

Q&A

WHAT IS SO IMPORTANT ABOUT DRINKING WATER?

Set-N-Me-Free body wrapping is a firming and toning

service that relaxes and hydrates the skin. This is not a water loss program or dehydration type of body wrap. One must drink water to flush body waste from the lymphatic system. Body wrap clients feel best when they continue drinking one gallon of water each day, for the 3 days after each body wrap service. On the fourth day, have another body wrap.



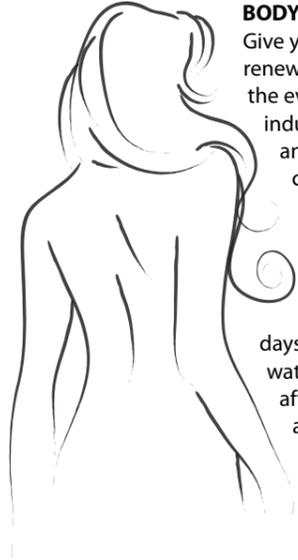
WHAT ABOUT THE ALOE BODY WASH?

This cleansing wash is made with "enzyme active" aloe vera and coconut oil soap. This wash leaves no film on the skin and will deep clean unsightly clogged pore bumps. Clients using **Set-N-Me-Free Aloe Body Wash** daily, claim up to 40% more satisfaction from the body wrap than clients that use other body cleansers.



BODY WRAP ELEGANCE

Give your body a feeling of renewal, away from stress and the everyday habits of over indulging. Find your peace and quiet at the spa to capture the relaxation and pampering that the aloe and herbal body wrap treatment offers. Schedule a body wrap service every four-five days and drink 3-4 liters of water each day for three days after every wrap. Your skin and body will thank you. Your family will thank you. Your co-workers will thank you.



Body Wrap Facts

*Answers to
Frequently
Asked
Questions*



www.set-n-me-free.com

Set-N-Me-Free has products for salon treatments:

- | | |
|---------------------|-------------------------|
| Underarm Wrapping | Hand Polishing |
| Face Wrapping | Leg & Thigh Masking |
| Skin Polishing | Fruit Facial Masking |
| Neck Mask & Wrap | Wrinkle Mask |
| Manicure & Pedicure | Pedicure, Manicure Mask |
| Skin Illumination | Eye Area Masking |

Referred by:

Services by:

Call 503-666-9661 for locations nationwide
www.set-n-me-free.com



Body Wrap Facts

Body Wrap Facts

Body Wrap Facts

WHAT IS THIS SET-N-ME-FREE BODY WRAP?

This program is a spa favorite for relaxation, skin softening and for leaving the body feeling firm. The aloe vera in the solution will moisturize, to leave a feeling of toned and tightened skin. Clients feel baby soft, clean and will not need to shower after this luxurious spa service. This treatment is second only to massage for the "most asked for" spa service.



HOW DOES IT WORK?

The solution of aloe vera and natural USA herbs combine to be absorbed into layers of the skin. Clients are asked to drink 3-4 liters of water during the 24 hours following the body wrap treatment. The water will flush the lymphatic system as the client continues to drink that same amount of water over the following 3 days.

WHAT DO I WEAR WHILE BEING WRAPPED?

The wrap cloths are applied over the bra and cotton panties for women and jogging shorts for men. The solution will not penetrate through synthetic fabric, so cotton is always recommended. Bring a change of undergarments, because what you are wrapped in will get wet.



HOW IS THE BODY WRAP APPLIED?

The client should bathe prior to coming for the body wrap treatment – using only **Set-N-Me-Free Aloe Body Wash** to deep clean the pores and remove dry surface skin. No bar soap or other cleansers and no lotions should be on the skin prior to having an aloe body wrap. The skin will be ready to let the solution absorb quickly as the aloe wash will leave no film or residue to impede penetration. This wash should be the only cleanser used prior to a body wrap treatment.

Most spas do this mummy-style body wrap with cotton cloth strips that have been soaked in a tea of aloe and herbs, heated, and applied to the entire body.

Some salons will use the **Body Wrap Solution Gel** to smooth over the body and wrap over the very moist gel with a plastic film to keep the gel moist. With either wrap method, the wrapping material is not applied tight.



The client will lounge comfortably for 45 minutes in the wrap. No perspiration should occur during the wrap services, as perspiring would prevent absorption of the solution.

WHY IS THIS BODY WRAP SO POPULAR?

Clients like the way they feel after the body wrap treatment. Clothing will slip on smoothly over the fresh and toned feeling skin. Clients love this relaxing service and consider the body wrap to be a "mini vacation" from a stressful life. The aloe and herb solution has been used in favorite spas and salons for over 30 years. After each luxurious treatment, the hydrated skin and body are smooth and will feel toned and tightened.

People feel relaxed and comfortable while wrapped in the aloe vera body wrap solution. Skin feels fresh and clean so no shower will be needed after this service.



SHOULD I WRAP THE BREAST AREA?

Larger sized breast areas are most favored for this aloe and herb body wrap treatment and will feel comfortably secured when it is wrapped. Typically, smaller breasted women do not want the breast to be body wrapped.

WHAT ABOUT CELLULITE?

Cellulite is formed in the tissues because the body's waste removal process has slowed down. We suggest that clients with cellulite have a series of 10-15 wrap treatments. Set-N-Me-Free aloe & herb body wraps leave the client feeling more successful if they avoid alcohol, salty & spicy foods, as these substances prevent the water that the client drinks after each body wrap, from flushing through the lymphatic system. The flushing is important to cleanse the body of the body waste that hold the cellulite in place. Schedule treatments 4-5 days apart.

An increase in circulation, resulting from deep rubbing in a daily application of Aloe Heat Crème for three months, has shown a smoother looking texture in areas where cellulite is prevalent.



WILL THE WRAP SOFTEN THE SKIN?

Aloe vera has been known for many centuries as a natural skin softener. Imagine the luxury of being wrapped and swaddled in natural cotton cloth that has been soaked in this aloe vera and herb tea solution. The skin remains smooth, soft and luxurious for days after the body wrap treatment. Using Set-N-Me-Free Aloe Body Wash in the shower daily will clean away clogged pore bumps and accent skin smoothness.



HOW OFTEN SHOULD BODY WRAPS BE SCHEDULED?

It is alright to have treatments daily, although it is not necessary. The solution maintains effectiveness on the body for 3 days following a body wrap. For best results in a series of treatments, schedule a wrap every 4-5 days with no more than 7 days between treatments. Clients are most pleased after a series of 7 or a series of 12 full-body treatments.



WHAT ABOUT DIETING AND EXERCISE?

Dieting will usually soften the fat deposits so one will see more toning and tightening faster. Exercise will firm and tone the muscles. Exercise will burn the fat from the body and increase body metabolism. Scheduling exercise into ones' daily routine and eating a balanced diet, with plenty of raw fruits and vegetables will support a healthy looking body.



WHAT ABOUT MEDICAL PROBLEMS?

Anyone under a doctor's care should take this brochure and the list of ingredients from the Body Wrap Solution to their medical care provider.

