

WHAT IS SO IMPORTANT ABOUT DRINKING WATER?

Set-N-Me-Free body wrapping is a firming and toning process that produces results by detoxifying the body. This is not a water loss program, and not a dehydration type of body wrap. The loss is due to toxins being moved from the fat cells into the lymphatic system. One must drink water to flush the toxins from the lymphatic system. The body wrap solution stays in the body for 3 days. Drinking one gallon of water each day, for the 3 days after each wrap treatment will keep flushing the bulky toxins from the body. On the fourth day, have another body wrap. Most times, the measures prior to the wrap will show even smaller than after the previous wrap because of the continued water flush.

WHAT ABOUT MEDICAL PROBLEMS?

Anyone under a doctor's care should take this brochure and the list of ingredients from the *Body Wrap Solution* to a medical care consultant. High blood pressure, poor circulation, diabetes, etc. should not be affected as no salt, clay or chemicals are used, and the wrap cloths are not applied tight to cause compression. Clients will be comfortable and find the wrap experience very relaxing.

WHAT ARE THE RESULTS AFTER THE WRAP?

The skin will be unbelievably soft and smooth when the wrap is removed. One usually feels toned and fresh, not at all in need of bathing. Schedule another treatment in 4-5 days and drink a gallon of water every day until the next wrap.

WHAT ABOUT DIETING AND EXERCISE?

Dieting will soften the fat deposits so the treatment will take off the inches quicker. *Set-N-Me-Free Herbal Diet Capsules* help in reducing the appetite as well as nourishing parts of the body to lower the percentage of fat. Exercise will firm and tone the muscles. Exercise will burn the fat from the body and increase body metabolism. Everybody should exercise several hours each week for better health. However, even strenuous exercise does very little for actually getting rid of hardened fat like cellulite.



TOXIN CLEANSE TO STOP SMOKING EASIER?

The same toxin cleanse that creates size loss seems to remove the craving toxins from the body for persons trying to stop smoking. Schedule body wraps 4-5 days apart and drink a full gallon (3-4 liters) of water each day for three days after each wrap.

Set-N-Me-Free products are available to do salon treatments for:

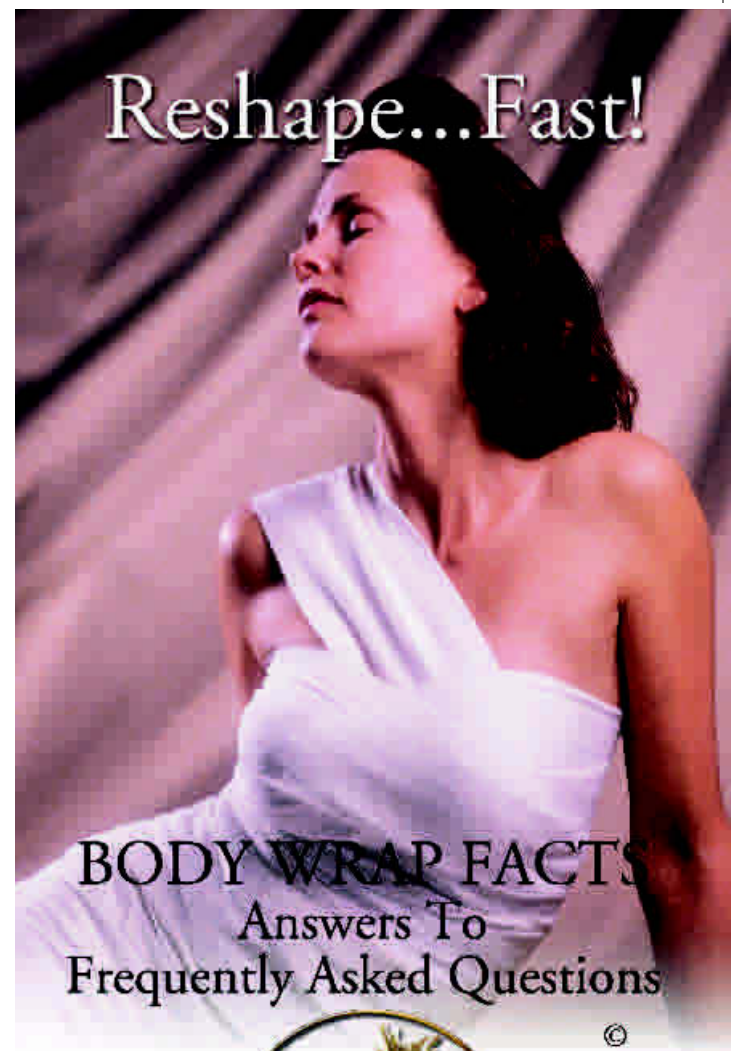
Underarm Sag	Hand Masking
Double Chin	Cold Sore Fix
Fat Face	Anti-oxidant Mask
Swollen Feet	Mini Face Lift
Pimple Fix	Bruise Treatment
Brown Spots	Corns and Calluses
Dark Circles	Wrinkle Treatment



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www.set-n-me-free.com



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WHAT IS THIS SET-N-ME-FREE BODY WRAP?

This healthy inch loss program is a toxin cleanse that creates a very definite size loss from fatty areas. The aloe vera in the solution will moisturize, tone and tighten the skin for the client to feel baby soft and not needing to shower off the product. The treatment and 'all food' ingredients are perfectly safe, healthy and very relaxing.

HOW DOES IT WORK?

The solution of aloe vera and natural USA herbs combine to penetrate through the protein wall that surrounds the fat cell and dissipate toxins from the fat cells into the body's lymphatic system. In the lymphatic system, the toxins can be flushed from the body as the client drinks water over the following 3 days. This movement causes a reduction in the size of the fat cell. The loss is quite measurable.

HOW IS THE BODY WRAP APPLIED?

The client should bathe prior to coming for the body wrap treatment – using no bar soap or other cleansers and no lotions on the skin. *Set-N-Me-Free Aloe Body Wash* will deep clean the pores and remove dry surface skin. The skin will be ready to let the solution penetrate quickly with no film or residue to impede the process. This wash should be the only cleanser used prior to a body wrap treatment.

Cotton cloth strips are soaked in aloe and herbs, heated, and applied to the entire body in a mummy style body wrap. The wrap is not applied tight. The client will lounge comfortably for 45 minutes in the wrap. No perspiration should occur during the wrap treatment, as perspiring would prevent penetration of the solution.

HOW MUCH SIZE CAN I EXPECT TO LOSE?

Size loss comes first from new fat, while the aloe works to soften the older fat and cellulite areas. Sometimes cellulite will require 4 or 5 wrap treatments to soften these hardened cells. Each treatment will result in decreasing the softened areas. Arms that are not muscular usually lose about a quarter of an inch over the entire arm. Fat across the back and areas under the arms lose easily as cellulite in these areas is rare. As inches are lost, the skin will tone and tighten beautifully.

Note sample of size loss chart at right. Imagine how long would one have to diet to drop an inch in the buttock area. Most clients will feel the looser fit of clothing after only a few treatments.

WILL THERE BE LOSS IN THE BREAST AREA?

The breast area will lose quickly if it is wrapped. Typical loss during two full-body body wraps will result in a need for a smaller size of bra. Do not wrap the breast if no loss there is desired.

WHAT WILL THE SET-N-ME-FREE ALOE & HERB BODY WRAP DO FOR CELLULITE?

Cellulite is formed in the tissues because the body's waste removal process has been slowed down. Keep in mind that cellulite removal will be a texture change, not much of a size loss. We see an 80% success in cellulite removal with 10-15 wrap treatments. It is extremely important to avoid alcohol, salt & spicy foods as they will keep the water you drink from flushing through the lymphatic system to cleanse the body of the toxins that hold the cellulite in place. Space treatments 4-5 days apart.

Name: Genevieve Date: 1/1/02

	BEFORE	AFTER	TOTAL
RIGHT			
MID ARM:	13	12 ³ / ₄	1/4
LOWER ARM:	11 ³ / ₄	11 ¹ / ₂	1/4
LEFT			
UPPER ARM:	13 ¹ / ₂	13 ¹ / ₄	1/4
MID ARM:	12 ³ / ₄	12 ¹ / ₂	1/4
LOWER ARM:	10 ¹ / ₄	10 ¹ / ₄	—
ABOVE BUST:	37 ¹ / ₂	36 ³ / ₄	3/4
LOWER MIDRIF:	34 ¹ / ₄	33 ¹ / ₂	3/4
WAIST:	33 ³ / ₄	32 ¹ / ₂	1 ¹ / ₄
UPPER ABDOMEN:			
LOWER ABDOMEN:	39 ³ / ₄	38 ¹ / ₂	1 ¹ / ₄
BUTTOCKS:	40	39 ³ / ₄	1 ¹ / ₄
RIGHT			
UPPER THIGH:	22 ¹ / ₂	22	1/2
MID THIGH:	20 ¹ / ₂	19 ¹ / ₂	1
LOWER LEG:	17 ¹ / ₂	17 ¹ / ₄	1/4
LOWERTHIGH:	14 ³ / ₄	14 ¹ / ₂	1/4
LEFT			
UPPER THIGH:	22 ³ / ₄	22 ¹ / ₄	1/2
MID THIGH:	20 ³ / ₄	19 ³ / ₄	1
LOWER LEG:	16 ³ / ₄	16 ¹ / ₂	1/4
LOWERTHIGH:	15	14 ³ / ₄	1/4
Technician: <u>Jean</u>		Total Measurement loss: <u>10</u>	

WILL THE WRAP HELP STRETCH MARKS?

Stretch marks are partial tears in the skin resulting from the stress of being overweight or from pregnancy. The stretched area becomes smaller during the skin-tightening process, thereby reducing size and color of the stretch marks. *Set-N-Me-Free Aloe Comfrey Gel* will nourish the skin cells for speeding the growth of fresh new cells. Apply this light gel daily after bathing.

HOW MUCH IS LOST DURING A SERIES OF WRAPS?

Best results are with a series of 12 wraps. A client can lose up to two full clothes sizes with a series of 12 wraps taken 4-5 days apart. These results can be accomplished by using *Set-N-Me-Free Aloe Body Wash* in the daily bath to keep the pores clean. The amount of food eaten must be adjusted to the new size and a gallon of water must be consumed daily for 3 days after each wrap.



WHAT ABOUT THE ALOE BODY WASH?

This product is made with "enzyme active" aloe vera and coconut oil soap. This wash leaves no film on the skin and will eliminate unsightly clogged pore bumps. Clients using *Set-N-Me-Free Aloe Body Wash* daily will lose up to 40% more than clients that use other body cleansers.

WHAT DO I WEAR WHILE BEING WRAPPED?

The wrap cloths are applied over the bra and cotton panties for women, and jogging shorts for men. The solution product will not penetrate through synthetic clothing, so cotton is always recommended. Bring a change of undergarments, because what you are wrapped in will get wet.

HOW OFTEN SHOULD TREATMENTS BE DONE?

It is perfectly safe to have treatments every day although it is not necessary. The solution stays in the body and continues to work for three days. Have treatments every four or five days for the best results, with no more than seven days between wraps as the fat will begin to harden again.



WILL MY LOST INCHES COME BACK?

Clients reducing on this program have kept off the inches and pounds better and easier than with any other weight loss system. Keep in mind that one cannot continue eating at a size larger than they wish to be. Avoid alcohol, salt, spices, sugar and oils as these will keep the water you drink from flushing through the lymphatic system to cleanse your body of the unwanted toxins and fat. Fat is not heavy so only about one pound of weight loss will occur – after drinking water to flush the body.