

Thank you for Purchasing the Ultimate Applicator!
PLEASE READ ON FOR IMPORTANT INSTRUCTIONS!

1. First cleanse the area with soap or body wash that does not have “moisturizing” ingredients. Taking a shower right before will also help open pores and give better absorption!
2. Measure 3 inches above belly button (or biggest area), at the belly button and 3 inches below (or biggest area). Make sure you mark the areas you measure on the sides and back for accurate measurements. I use a permanent marker, so you can see the marks for your 72 hour measurements.
3. Take pictures! One front shot, one side shot!
4. Apply wrap and smooth out any air bubbles or wrinkles.
5. Apply plastic wrap, or wear Spanx to keep the wrap in place.
6. Don't do anything that will involve sweating, or moving too much where the wrap is not staying in place.
7. You can wear the wrap for 45 minutes up to 8 hours. Wear it as long as you can for better absorption.
8. You will feel a menthol type feel which is perfectly normal! If it starts getting itchy or too uncomfortable, then take it off, because you might be having some type of allergic reaction.
9. Make sure you drink about two glasses of water while the wrap is on, then half your weight in ounces daily for the next 3 days. Example: Weight – 150, Drink 75oz of water a day.
10. After you take the wrap off, make sure you rub in the excess lotion, re-measure and take your “after” picture!
11. **DON'T FORGET** the wrap continues working for 72 hours, so the results you get after the 45 minutes are not necessarily the lasting results!
12. Re-measure after 72 hours. Stay away from alcohol, fatty foods or junk foods at least for the next 72 hours. You don't want to be putting toxins IN when you are trying to take them OUT!
13. Remember, the healthier your lifestyle is, the better your results will be and the longer the results will last!
14. Also notice the difference in your skin! The increased hydration and it will feel firm and smooth!