



- **LOSE TUMMY FAT:** Powerful Seaweed and Garcinia Cambogia extract is absorbed through skin and improves the burning of fat to break down stubborn fat deposits
- **DETOXIFY:** Feel your tummy pulsate when Indian Healing Clay discharges excess water and toxins from your body.
- **ORGANIC:** Stop Exposing your Body to Even More Chemicals and Pollutants. Our breakthrough formula contains 100% natural ingredients
- **SALON QUALITY TREATMENT:** Ingredients previously only found at SPAs. Pamper and treat yourself to a salon-like experience!

It's Confusing. There are so many body wraps available e.g. SPA wraps, body wrap applicators, volcanic ash wraps to name a few. I tested these wraps, listened to user feedback and even talked about the pros and cons on my Liposculpture Talk iTunes podcast. The result is the exciting development of a breakthrough formula now available for home use previously only offered at high end SPAs.

Here's the recipe:

SEAWEED EXTRACT: The botanical element of the body wrap. Contains vitamins A, B1, C and E; calcium, magnesium and phosphorus; and essential amino acids. These vitamins and minerals are absorbed through the skin work together to draw out toxins from the surface of the skin. They also increase circulation and aid in maintaining the skin's connective tissue, collagen.

INDIAN HEALING CLAY: I love using this in a facial! Also known as Calcium Bentonite Clay, it is able to draw impurities out of the skin. Clay essentially “seeks” or binds with toxins in the body. Upon binding, the clay is then able to help remove toxins, chemicals, impurities, and “heavy metals” from the gut, and skin that it is bound to.

GARCINIO CAMBOGIA: is a small, pumpkin-shaped fruit native to Indonesia, prevents fat cells from forming by preventing the liver from converting sugars into fat. Highly rich hydroxycitric acid (HCA) absorbed through skin.

DEAD SEA SALT: Reduces swelling and acts as an exfoliating astringent, helping to draw out toxins, kills bacteria and tightens skin.

I want you to get the Absolute BEST results when using the wraps! So I made you this list of body wrapping tips. This is how I personally wrap myself. I STRONGLY recommend you follow these tips. Don't just skim over the page and/or select what steps you feel like doing. FOLLOW ALL THE STEPS exactly word for word. Don't write me and tell me you didn't see any results, and that you followed this page exactly. Only to find out you skipped steps.

Does This Really Slim?



If you follow this Body Wrap Guide, you will see slimming results. It's not uncommon to take someone down a dress size or two in two weeks. I do not promise outstanding slimming results for everyone because we all have a unique body chemistry and there are many contributing reasons for weight loss and slimming, but I believe my Neutripure recipe will give you the best fighting chance of any wrap on the market to conquer the battle of the bulge.

Some people tell me it didn't work. My answer is it works on everyone. Just that the results are different. If you went to a gym and worked out for an hour and didn't lose a pound, would you quit? Exactly. It's a process. Repairing your body takes time. It takes time to heal and rejuvenate our bodies. While most of our customers do see results after one wrap, some need more.



Benefits

My Neutripure body wrap involves wrapping yourself in detoxifying Seaweed, Healing Clay, Garcinia Cambogia, and Dead Sea Salt in order to help draw out toxins from the body. With a good body wrap not only will you feel a greater sense of well being and be setting the stage for better overall health, you'll start contouring your body, lose weight and toning by removing the accumulation of toxic substances in the body.



Whether you're desiring tighter skin or firming loose skin, the wrap can help! It even helps to reduce stretch marks and cellulite. Some may see skin rejuvenation, some may see a reduction in inflammation, some might see stretch marks lighten up. Whatever your results are, it can be maintained with proper diet and exercise.

My Body Wrap helps to get oxygen into the cells because it has the ability to pull excess hydrogen from the cells, leaving room for oxygen to take its place. When cells have more oxygen entering them, you feel more energized and your body can repair itself more easily from illness or hard workouts.



Body Wraps vs Baths: What's better? Body Wraps are a more effective detoxification technique because you are actively pulling toxins from your body by adding a bit of pressure with a high *concentration* of mixture against your pores so there is greater absorption than a detox bath.



It's best to take a shower so your body is clean before you put on the wrap. You can also *exfoliate* your skin beforehand so that it's more accepting of the body wrap mixture.



Natural Ingredients

Is that good or bad?

My Neutripure Body wrap consists of just 4 simple and natural ingredients: indian healing clay, seaweed, garcinia cambogia and Dead Sea salt. That's it. No unpronounceable additives you have never heard of before. Only pure and powerful ingredients will be in contact with your skin. The **downside** is that: **1)** the mixture does have a powerful seaweed scent because no attempt has been made to mask the natural aroma of the seaweed. I prefer to add a few drops of an essential oil to cover up the smell. **2)** Because preservatives are not present, to prevent spoiling the mixture is delivered in a dry powder form and must be mixed with water.

Steps

BEFORE PICTURES - Take a picture of the area you are going to wrap (no matter how stupid or embarrassed you feel doing it). When you take your picture after you take your wrap off, make sure you're in the same position and same distance (on all your progress pictures). When taking your pictures after 72 hours, make sure you wear clothes similar to what you wore in your before pictures. And again, same pose, same distance. Make sure your clothing is positioned the same too. This will give you a true results picture. When you take your after picture, you will be amazed at the difference! You see yourself every day and won't realize how much you've really changed until you look at the two pictures together. Trust me on this! Take your pictures!! I use the picture app Pic Stitch to put the pictures side by side.

PREPARE AREA - The first thing you should do is to prepare your bathroom for what's about to happen. One tip is to cover any surface in your bathroom that you want to keep nice with Saran wrap. That way if you dump anything on the counter or knock something over while you're wrapped up, it will be easier to clean up and won't leave a stain behind. Give yourself lots of room, and make sure there's enough clearance to maneuver yourself once you're all wrapped up. Move aside any wastebaskets and clear off any cluttered countertops so you reduce the chance of tripping or knocking things over. It will be awkward to move around when you're mummified, so a little forethought really goes a long way. You want this to be a relaxing experience, so it's good to plan ahead so that everything goes smoothly.

PREPARE BODY - Take a hot shower right before you wrap. You want to open up your pores so the creamy mixture can soak in. DO NOT use any soap at all. This will block your pores. Do not use any lotion or oil at all either. Use a lo-fa sponge or cellulite brush to help open the pores. Remember, no soap or lotion of any kind! You can use a natural exfoliate such as sea salt or sugar if you wish.

I personally wipe the area I'm going to wrap with rubbing alcohol (or Witch Hazel). This assures anything on my skin is removed and my pores are open to soak in all the goodness from the wrap!

BANDAGES – Your body wrap can easily be secured in place with help from our Body Wrap Elastic Bandages. Each bandage is a 6 inch wide and 15 feet long. This 3 pack is just **\$5** on Amazon exclusively available for Neutripure Body Wrap customers. Find the product on Amazon by searching for *Neutripure Body Wrap bandages* and use your promo code *bandage3* during checkout.



WHERE TO APPLY? – The Body Wrap mixture can be spread over any part of the body. Target your fatty areas you're trying to slim down. Your fat cells are fixed throughout your life but we all have special storage areas where our fat cells grow to store excess fat and toxins. Your **muffin top**, **lovehandles** and your **batt wings** are great areas to target.

It's important you use up all of the valuable mixture you can because you will experience greater detoxification and slimming results when it is spread over a larger surface area. You can cover more area by diluting the mixture a bit with more water, but on the other hand, a watery mixture can be messy to work with, so select a mixture balance you're comfortable with. A powder to water mixture of 1:1 I find works best.

HOW OFTEN? - *So how often should you use a Neutripure wrap?* While most of our customers feel results after one wrap session some require more. You've probably been accumulating toxins for years, so it's only fitting that it would take more than an afternoon to purge your body of impurities. Just listen to your body throughout the process, and monitor your symptoms to see your progress. The **ideal treatment for 1 individual is 5 body wraps.** **Each body wrap application should be spaced out by 72 hours.** This should use about half the powder in your package. Save the remaining powder and apply it again after a month.



Now... Relax

Relax and allow the body wrap to work for at least one hour in an area you prepared. It is very important to keep the area warm. For best results, place a second towel or a blanket over the treated area.

Now comes the fun part. You get to relax in your wrap and think positive thoughts. Remember that body wrapping is not just about ridding the toxins in your body; it's about thinking better, more uplifting thoughts, and now is the perfect time to do that. You can use this time to meditate, to clear your thoughts and just be, or you can use this time to think of positive thoughts that make you feel good. If nothing else

you can focus on the fact that you care enough about yourself to go through with your detoxifying plans and reflect on how you're going to try to reduce the amount of toxins you take

in going forward. **Finally**, unwrap and wipe off excess mixture. It is recommended you measure the treatment area before and after the application to measure the inch loss results.

Optional Steps

Wetting Agents

For the body wrap mixture, add **water** to the Neutripure powder. However, you may also choose to substitute this water for an alternate wetting agent such as milk powder or Dead Sea water. Some clay facials recommend using **apple cider vinegar**. *I do not recommend this.* Indian Healing Clay is an alkaline substance and vinegar is acidic. This effectively neutralizes the mixture to base and diminishes clays ability to “seek” toxins in the body to bind with.

Essential Oils



While essential oils are optional, adding the right ones to your home detox body wrap will boost its detoxifying capability. A few drops of your chosen essential oil are all that needs to be added to the mixture. The aroma may also help you to relax after you are all wrapped up.

Essential oil of juniper berry works well to detoxify, reduce cellulite and calm the nerves. Lemon and grapefruit essential oils are used to detoxify the liver, lift the senses and bring clarity to the mind. Laurel oil is useful for the lymphatic system.

Heating Blanket

It's important to maintain a warm treatment area by insulating the area with a towel but adding additional heat will only intensify those effects. Covering the area with a thermal blanket or a sauna suit can aid the detoxification process and flush the impurities from your body. It's a good idea to heat the blanket enough to make you sweat throughout the first 30-minutes. The last 30 minutes, cool down slowly.





Never prepare mixture on *metal* surfaces or with metal stirring rods. The clay reacts with metals and may lose its potency rather fast, making it useless.



DURATION - Enjoy it and just relax for the 60 minute application time. On your first wrap it's advised that you only leave it on 60 minutes to make sure you have no adverse reaction. Check under the wrap, if your skin looks ok, you can put it back on and leave it on for a couple more hours. When you use your 2nd wrap, you can wear it up to 8 hours. Some people sleep in it. Do not leave the wrap on more than 8 hours. You can go shopping, clean house, chill out or whatever while wearing the wrap.

During your 60 minutes, drink a minimum of 2 cups of water or 16+ oz. If you wear the wrap longer, drink more water!



WATER! For the next 72 hours (3 days) **drink ½ your body weight in ounces of water each day!!** This is imperative for the body wraps to work. If you weigh 200 lbs drink 100 oz of water each day. That's 6 or so bottles (depending on the oz in each bottle). Personally, right when I get up in the morning I drink a big cup of water. Try it! Your body will love you for it. 😊 You must drink the water to aid the detoxification process and remove the impurities from your body!

For the next 3 days, stay away from fatty or processed foods, sugar, coffee, soda **and alcohol**. And **WATCH YOUR SALT INTAKE**. Do not smoke (anything~cigarettes or otherwise). The wrap is doing it's job, you need to do your part to achieve the absolute best results possible! You can't eat like crap and go out and party and expect to keep your results or continue to have results. You are releasing the impurities in your fat cells, you do not want to **ADD MORE TOXINS/CHEMICALS!**

EXERCISE - Do not exercise while wearing the wrap. Some SPAs encourage clients to exercise while wearing body wraps. I discourage undergoing exercising until the wrap is removed. The trick is to lose the waste not just water weight. The goal is to *detoxify* your body and achieve long term results, not water weight but the stuff that builds up in the body and makes us old and makes us tired and quite frankly, makes us sick. Exercising while wearing the wrap can cause severe dehydration and circulatory problems and that doesn't aid the detoxification process. Do not exercise for *at least 8 hours* after your wrap. Personally, I wouldn't exercise until the next day.

REMOVING THE WRAP - Rub in whatever remaining mixture you can if it's still moist. But depending on how you secured the wrap, it might be dried out. That's okay. If you tried the It Works wraps, comparatively you know they're a thinner like gel substance that you just rub in, but our wrap mixture is much thicker and potent so it can dry out. Try to flake and dust the excess mixture off. Give yourself several hours before you take a shower. Personally, I shower the next day. I do not want to wash away the mixture I absorbed. You already absorbed a lot so it's okay to shower but I personally would delay it by dusting off or wiping off with a wet rag.

If you are a smoker... smoking can lessen your results. **DO NOT SMOKE WHILE WRAPPING.** Smoke Tobacco (marijuana) is a TOXIN.

Ladies Do Not wrap when it's "that time of the month". There is something in the hormonal imbalance during that time that diminishes results. The wrap may not work at all during your period or taking medications. Plan your wraps accordingly! Regarding medications, if you have questions, take a wrap with ingredients to your doctor and ask. The ingredients are listed on the backside of the box.

Do not wrap again for 72 hours! The botanical-seaweed, clay, garcinia cambogia, and dead sea salt blend continues to work over the course of 72 hours (3 days). Your results will progress over this time.

Take your pictures again after 72 hours!!!! Be amazed at your results!!! And, let me know your results 😊

I HIGHLY RECOMMEND that you follow these tips! After all, you paid your hard earned money for these wraps, don't you want to get the BEST results with them? Is a silly indulgence worth ruining your results?

WHO AM I?



Thanks for reading to the end and caring enough to wonder. Neutripure founder Lydia Janota was the co-host of Liposculpture Talk, the #1 iTunes podcast on liposuction, where she interviewed industry experts and explored cutting edge technology on liposuction like Smart Lipo and Vaser Lipo. She also reviewed non-invasive alternatives like Coolsculpting, Liposonix and iLipo. After hearing the buzz about herbal body wraps all over social media and from friends Lydia decided to look into it more and do her own review. Her first impression was that ... body wraps are no replacement for liposuction. Definitely not. They can't compare to the remarkable technology and effectiveness liposuction offers today. But they do have their place in the market because they are a low cost alternative for slimming, firming and detoxifying. She now sells natural and holistic products through her website neutripure.com and on amazon.com and walmart.com. I'm happy with the result and I hope you are too!