



## **Fit Bodywrap® Treatment Pre-Care Instructions:**

To ensure you have a safe, comfortable, and effective Fit Bodywrap® session, please follow these guidelines before your appointment.

### **Hydration & Nutrition**

- Drink plenty of water throughout the day prior to your session to help with detoxification and prevent dehydration.
- Avoid heavy meals, alcohol, or caffeine at least 2–3 hours before your treatment. A light, healthy snack is acceptable if needed.
- Continue to hydrate immediately before your session with at least 8–16 oz. of water.

### **Skin & Clothing**

- Shower before your session to remove any lotions, oils, perfumes, or makeup. Clean skin allows for better results.
- Do not apply lotions, creams, or body oils on the day of your appointment.
- Wear lightweight, loose-fitting cotton clothing (long-sleeved shirt, pants, and socks) to maximize comfort and enhance the infrared benefits.
- Remove all jewelry prior to treatment.

### **Health & Safety**

- Please inform your provider if you are pregnant, breastfeeding, have cardiovascular conditions, uncontrolled high or low blood pressure, or any medical condition that may be affected by heat exposure.
- If you are feeling unwell, have a fever, open wounds, or skin irritation, it is best to reschedule your session.
- Consult with your physician before your first treatment if you are under medical care or taking prescription medications.

## **Day of Treatment**

- Arrive well-hydrated. Bring a bottle of water with you to sip during and after your session.
- Allow yourself time to relax before and after your treatment to enhance the overall wellness benefits.
- Use the restroom prior to starting your session for maximum comfort.