

DÉJÀ VU MED SPA

M'lis Body Wrap Pre and Post Care Instructions

Pre-Treatment

One Week Prior:

- Do consider completing an internal M'lis Cleanse Program to enhance cellulite reduction and inch loss.
- Take M'lis Cell-u-Rid at least one week prior to your wrap and throughout your wrap series.
- Drink a minimum of half your body weight in ounces of water each day.

Two Days Prior:

- Have a patch test performed to determine if you have a niacin sensitivity.

Post Treatment

Day of Service:

- Do not drink anything for 2 hours prior to your service.
- Do not use any lotions or creams the day of your wrap.
- Do not shave the day of your wrap.
- Do not shower for 6-8 hours after your wrap.
- Do not use additional heat sources the day of your wrap. This includes using a hot tub, sauna, steam room or exercising.

In Between Wrap Services:

- Use the an Exfoliator or dry brush three times per week.
- Use Anti-Cellulite Lotion each day after your bath or shower to enhance your results.
- Practice a healthy lifestyle of exercise and proper diet to maintain inch loss. Avoid processed foods, caffeine/coffee, carbonated drinks, refined sugar, white flour, and red meat.
- Drink at least half your daily water before drinking any other beverage.

Caution:

- Do not have a wrap if you have a heart condition, take blood thinners, have epilepsy, or are pregnant or nursing.