

Pre-Wrap Instructions

- Do not to eat for approximately two hours prior to your wrap to prevent discomfort.
- Do not drink a lot of fluids for approximately two hours prior to the wrap to avoid the need to use the restroom while wrapped. Using the restroom after the wrap begins is a near impossibility...
- You should always bathe before coming in for a wrap to ensure your body is cleaned of all lotions and perspiration.
- Do NOT to use oils, lotions, cream-type bar soaps or perfumes before the wrap as this may clog your pores and decrease the wrap results.
- Self-tanners should not be used for at least 2 days prior to the wrap.
- Female clients should wear a wireless bra (or sports bra) and panties or thongs to be wrapped in. Bras with an underwire may cause bruising or irritation.
- Men should wear a pair briefs and a pair of boxer shorts over the briefs to be wrapped in. Boxers alone are often too thin, have the front opening, and may cause us both unnecessary embarrassment.
- Bring dry undergarments to wear after your wrap.
- We **will not wrap** pregnant women or those who are nursing. Please schedule a wrap for a time when you are neither pregnant nor nursing.
- We **will not wrap** clients during their menstrual cycle as it may cause discomfort, the measurements will not be accurate and due to the risk of leaking blood on our bandages requiring immediate disposal.
- Please print, complete and bring the Client Consultation Form with you to your first appointment. If you are being measured as part of the wrap, please allow a total of 2 hours for the initial appointment, and 90 minutes for each subsequent appointment, although it may not take that much time.
- If it is determined in the sole discretion of Skinology, LLC that you have failed to comply with these instructions, the wrap session will be immediately canceled, the full wrap charge will be assessed to your account which will need to be paid prior to the scheduling of any further wraps or other Skinology service. Sorry for the tough guy stance, but we are guaranteeing the wrap results. We also don't mess around with babies and blood.

Thank you so much for taking the time to read and comply with these instructions as this will help ensure you enjoy a great wrap and have outstanding results!!

Client Initials/Agreement: _____



Post-Wrap Instructions

- Do not to shower or bathe for approximately 8 hours after their wrap. If you feel you must rinse off, then only a cool to warm shower...NOT hot!
- Drink plenty of fluid in the days following a wrap to help flush excess toxins and fluid from the body. You may notice additional inch loss if you follow these instructions.
- You can wear a body-shaper for improved results. This helps to keep those fat cells closer together for a longer period of time while the minerals are still working. Never wear the body-shaper to bed. If you have a body-shaper at home, bring it in to your next wrap appointment so you can put it on immediately afterward for a few hours.
- Limit your sugar, salt, caffeine and alcohol intake...especially for the next 24 hours. This will help the body to continue to disperse the impurities in their bodies instead of holding on to them.
- Remember to send in a photo and your testimonial to info@skinology.biz at some point during the next 72 hours!

Skinology
Skin. Science. Simplified.