



# Non Heated Body Wrap

Thank you for choosing our Eve Taylor non-heated body wrap treatment! To ensure the best results and maintain healthy, nourished skin, please follow the aftercare advice below. Immediately After Your Treatment:

- Drink plenty of water to stay hydrated and support the detoxification process.
- Avoid caffeine, alcohol, and processed foods for at least 24 hours.
- Wear loose, comfortable clothing to allow your skin to breathe.
- Do not shower or bathe for at least 6-8 hours to allow the products to fully absorb.
- Avoid heavy meals and opt for light, nutritious foods to enhance the treatment benefits.

## **Maintaining Your Results:**

- Continue drinking at least 2 liters of water daily to aid in toxin elimination.
- Moisturize daily to maintain skin hydration and softness.
- Avoid hot baths, saunas, and steam rooms for at least 24-48 hours.
- Light physical activity such as walking can help boost circulation and enhance results.
- Exfoliate gently after 48 hours to remove dead skin cells and prolong the effects of the wrap.

## **What to Expect After Treatment:**

- Your skin may feel softer, more hydrated, and appear firmer.
- Some individuals may experience mild redness, which should subside within a few hours.
- A sense of relaxation and lightness is common after the treatment.

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## **When to Contact Us**

If you experience prolonged redness, irritation, or any unusual reaction, please contact us immediately.