

## Something to remember after your body wrap...

You may notice a flushing in your skin and possibly even a slight rash after the wrap. The contour cream used is niacin-based, which helps to detoxify the body and naturally creates flushing in the skin due to increased circulation.

Do not be alarmed if this occurs, as your body is either experiencing increased circulation or is actively flushing out trapped toxins.

You can always call our clinic at **(801) 265-3400** if you have any questions or concerns.



Want to Get 20% Off  
Any of Our Products You Purchase?

Attend one of our Seminars and you can get 20% of your next purchase of products!

Our amazing seminar reveals some breakthrough discoveries in weight loss. We'll be teaching you how you can trigger your fat burning hormones. New technology will also be introduced that helps people overcome food addictions. The seminar is very enlightening and has some great new information. The presentation is about 90 minutes and is well worth the time spent.

You can register for the seminar by going to [www.DietUtah.com](http://www.DietUtah.com) or calling our clinic at: **801-265-3400**. Seating is limited, so call now!



## We Hope You Enjoyed Your Wrap!

LighthouseHealth  
& BODY MAKEOVER



## Body Wrap Aftercare

LighthouseHealth  
& BODY MAKEOVER



715 E 3900 S, Suite #107  
Salt Lake City, UT 84107  
Monday - Thursday: 9am to 8pm  
**(801) 265-3400**

*We hope you enjoyed the wrap  
you just received!*

Inch loss is just one of the benefits of these amazing wraps. They also increase overall circulation and help reverse the cellulite formation cycle by assisting your body's natural lymph elimination functions.

**There are a few guidelines we suggest you follow after you've received a Body Wrap:**

- 1) Keep the cream on for at least 12 hours, as it continues to work on the skin, this means you shouldn't shower for at least 12 hours.
- 2) Drink at least 2 quarts of water daily, to help flush out the toxins that have been released into the lymphatic system as a result of the contour cream that was used.
- 3) Exercise! It is important to stimulate your lymphatic system so your body can flush out toxins.
- 4) You may also find it helpful to not only decrease your calorie intake, but to also eat food that is easily digested. Foods that are heavy and rich tend to overload the liver and make digestion difficult.
- 5) Heat will re-activate the cream and make your skin sun-sensitive. We advise you not to sun bathe or tan for at least a day after receiving the wrap.

## *Suggested Products for even BETTER Results!*

We'd like to suggest a few of our great products that will only continue to aid you in getting and maintaining the results you desire.

### **Anti-Cellulite Lotion:**

This should be applied immediately after showering to any problem areas. The lotion helps to increase circulation and flushing in the areas of connective tissue where cellulite is often trapped. These areas do not respond to exercise or proper eating, so this lotion is a great alternative.

### **Cellulite Cleanser:**

This works by stimulating the circulatory system and the lymphatic system to pick up all stored water retention, toxins and waste materials (the main contributors to cellulite), which are trapped in the connective tissues of the body. It then promotes the elimination function for these unwanted substances.

### **Exercise Gel:**

Get the most out of your workout with Exercise Gel! When applied before exercising, this innovative gel warms muscles and increases circulation. Typically, fatty tissues have less circulation, making these areas more difficult to target. The gel creates heat, which draws blood to those areas, helping you get maximum results from every workout.

### **Nutritional Shake (in chocolate, vanilla, strawberry and orange):**

This nutritional supplement is the most advanced in the industry. It was formulated with the help of doctors, nutritionist and formulators to provide a completely safe weight loss, or, if used as a dietary supplement, a delicious breakfast or meal replacement drink, containing the vitamins and minerals necessary for the human body each day. The benefits of drinking the shake include: normalized weight, increased energy, enhanced vitality and overall improved nutrition.

*You are on your way to a beautiful new you!*

