

BODY WRAP INSTRUCTIONS

Be prepared to spend at least 2 ½ hours at Detroit Wholistic Center for the completion of this service.

In the days or weeks prior to your body wrap appointment, please remember to drink water (approximately half your body weight in ounces of water spread throughout the day should help to assure the best result). You must be well hydrated.

Please bring to your appointment:

- 1. Two large towels.*
- 2. A second pair of underwear (bra and panties).*
- 3. Head covering (scarf, bonnet).*
- 4. Something to cover your feet (house shoes, flip flops, sandals, etc...).*
- 5. Socks*
- 6. Do not wear any lotions, oils, or creams on your skin.*
- 7. Men please wear a jock strap.*
- 8. Optional: Bring a blanket (large enough to cover yourself if you have a tendency to be easily chilled).*

Thank you and we look forward to seeing you at Detroit Wholistic Center on your scheduled appointment.

Sincerely

DWC STAFF