

## Q&A

### WHAT IS SO IMPORTANT ABOUT DRINKING WATER?

Set-N-Me-Free body wrapping is a firming and toning

service that relaxes and hydrates the skin. This is not a water loss program or dehydration type of body wrap. One must drink water to flush body waste from the lymphatic system. Body wrap clients feel best when they continue drinking one gallon of water each day, for the 3 days after each body wrap service. On the fourth day, have another body wrap.



### WHAT ABOUT THE ALOE BODY WASH?

This cleansing wash is made with "enzyme active" aloe vera and coconut oil soap. This wash leaves no film on the skin and will keep clean unsightly clogged pore bumps. Clients using **Set-N-Me-Free Aloe Body Wash** daily, claim up to 40% more satisfaction from the body wrap than clients that use other body cleansers.



### BODY WRAP ELEGANCE

Give your body a feeling of renewal, away from stress and the everyday habits of over indulging. Find your peace and quiet at the spa to capture the relaxation and pampering that the aloe and herbal body wrap treatment offers.

Schedule a body wrap service every four-five days and drink 3-4 liters of water each day for three days after every wrap. Your skin and body will thank you. Your family will thank you. Your co-workers will thank you.



### ABOUT BODY WRAPS...

This healthy inch loss program from Set-N-Me-Free is a toxin cleanse that creates a very definite size loss from fatty areas. The aloe vera in the solution will moisturize, tone and tighten the skin.

No showering is needed after the wrap.

The treatment and "all food" ingredients are safe, healthy, effective and relaxing.



### HOW DOES IT WORK?

The solution of aloe vera and natural USA herbs combine to penetrate through the protein wall that surrounds the fat cell and dissipate toxins from the fat cells into the body's lymphatic system. In the lymphatic system, the toxins can be flushed from the body as one drinks water over the following 3 days. This movement causes a reduction in the size of the fat cell. The loss is quite measurable.

### WHAT DO I WEAR WHILE BEING WRAPPED?

The wrap cloths are applied over cotton bra and cotton underwear for women and cotton workout shorts for men. Salons may provide disposable undergarments for convenience. The solution product will not penetrate through synthetic clothing, therefore, cotton is always recommended. Bring a change of undergarments because what you are wrapped in will get wet.

### HOW DO I PREPARE FOR MY BODY WRAP?

Set-N-Me-Free Aloe Body Wash and the Lavender Spa Shower/Bath will keep clean pores and remove dry surface skin. The skin will be ready to let the solution penetrate quickly with no soap residue to impede the process.

The Aloe Body Wash and Lavender Spa Shower/Bath are available at the salon where you are having your body wraps done. These washes should be the only body cleansers used while taking a series of body wrap treatments.



### HOW IS THE BODY WRAP APPLIED?

Cotton cloth strips are soaked in aloe and herbs, heated, and applied to the entire body in a mummy-style body wrap. Sometimes the professional technician will apply a gelled solution directly to the skin and wrap a layer of plastic film over the solution to keep it moist on the skin for continued penetration.

The wrap is not applied tight. The client will lounge comfortably for 45 minutes in the wrap. No perspiration should occur during the wrap treatment, as perspiring would prevent penetration of the solution.

### HOW MUCH SIZE CAN I EXPECT TO LOSE?

Size loss comes first from new fat, while the aloe works to soften the older fat and cellulite areas. Sometimes cellulite will require 4 or 5 wrap treatments to soften these hardened cells. Each treatment will result in decreasing the softened areas. Fat across the back and under the arms will reduce quickly as cellulite in this area is rare. As inches are lost, the skin will tone and tighten. Note sample of size loss chart at right. Imagine how long one would have to diet to drop an inch in the buttock area. Most clients will feel the looser fit of clothing after only a few treatments.

## HOW MUCH IS LOST DURING A SERIES OF WRAPS?

Best results are with a series of 12 wraps. Most people can lose up to two full clothes sizes with a series of 12 wraps taken 4-5 days apart. These results can be accomplished by using Set-N-Me-Free Aloe Body Wash in the daily shower to keep the pores clean.

The amount of food eaten must be adjusted to the new size and a gallon of water must be consumed daily for 3 days after each wrap.

## HOW CAN SET-N-ME-FREE BODY WRAP HELP CELLULITE?

Cellulite is formed in the tissues because the body's waste removal process has been slowed down.

The increase in circulation resulting from daily application of Aloe Heat Creme for three months, has shown to reduce the appearance of cellulite ripples for up to three months.

Keep in mind that cellulite removal will be a texture change, not much of a size loss. We see an 80% success in the reduction of cellulite appearance with 12-15 wrap treatments.



## HOW OFTEN SHOULD TREATMENTS BE DONE?

It is perfectly safe to have treatments every day although it is not necessary. The solution stays in the body and continues to work for three days. Have treatments every four or five days for best results, with no more than seven days between wraps as the fat will begin to harden again.

## HOW WILL I FEEL AFTER MY BODY WRAP?

Your skin will be unbelievably soft and smooth when the wrap is removed. The wrap solution is clean and leaves the body feel fresh and toned. No shower is needed after this treatment.

Schedule another treatment in 4-5 days and drink a gallon of water every day until the next wrap.



## WILL MY LOST INCHES COME BACK?

People reducing on this program have kept off the inches and pounds better and easier than with any other weight loss system. Keep in mind that one cannot continue eating at a size larger than they wish to be. Avoid alcohol, salt, spices, sugar and oils as these will keep the water you drink from flushing through the lymphatic system to cleanse your body of the unwanted toxins and fat.

Fat is not heavy so only about one pound of weight loss will occur - after drinking water to flush the body.



## WHAT ABOUT DIETING AND EXERCISE?

Dieting will soften the fat deposits so the treatment will take off the inches quicker. Exercise will firm and tone the muscles. Exercise will burn the fat from the body and increase body metabolism. Everybody should exercise several hours each week for better health.

However, even strenuous exercise does very little for actually getting rid of hardened fat like cellulite.



## WHAT ABOUT MEDICAL PROBLEMS?

Anyone under a doctor's care should take this brochure and the list of ingredients from the Body Wrap Solution to their medical care provider. High blood pressure, poor circulation, diabetes, etc. should not be affected as no salt, clay or chemicals are used, and the wrap cloths, or plastic film are not applied tight to cause compression. While wrapped, you will be comfortable and find the wrap experience very relaxing.

People with cancer or immune system problems should consult a physician before scheduling a body wrap treatment.

Clients with medical conditions like fibromyalgia, MS, and cerebral palsy will find this treatment to be comforting and relaxing.

Name: Genevieve

Series Number: \_\_\_\_\_ Date: 10-19 Time: \_\_\_\_\_

BEFORE AFTER TOTAL

**LEFT**  
UPPER ARM: 18 18 5/4 1/4  
MID ARM: 11 3/4 11 1/2 1/4  
LOWER ARM: 10 9 3/4 1/4

**RIGHT**  
UPPER ARM: 18 1/2 18 1/4 1/4  
MID ARM: 12 3/4 12 1/2 1/4  
LOWER ARM: 10 1/4 10 1/4 —

ABOVE BUST: 37 1/2 36 3/4 3/4  
LOWER MIDRIF: 34 1/4 33 1/2 3/4  
WAIST: 33 3/4 32 1/2 1 1/4

UPPER ABDOMEN: \_\_\_\_\_  
LOWER ABDOMEN: 39 3/4 38 1/2 1 1/4  
BUTTOCKS: 40 38 3/4 1 1/4

**LEFT**  
UPPER THIGH: 22 1/2 22 1/2  
MID THIGH: 20 1/2 19 1/2 1  
LOWER THIGH: 17 1/2 17 1/4 1/4  
LOWER LEG: 14 3/4 14 1/2 1/4

**RIGHT**  
UPPER THIGH: 22 3/4 22 1/4 1/2  
MID THIGH: 20 3/4 19 3/4 1  
LOWER THIGH: 16 3/4 16 1/2 1/4  
LOWER LEG: 12 12 3/4 1/4

Technician: Jan Total Measurement Loss: 10 1/2

## WILL THERE BE LOSS IN THE BREAST AREA?

The breast area will lose quickly if it is wrapped. Typical loss during two full-body body wrap treatments, including wrapping over the breast area, will result in a need for a smaller size of bra. Do not wrap the breast if no loss there is desired.