, then only a cool to warm shower...NOT hot! We do not want the client to sweat after the mineral wrap because we want the minerals to keep on working instead of being brought out by heat and sweat.
- Clients should drink plenty of fluid in the days following a wrap to help flush excess toxins and fluid from the body. Some clients will notice additional inch loss if they follow these instructions.
- Advise your clients to limit their sugar, salt, caffeine and alcohol intake...especially for the next 24 hours. This will help the body to continue to disperse the impurities in their bodies instead of holding on to them.

** If you experience any issues after your wrap that you are concerned about, please feel free to call us at 337.562.9400 or email us at slendersolutionslc@gmail.com and someone will PROMPTLY return your call. **