

If this is your first TBT Contouring Wrap, you may be wondering what to expect and how to prepare for your treatment...

# pre -WRAP instructions

**NO WORRIES,**  
we've got you covered!

*You will be wrapped from head to toe in warm bandages that have been soaking in our unique clay solution containing bentonite. The heat from the bandages will open your pores, allowing the clay to move in and work its magic. The bentonite acts as a magnet towards the toxins, pulling them out from the interstitial fluid that surrounds your fat cells. Thus, allowing your fat cells to move closer together... resulting in significant, immediate inch loss! You are guaranteed to be walking out at least six inches smaller - woohoo!*

## How to prepare:

Increase your water intake significantly a few days before your treatment. This can increase your overall results as well as help curb any post-detox symptoms!

Skip the coffee or caffeinated tea the day of your wrap, if possible!



Do any waxing/ shaving at least one day prior to your treatment.

Have a shower or bath either the night before or morning of your treatment.

Avoid applying any lotion/cream to the body the day of your wrap.

## What to bring:

Bring a spare pair of underwear or swimwear to be wrapped in. Keep in mind that the more skin visible, the better your results will be!

You will be wrapped up for one hour. Feel free to bring along a book, tablet, music, etc. to occupy your time or take advantage of the hour and have a little nap!

Come ready to relax and enjoy releasing those unwanted toxins!



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