

Body wraps AFTERCARE

* For the first 48 hours after your treatment you may continue to reduce in size (Shrinking Violet Wrap)
* Drink plenty of water to help replace lost fluid, drinking extra will actually help reduce remaining fluid retention, unlike popular myth.
* If you do not drink enough your dehydrated body will retain all fluid you take on. You must drink enough for it to shed what it does not see it needs.
* If you experience a headache following your wrap then drink more water or take a nap. As toxins leave your body they can cause headaches or make you feel lethargic.

Do not shower/bathe for the remainder of the treatment day, allow instead for the products to better penetrate your skin.

If you’re in any doubt, or have any concerns at all please call us on 01522 394618