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**Slimming Body Wrap Aftercare Advice**

The following advice is designed to enable you to obtain the best benefits from your treatment. It is therefore recommended that following your treatment, you

z. Avoid bathing or showering for preferably 12 hours to allow the product to continue to

 work.

z. Drink plenty of water, ideally about 1 litre per day for the next 3 days. This continues

 the cleansing process and assists in the flushing out of toxins

z. Follow a healthy lifestyle to include a balanced diet with regular exercise

z. Avoid tea, coffee, alcohol and fizzy drinks for at least 24 hours.

z. Avoid exercise for at least 24 hours/

You may notice an increase in urination for the following 3 days. This is completely normal as the body continues to eliminate toxins