


neutripure

BODY WRAP

Treatment Guide

By Lydia Janota



- **LOSE TUMMY FAT:** Powerful Seaweed and Garcinia Cambogia extract 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.
- **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!

Pamper and treat yourself to a salon-like experience! Create your own DIY super wrap with a few common household items and our powerful Neutripure Body Wrap mix. Neutripure Wraps involve wrapping yourself in detoxifying Seaweed, Healing Clay, Garcinia Cambogia, and Dead Sea Salt. With a good body wrap not only will your clients feel a greater sense of well being and set the stage for better overall health, they'll start contouring their body and tone.

I want you to get the absolute BEST results when using our wraps so I made you this list of body wrapping tips. This is how I personally wrap myself. I STRONGLY recommend following 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. I don't want to hear from you later that you didn't see any results, and that you followed this guide, only to find out you actually skipped steps.

Does This Really Slim?



Making weight loss claims is a sensitive legal issue and we do not make any claims with the FDA. I do not promise outstanding slimming results because we all have a unique body chemistry and there are many contributing reasons for weight loss and slimming, but I believe my Neutripure treatment will give you the best fighting chance of any wrap on the market to conquer the battle of the bulge. It's not uncommon to take someone down a dress size or two in two weeks. If you follow this Body Wrap Guide with proper diet and exercise you will increase your chances of achieving slimming results.

Some people tell me their treatment didn't work. My answer is it works on everyone. Our formula reverses the cellulite formation cycle by stimulating the body's natural lymphatic elimination function. It's a process. It takes time for the many organs and glands to excrete toxins. The visible results are often different. If you went to a gym and worked out for an hour and didn't lose a pound, would you quit? Exactly. It takes time to see on the outside the repairs you're making on the inside. While many of our customers do see results after one wrap, some will need to be more persistent.

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 wellbeing and be setting the stage for better overall health, you'll start contouring your body and tone. Whether you're desiring tighter skin or firming loose skin, our wrap can help! It even helps reduce stretch marks and cellulite. Some may see skin rejuvenation and some might see stretch marks lighten up. Whatever your results are, it can be maintained with proper diet and exercise.

Natural Ingredients

Ancient use

Since their introduction to body wrapping Chris and Lydia experimented with many ingredients and their multitude of benefits and synergies. They landed with 5 natural ingredients that could have been obvious to them from the beginning. Three of them had historical significance. **Dead Sea salt** was used by the peoples of Ancient Egypt and it has been utilized in various unguents, skin creams, and soaps since then.

Warm **seaweed** baths were a favorite indulgence of Aphrodite herself, as legend would have. **Clay** baths played a part in the social experience in ancient Rome and Greece. Beyond the Mediterranean, clay (including masking) has been used by cultures spanning the Australian aboriginals, South and North American Indians, and Central African tribesmen, known colloquially by names such as “the mud that heals”. Today we now know these ingredients to promote healing to many areas and systems in the body.

Natural



At Neutripure we're partial to sticking with these time tested ingredients. We keep our science effective but simple. We use only minimally processed ingredients with names you have actually heard of before. You won't find unpronounceable ingredients like caprylic triglyceride or Cetearth 12 in our body wrap. Our ingredients don't come from a laboratory, but from the sea, the desert or organic gardens of mother earth. Only pure and powerful ingredients will be in contact with your skin: Calcium bentonite (healing clay), *ascophyllum nodosum* (kelp powder from the North Atlantic), *garcinia cambogia* and magnesium sulfate (Dead Sea salt) and *citrus racemosa* (grapefruit essential oil). That's it. Just the good stuff.

The whole point of a body wrap is to set the stage for better overall health, by removing the accumulation of toxic substances. So why would anyone want to detox with a wrap containing unpure chemicals? Our competition may offer short term results but Neutripure frequently offers long-term sustainable results because it's healthier and is really more of a localized detox and can be healthy to continue through ongoing treatments.



Powder Power

Why do we package our product as a powder instead of pre-mixing our formula into a cream?

This enables us to leave out many unnecessary ingredients like preservatives, emulsifiers and humectants and to concentrate our formula into four powerful ingredients with names you have actually heard of before. You won't find ingredients like caprylic triglyceride or

PEG-20 Methyl. Our ingredients don't come from a laboratory, but from the sea, the desert or organic gardens of mother earth. Just the good stuff. We're even more concerned about eliminating dirty non-essential ingredients because our body wrap covers a larger skin surface area than typical facial products and make up do.

To formulate a convenient body wrap cream we would have to add *humectants* (pronounced hue-MEK-tants) to sponge up and retain the water through the products shelf life; *preservatives*, to eliminate mold and bacteria growing during shelf life, and *emulsifiers* for blending the water, oils, preservatives, humectants and active ingredients together. To properly formulate a safe and smooth body wrap cream, our ingredient

count would go to possibly 30 instead of the powerful four we use in our powder recipe! And that's why we like to say fewer ingredients is more.

Americans are unaware that they are absorbing untested and unsafe chemicals in their products. Many cosmetic ingredients are potentially harmful and banned in the EU but are still legally allowed in the US. A recent report ¹ found that more than 40 countries have banned 1,400 chemicals in cosmetic products, compared with nine in the US. At Neutripure we're taking a proactive role by eliminating many potential harmful chemicals. We hope you'll agree eliminating non-essential ingredients like water, humectants, preservatives, and emulsifiers make a safe product *and* make room for effective ingredients.



Science

Our formula helps to reverse the cellulite formation cycle by stimulating the body's own lymphatic elimination function. To be successful you must drink plenty of water to aid the detoxification process and remove the impurities from your body. This is imperative for the body wraps to work. Because toxins are getting stirred up, water helps to flush them out of the system.

Bentonite clay has a high cation exchange capacity. That means clay, which has a negative charge, can attract positively charged ions. It adsorbs impurities by sticking to their molecules or ions. As the clay leaves the body through lymphatic drainage, it takes the toxin or other molecules with it. *Seaweed* and *Dead Sea Salt* are rich in magnesium and work together to draw out toxins beneath the surface of the skin. They also increase circulation and aid in maintaining the skin's connective tissue, collagen. *Garcinia cambogia* prevents sugar from converting into fat as highly rich hydroxycitric acid (HCA) is absorbed through skin. *Grapefruit* essential oil activates enzymes that work to break down body fat.

The **downside** to our ingredient mix is that: 1) the mixture does have a powerful seaweed scent because no attempt has been made to mask the natural aroma of the North Atlantic Kelp. 2) Preservatives are not present, so to prevent spoiling the mixture is delivered in a dry powder form and must be mixed with water. Hydrated body wrap powder should be used within 2 hours. I recommend initiating the body wrap treatment immediately after hydrating. These are a couple perceived downsides that are often associated with natural unprocessed recipes.

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.

GARCINIA 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, cleanses and helps to draw out toxins and tightens skin.

GRAPEFRUIT ESSENTIAL OIL: Also known as citrus racemosa. Activates enzymes that work to break down body fat.



Body Wraps vs Baths: What's better? Body Wraps are a more effective detoxification technique because you're adding a higher *concentration* of mixture against your pores with pressure so there is greater absorption than a detox bath.

Steps ¹²³

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 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 konjac 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!



Mix the powder with *hot* tap water. The paste will cool down to a comfortable temperature after mixing. If you would like it warmer later, you can microwave the paste for 15-20 seconds before applying.



OPTIONAL SUPPORT

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



Secure & Insulate



MIX 1:1 RATIO

We recommend at ratio of 1 *level* teaspoon powder to 1 teaspoon water. You can select a mixture balance you're comfortable with. As a general rule, the thicker the mixture is, the foamier and easier it will be to apply but it may dry out and be harder to remove. Many find a wetter mix works better. The wetter mixture will remove easier, but on the other hand, could be drippy to apply.

* Read Optional Steps below for a 2022 update.

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 **bat wings** are great areas to target.

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 your lymphatic system 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 couple weeks.

Now... Relax



Relax and allow the body wrap to work for at least one hour. It's very important to keep the area warm and your circulatory system flowing. For best results, place a second towel or 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, and feel good about starting your detoxification process.

Tip!

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 treatment 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 4 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.



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, and 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 their body wrap. I can't speak to the chemistry of their wraps or their recommended instructions but you should *not* exercise for *at least 6 hours* after your Neutripure body wrap. Personally, I wouldn't exercise until the next day. Exercising while wearing the wrap can cause severe dehydration and circulatory problems and that doesn't aid the detoxification process. The trick is to lose waste, not just water weight. The goal is to *detoxify* your body and achieve long term results, and lose the stuff that builds up in the body and makes us old and makes us tired and quite frankly, makes us sick.



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. Try to flake and dust the excess mixture off. Hopefully you can give yourself several hours before you take a shower. Personally, I shower the next day. I do not want to wash away the mixture that penetrated my outer skin layer. This will benefit you by allowing the mixture more time to absorb into deeper tissue.

If you are a smoker... smoking will mitigate your results. **DO NOT SMOKE WHILE WRAPPING.** Tobacco and marijuana smoke is a TOXIN.

Ladies: Do not wrap when it's "that time of the month". The hormonal imbalance during that time diminishes results. The wrap may not work at all during your period or if you are taking medications. Plan your wrap schedule accordingly! Regarding medications, if you have questions, take the package to your doctor and ask. The ingredients are listed on the front side of the bag.

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!!! 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?

Optional Steps

Spike Your Body Wrap

Give your body wrap a boost and meet your own specific goals, such as enhancing body wrap penetration and stimulating metabolism, by adding one of these common household ingredients we suggest below.

Caffeine (coffee grounds)

Caffeine is considered a thermogenic compound which means that it signals the body to burn more calories and fat. Caffeine can increase metabolic rate and help your body burn more calories. It also acts as an appetite suppressant which means you feel less hunger pangs through the day.

The suggested mixing is:

2 level tablespoons Neutripure powder:

2 tablespoons water.

Spike it: 1 tablespoon coffee grounds. (Use fresh grounds or freshly used).

Ethanol (mouthwash)

Ethanol is a *skin penetration enhancer* and increases absorption rates of the other ingredients—both because it breaks down the skin's natural barriers, and because it pulls apart chemicals into individual constituents, so that particles are small enough to absorb. Many transdermal patches on the market today for weight loss, motion sickness and pain relief have tested successfully for safety and effectiveness because they contain ethanol that saturates the active ingredients and provides a controlled delivery through the skin. If you've used the old recipe in the past with 2 spoonful of water let us know what you think of the change.

When mixing we now recommend replacing 1 tablespoon of water with 1 tablespoon of *alcohol based mouthwash*. Most mouthwashes you see in drug stores contain an alcohol (specifically ethanol).

The suggested mixing is:

2 *level* tablespoons Neutripure powder

1 tablespoon water and

Spike it: 1 tablespoon mouthwash.

Essential Oils



We already add grapefruit essential oil to our ingredients but you may want to augment our recipe with your custom booster blend. The seaweed component does have a powerful odor and some people like to add essential oils to the mix to cover up the odor. Adding the right oils to your home body wrap will personalize your treatment and boost its detoxifying capability or help you to relax after you're wrapped up.² Just a few drops of your favorite essential oils are all that need to be added to the mixture.

Grapefruit essential oil is used for weight management and reducing water retention. Essential oil of juniper berry works well to detoxify, reduce cellulite and calm the nerves. Laurel oil is useful for the lymphatic system. Peppermint oil will boost energy levels.

Wetting Agents

For the body wrap mixture, add water to the Neutripure powder. 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.

Heating Blanket

It's important to maintain a warm treatment area by insulating the area with a towel but additional heat will only intensify those effects. Covering the area with a thermal blanket or a sauna suit can aid the detoxification process by stimulating the circulatory system. It's a good idea to heat the blanket enough to make you comfortable and toasty warm but produce no more than a *light* sweat the first 30-minutes. (It's important to not over sweat. Dehydration does not aid in the detoxification process.) The last 30 minutes, cool down slowly.



About Us



Neutripure founder Lydia Janota was the co-host of Liposculpture Talk, the #1 iTunes podcast on liposuction, where she and her husband Chris interviewed industry experts and explored cutting edge technology on liposuction like Smart Lipo

and Vaser Lipo. You can find the old Liposculpture Talk episodes archived on Stitcher and Youtube.

Chris reviewed non-invasive alternatives like Coolsculpting, Liposonix and iLipo. He finds the science of fat loss intriguing and is proficient topical formulation and transdermal delivery systems. His imagination got carried away when he read the science fiction book *The Pill* by Meg Elison³ about a "miracle cure" for obesity that sends society to a grimly delightful new utopia. Can you just imagine a miracle pill that could just zap out your fat cells! How completely revolutionary that would be! Chris believes success that comes too easy will only condition us to crave and indulge more, leaving us back to the flabby state where we started. Science is far away from miracle pills and fat zapping machines but we're slowly inching our way there.





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. Nor is it a miracle pill. Definitely not. They can't compare to the remarkable technology and effectiveness that high tech weight loss solutions offered today. But they do have their place in the market because they are a low cost and healthy alternative. Her Neutripure DIY Body Wrap can be a pleasant experience you can enjoy in the comfort of your own home again and again. She now sells natural and holistic products through her website neutripure.com,

amazon.com and [walmart](http://walmart.com). We're happy with the results and we hope you are too!

CITATIONS

1 "On Cosmetics Safety" EWG (march 20, 2019) <https://www.ewg.org/news-insights/news/cosmetics-safety-us-trails-more-40-nations>

2 "The 5 Best Essential Oils for Weight Loss," Josh Axe (May 2, 2017) *US News and World Report* <https://health.usnews.com/health-news/blogs/eat-run/articles/2017-05-02/the-5-best-essential-oils-for-weight-loss>

3 "The Pill," Meg Elison, (June 1, 2020), from *Big Girl*, PM Press.