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ItWorks Body Wraps How To and Tips

1. Take a hot shower right before you wrap.

You want to open up your pores so the cream from the wrap can soak in. **DO NOT** use any soap at all. This will block your pores. **DO NOT** use any lotion or oil either. Use a loofa sponge or cellulite brush to help open the pores!

2. Take your before pictures!

Take a picture of the area you are going to wrap. When you take your picture after you take your wrap off, make sure you're in the same position and same distance. After 72 hours take pictures again same pose, same distance. This will give you a true results picture. You see yourself every day and won't realize how much you've really changed until you look at the two pictures together.

3. Make sure you have read the instructions on your wrap package.

4. Apply the wrap to the area you are wrapping with the lotion side down.

Smooth the wrap to get out as many bubbles & creases as possible. There may be lotion on the top when you smooth it out. Rub it around the area you're wrapping or somewhere else on your body!

5. To keep the wrap in place, wrap the area with plastic wrap, ace bandage, compression clothing, or shape-wear.

The plastic wrap does nothing to improve your results. It's just to keep the wrap in place.

6. Leave the wrap on for a MINIMUM of 45 minutes.

On your first wrap it's advised that you only leave it on 45 minutes to make sure you have no adverse reaction. Check under the wrap, if you're skin looks ok, you can put it back on and leave it on for a couple more hours. Some people choose to sleep in it. Do not leave the wrap on more than 8 hours. You can resume most normal activities while wearing the wrap. DO NOT exercise while wearing the wrap. You want the lotion to absorb into your skin, not sweat out.

7. During your 45 minutes, drink a minimum of 16 ounces of water.



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MESSAGE THE EXCESS LOTION INTO YOUR SKIN.

When you take your wrap off, there will be lotion on your skin and on the wrap. This lotion is like GOLD! On some people, the lotion turns white when you rub it. Keep rubbing until it's soaked into your skin. Everyone absorbs the lotion differently. Some people may remove the wrap and it's mostly dry. That's good...you're pores have soaked it up.



For the next 72 hours (3 days) drink ½ your body weight in ounces of water!! This is imperative for the wraps to work. If you weigh 200 pounds drink 100 ounces of water. That's about 6 bottles. You must drink the water! The purpose of the wrap is to flush the toxins/impurities out of the fatty area you have just wrapped. You need the water to do this!



For the next 3 days, stay away from fatty or processed foods, sugar, coffee, soda, and alcohol. Watch your salt intake. Do not smoke. The wrap is doing its job, 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, so you do not want to add more toxins.



Do not exercise for *at least 4 hours* after your wrap. You want to make sure the lotion is completely absorbed into your skin. This wrap does not work by sweating!

Do not shower immediately after you wrap! Give yourself several hours before you take a shower. Wait at least 8 hours before showering.

Do not wrap again for 72 hours! The botanical-blend in one wrap continues to work over the course of 72 hours (3 days). Your results will progress over this time.



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Over 98% of people DO get results with the wraps. Please read through these tips and make sure you follow them. Smoking can lessen your results. You are trying to remove toxins from your body and cigarettes are full of toxins!



Ladies do not wrap when it's "that time of the month". There is something in the hormonal imbalance during that time that diminishes results. The wrap may not work at all during your period or while taking medications. Plan your wraps accordingly! If you have questions about medications you are on, take a wrap with ingredient list to your doctor, and ask for a professional opinion.



Wrap only 1 area at a time. For stomach, wrap your stomach only. Your arms and legs can be wrapped at the same time (either both arms or both legs). Depending on the size of your arms/legs, the wrap can be cut in half and placed in the desired location. Do not wrap your arms and legs at the same time. Wrap your stomach, legs and arms separately. Do not wrap them together!

After you take the wrap off and rub in the cream, take your pictures, compare and ENJOY!



LOOK YOUNGER. LIVE LONGER.