



HERBAL BODY WRAP

TECHNICAL DATA SHEET

Our scientifically balanced blend of 23 herbs and minerals are enhanced with sea vegetation to cleanse the body of toxins and reduce inches by firming and toning the skin.

Clinically tested, Life Force's Herbal Body Wrap works by actually shrinking fat cells. The combination of herbs and sea vegetation provides the nutrients that penetrate the cell walls and cause the lipids (fatty material) inside the cells to be released into the lymphatic system. The fat is then circulated naturally and carried out through the normal elimination process of the body, resulting in a natural and permanent inch loss (not temporary compression or water loss).



SUGGESTED USE:

Simply add our Body Wrap solution to one gallon of purified or distilled water and simmer for 15 minutes. Let it cool so that it is warm, but not too hot, and submerge our terry wraps into the solution. Wring them out slightly and, beginning at the ankle, wrap the body upwards with the cloths. Then wrap plastic wrap around your body to keep the heat in the towels. You will need to leave the cloths on your body for one hour, preferably while you are lying down. The solution may be refrigerated and reheated if necessary.

INGREDIENTS:

- Aloe Vera
- Alfalfa
- Burdock
- Capsicum
- Chickweed
- Comfrey
- Cornsilk
- Dandelion
- Echinecea
- Fennel
- Gentian
- Ginger
- Garlic
- Kelp
- Parsley
- Non-Volcanic Montmorillinite
- Papaya
- Peppermint
- Red Clover
- Hawthorne Berries
- Sea Vegetation
- Yarrow
- Yellow Dock
- Magnesium Sulfate

NOTE: This product has a video that explains in detail how to conduct a body wrap. Refer to the order form for more detail as well as pricing.

PRODUCT SPECIFICATIONS	
PRODUCT NUMBER	LF200
DESCRIPTION	Single Application
QUANTITY	1 lb/.454 kg



BEFORE YOU BEGIN YOUR HERBAL BODY WRAP

- Set aside 1 1/2 hours for your body wrap. You will actually be wrapped for 60 minutes, but you will need the remaining 30 minutes for measuring, undressing and dressing.
- New wrap cloths should be washed in hot water with biodegradable cleanser and dried.
- Do not drink any alcoholic beverages during the three days following your body wrap.
- Do not smoke during your body wrap.
- Do not operate any electrical equipment/appliances during your wrap.
- It is best not to eat before the wrap. A light meal or snack is acceptable.

HOW TO PREPARE THE BODY WRAP SOLUTION

- Fill a stainless steel or porcelain cooker with distilled or purified water to the gallon level and bring to a boil.
- Add the body wrap herbal/mineral mixture to the boiling water, stirring occasionally. The mixture will foam up. Bring it back up to the boiling point.
- Cover the cooker tightly and simmer the mixture for 15 minutes, stirring occasionally.
- Leave mixture covered and cool until it is comfortable to the touch.

WRAP YOUR BODY AND CREATE A NEW YOU

- Select an area where you will have privacy for your wrap. It should be comfortable (neither too cool nor too warm) and not carpeted, since the wrap tends to drip.
- Have the person assisting you measure your body so you will be able to tally up your lost inches.
- If you wish, a cotton bathing suit or undergarment may be worn during your wrap.
- When the body wrap solution is comfortable to the touch, place the wraps in it and stir again for equal distribution of herbs and minerals.
- If you are wrapping yourself or someone is wrapping you, start just below the knee and wrap upwards to the neck including upper arms.
- Wrap your body in plastic wrap to keep in the body heat.
- Lie on a lounge chair, cover yourself with a blanket for warmth, and relax for 60 minutes. (This is a good time to catch up on that novel, or just take a nap.)
- At the end of 60 minutes, remove all wrappings; dry your body and measure. How many inches have you lost?

AFTER WRAP CHORES

- You may store left over solution in the refrigerator for up to 10 days. Solution may be frozen in a plastic container indefinitely.
- Wash your wraps in hot water with biodegradable soap. Dry and store them.
- Do NOT take a shower for at least four hours after your body wrap. A cool shower after your body wrap is acceptable. Be sure to drink six to eight glasses of water during the next three days to assist in continued inch loss and detoxification.