



Fit Bodywrap® Treatment Post-Care Instructions:

Following your Fit Bodywrap® session, it's important to care for your body properly to maximize results, promote detoxification, and support overall wellness.

Hydration

- Drink at least 24–32 oz. of water within the first few hours after your session to replenish fluids lost through perspiration.
- Continue to hydrate throughout the day to support detoxification and recovery.
- Consider adding electrolytes (coconut water, electrolyte tablets, or mineral-rich beverages) to restore balance if you experience lightheadedness or fatigue.

Skin & Body Care

- Shower after your session to remove sweat and toxins released during the wrap.
- Use gentle, hydrating skincare products to replenish moisture.
- Avoid applying harsh or heavily fragranced lotions right away, as your pores remain open for several hours.

Activity & Rest

- Give your body time to cool down and recover after the treatment. Rest as needed.
- Avoid strenuous workouts or heat exposure (such as saunas, hot tubs, or steam rooms) for at least 12–24 hours.
- Light stretching or gentle movement is acceptable if you feel comfortable.

Nutrition

- Eat a light, balanced meal following your session to support metabolism and recovery.
- Avoid heavy, greasy, or processed foods immediately afterward, as your body is still in detox mode.
- Focus on fresh fruits, vegetables, and lean proteins for optimal results.

General Notes

- Mild fatigue, thirst, or slight flushing of the skin is normal and should resolve quickly with hydration and rest.
- Results are cumulative—regular sessions may be recommended for best outcomes.
- Contact your provider if you experience dizziness, prolonged fatigue, or any unusual symptoms.