



Heated body wrap

Thank you for choosing our heated body wrap treatment! To ensure the best results and maintain a healthy, hydrated body, please follow the aftercare advice below.

- Drink plenty of water to stay hydrated and help flush out toxins.
- Avoid caffeine and alcohol for at least 24 hours as they can dehydrate the body.
- Eat light, nutritious meals to support the detoxification process.
- Avoid showering, swimming, or sweating excessively for at least 6-8 hours to allow your body to fully absorb the benefits.
- Wear loose, comfortable clothing to prevent irritation and allow your skin to breathe.

Maintaining Your Results:

- Continue drinking at least 2 liters of water per day to maintain hydration.
- Moisturize daily to keep skin soft and hydrated.
- Avoid heavy meals, processed foods, and excess salt for 24-48 hours to prolong detox benefits.
- Engage in light physical activity such as walking to promote circulation.
- Dry body brushing can help stimulate lymphatic drainage and enhance results.
- Avoid hot baths, saunas, or excessive heat exposure for 24-48 hours.

What to Expect After Treatment:

- Your skin may feel smoother and more hydrated immediately after the wrap.
- Some individuals may experience slight redness or warmth, which should subside within a few hours.
- A feeling of increased relaxation and reduced bloating is common.
- Regular treatments can aid in detoxification, relaxation, and skin improvement.

When to Contact Us: If you experience prolonged redness, irritation, swelling, or any unusual reaction, please contact us immediately.