

DINNER WITH DOC  
BODY  
CONTOURING  
PACKAGE

**BODY CONTOURING PACKAGE CERTIFICATE**  
(Value up to \$300!)

**Come Enjoy this Relaxing, Pampering Treatment!**

You will receive one of our amazing Body Wraps, where you can lose 4-14 inches in one treatment! This detoxifying treatment compliments all of our nutritional plans and will make you feel great!

**Here are some ways to best prepare for your Body Wrap:**

- Don't shave the day of the wrap.
- Wear a bikini or bra and underwear.
- Drink lots of water after the body wrap.
- Don't sweat after the wrap i.e. no hot yoga or saunas.
- Don't shower for 8 hours after the body wrap.

*Please allow 2 hours for the entire treatment.*

**LighthouseHealth**  
& BODY MAKEOVER



**Please Call  
801-265-3400  
To Schedule Your  
Treatment!**

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