

How can you lose 4 to 14 inches in one hour?

Two Words...

Body Wrap.

It's painless, relaxing, and it's an effortless way to iron out unsightly cellulite. It's quite possibly the best 60 minutes you will ever spend on yourself.



We know how amazing our body wraps are - we even will guarantee inch loss during your one-hour session, somewhere in the neighborhood of 4" to 14", depending on your body style.



It's time to treat yourself to an unbelievable experience...

Lighthouse Health & Body Makeover Inch Loss and Cellulite Reducing Body Wraps were developed by a UCLA Biochemist to encourage circulatory and lymphatic flow, causing a painless cleansing of the tissue. In turn, this cleansing of the body results in an all-over inch loss of 4 to 14 inches per wrap!

Inch loss is great - but there's even more...

Not only are Body Wraps from Lighthouse Health & Body Makeover a great way to lose inches, our Body Wraps are a great way to reverse the debilitating effects of cellulite. Cellulite is often described as a condition of uneven fat deposits, water, and other wastes that have become trapped in the connective tissues of the body, just below the surface of the skin. We all know it as cottage cheese thighs and orange peel skin, not flattering on anyone of any dress size.

Not to mention, you can kiss those cottage cheese thighs goodbye...

This Certificate is Good for One Incredible Body Contouring Package

Sold by: _____

Salon: _____

Date: _____

No Expiration

***See reverse side for redemption instructions**

Myth 1: Cellulite is Fat.

FALSE! Cellulite is a sign of a toxic body, caused by uneven fat deposits in the connective tissue of the skin, edema, and lack of circulation.

Myth 2: Only overweight people have cellulite.

FALSE! Even skinny people have problems with cellulite. There are two types of cellulite: soft cellulite, often characterized by the "cottage cheese" like appearance; and hard cellulite that mostly affects individuals in good physical condition. Often times, hard cellulite is the most difficult to eradicate.



Myth 3: Cellulite responds well to weight loss and exercise programs.

FALSE! Since cellulite is not a fat condition, weight loss and exercise can't touch the unsightly stuff. The only way to eliminate cellulite is by detoxifying the body.

**How to redeem your
Body Contouring Certificate:**

1. Attend the breakthrough Weight Loss Class to learn exactly what is keeping you from your goal weight and what you can do to start taking control of your life! After the class, schedule Step 2.
2. Meet with a doctor for your one-on-one personalized weight loss evaluation, where he will advise you on the steps you can take to achieve your weight loss and body contouring goals!
3. Receive your pampering body contouring treatment— a Body Wrap! Depending on your body type, you can expect to lose 4 to 14 inches in an hour!

Choose Your Class Date:

Classes are held every Tuesday and Wednesday in our office. Call (801) 590-0876 for times and to register!

Note: All treatments are performed in the privacy of our Wellness Clinic. Appointments may only be scheduled after patients have attended the complimentary Energy and Weight Loss Class and One-on-One Evaluation. Please register for the class in advance, as seating is limited.

**Body
Contouring
Certificate**
**(\$250.00
value)**



*Myths About
Cellulite*

LighthouseHealth
& BODY MAKEOVER



*Want to Lose
4" to 14" in
One Hour?*

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& BODY MAKEOVER



715 E. 3900 S. #107
Salt Lake City, UT 84107
(801) 265-3400

Monday - Thursday: 9am to 8pm

www.BurnFatUtah.com

