

# LADY J'S BODY WRAPS AND MORE

## Preparation for Infrared Body Wrap Session "Lose INCHES in minutes."

### Infrared Body Wrap preparations:

Please be prepared to be at our facility between 60 to 90 minutes.

Full payments should be paid up front or provide presentation of your voucher from Groupon, etc. *before* the session begins.

There is a \$20.00 cancellation fee if you do not cancel 24 hours in advance. Thank you

You will need:

- ❖ Comfortable Clothing
- ❖ Slippers or flip Flops

Also:

- ❖ Please do not wear any lotion, body spray or perfume. Deodorant or make up are okay
- ❖ Drink lots of water before your appointment. We recommend at least 24 to 36 ounces of water
- ❖ Eat a healthy meal that also includes water before your scheduled appointment time. (prior to an hour before appointment time)
- ❖ You're welcome to bring an MP3 player or iPod for your own choice of music.

### Post Care Maintenance

- ❖ You should not shower for at least an hour following your body wrap.
- ❖ Avoid lotions and soaps. These will clog your pores immediately following the body wrap
- ❖ Drink between 6-8 glasses of water as a cleanser each day
- ❖ Do not eat after 7pm
- ❖ Avoid juices and sodas and high starch foods
- ❖ Exercise 3-4 times weekly
- ❖ Healthy food choices are necessary
- ❖ Avoid caffeine, sugar and salt when possible
- ❖ Stay positive!
- ❖ Consistency is the key. Continuation of application produces better results.

### Preparation

Please exfoliate your skin using an exfoliating sponge or brush during a shower. Do not put lotion on your freshly showered skin. Your last meal should be prior to at least an hour before your scheduled appointment time. Wraps are uncomfortable if done on a full stomach.

Be prepared to change into the extra set of clothes you bring. Yoga pants or leggings are good. Shorts or long sleeved t-shirts are good too. **YOU CAN WEAR TANK TOPS OR SPORTS BRAS.** Also bring an additional set of underwear. The clothing worn during the body wrap will be wet afterwards, so do not forget to bring your extra clothes.

You will need a series of wraps to see long-lasting results. Infrared Body Wrap can be done two to 3 times a week. Our recommendation is a minimum of three (1) days between each session. Results depend upon percentage of body fat and cellulite. Individual results vary.

Please sign initials here after reading this full page \_\_\_\_\_

Read Entire Page

Your body wrap session as well as consultation should be a positive experience. Please be sure to review the entire document. Please complete all forms. There are three (3) documents. Please fill out necessary forms completely.

Your signature is required on the Customer Sheet. Your initials are required on page two (2).

1. Have you ever had an Infrared Body Wrap?
2. What results do you expect to achieve?
3. Do you expect to receive Infrared Body Wraps as a one-time service or regularly
4. List any questions here prior to your body wrap

Benefits of the Lady J's Infrared Body Wrap

- Stress-free and rejuvenated emergence
- Relieve the discomfort of arthritis and body aches
- Caloric burn, between 800 -1400 depending on your metabolism.
- Lower back pain ease, muscle spasm relief, sinus congestion and headache relief
- Cellulite reduction
- DE stress from daily activities
- Cardio conditioning without persistent aerobic workout
- Ease muscle tension
- Cleanse clogged pores, relief for eczema, psoriasis, acne and burns
- No hampered breathing
- No neck and back stress while in body wrap
- Immune system improvement

Understand of Agreement Prior to Consultation

I have been provided information that is complete and accurate to my knowledge. I understand that Lady J's Body Wraps and More is not a medical specialist or doctor and does not diagnose or treat ailments or disease. Any recommendation from Lady J's Body Wraps and More is in no way a substitution for professional medical care. I understand that it is my responsibility to inform Lady J's Body Wraps & More of any health concerns, previous medical concerns, current medications and my health status to date. I am not pregnant nor on my menstrual cycle at this current time. I understand there are no negative or lewd comments, nor sexual activity of any type permitted while in this facility. Lady J's Body Wraps & More reserves the right to refuse service at its own discretion and may cancel the appointment at any time without explanation. I agree to the above statements at this time.

I agree that I have read all pages explaining the Body Wrap process, preparation, benefits, after care maintenance and the agreement.

Your Signature

\_\_\_\_\_

Printed Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Body Wrap Technician and Services performed by: \_\_\_\_\_