

Body Wrap Explanation

Steps for Body Wrap

1. Measure – if it is their first time and last
2. Exfoliate body
3. Wipe off exfoliate
4. Apply cream to body
5. Wrap body with cellophane
6. Start timing when you apply the cream (they should be in the wrap for 1 hour – example if you take 10 min to wrap them, have them lay in the wrap for 50 min)
7. Cut them out after the wrap using band aid scissors.
8. Have them rub in the cream like lotion if any cream remains on body
9. Remind them not to shower for 8 hours after the wrap
10. Make sure they drink extra water after the body wrap to help flush toxins out – at least $\frac{1}{2}$ their body weight in ounces

Areas to exfoliate, apply cream and wrap:

- ankles, calves, thighs, glutes, stomach, rib cage, and upper arms.

Areas you DO NOT exfoliate, apply cream or wrap:

- breast tissues (on woman – wrapping males chest is ok), face and genital areas on both male and female.

How to measure:

- Start from the ground up
- You can use a pen, marker or highlighter to mark the body
- Have them stand hip width apart (measure 12 inches between feet)
- Measure from the floor up so you measure the same place each time
- When you mark the body always measure UNDER the mark
- When measuring the arm, start from the wrist and go up the arm
- Always measure the fattier parts of the bodies (these areas lose the most inches)
- Always make sure to chart information on Treatment Measurement Sheet (provided on this page)

How to apply exfoliate

- Put gloves on
- Start from the ankles and work your way up the body
- You don't need a lot of exfoliator, just enough to make a glossy look to the body
- Rub in the exfoliant on body. You don't need to use a lot. Remember this is getting rid of the dead skin so you are buffing the body.
- After you exfoliate take a small towel and wipe off exfoliant (this is getting rid of the dead skin cells and opening up the pores)

How to apply cream:

- Place a small amount of cream in the middle of chest (that is the center of the lymphatic system and helps start the lymph flow and circulation)
- Ask if they have sensitive skin, if so use the sensitive cream
- Put body wrap cream over the areas that you exfoliate
- Remember to wrap the areas you can't see (example the inner thighs)
- Use 2 ounce cup for cream (these can be bought at restaurant stores or online)
- Tell them that they will feel a warm and tingling sensations on their body (this is the circulation starting to flow in their body)
- Remember to avoid breast tissues (just on woman), face and any genital area on both male and female

How to wrap with cellophane:

- Start by making a skirt in the center of the body (lower abdomen area) – this is an anchor for the body wrap with wrapping the legs
- Wrap one leg at a time and make sure to give them a “butt lift”
- Wrap a little loose going down the leg then tighter coming back up
- Wrap stomach next and make sure to have it nice and snug
- Make an anchor for the upper body by going over each shoulder and around chest
- When you wrap the arms always wrap “up” – you want to wrap the fat up not forward

They should have the body wrap on for an hour ONCE you apply the cream to the body. So if it takes you 10 min to wrap them, set the timer for 50 min.

Cut them out after using only band aid scissors.

Remember to always measure BEFORE the body wrap if it is their first time – and measure them AFTER the body wrap if it is their last visit.

*Note: If you sell them on a program measure them when you explain their program – they will be losing inches before they come back in for their first body wrap.

Remind the patient not to shower for 8 hours after - the cream works up to that long.

Remind them to rub in cream like lotion all over their body.

Remind the patient to now sweat for the next 8 hours because it will reverse the process of the body wrap.

*For more detailed training on how to measure and do a body wrap watch the Club Reduce video on this page titled “**Body Wrap Demonstration and Training**”*