



What Can I Expect During a Formostar Infrared Body Wrap Treatment

<http://www.besttanningsalon.com/formostar.shtml>

What to Expect:

You will be laying down with silicone pads wrapped around 4 targeted areas that tend to have cellulite the most; upper arms, mid-section, buttocks, and thighs. These silicone pads will heat up over the course of 1-hour. During this hour you will be burning up to 1,400 calories; expect to perspire heavily! Your heart rate and metabolism will be increasing greatly during this session, you will feel very warm.

What to Wear:

- Long sleeve thick all-cotton shirt or sweatshirt; upper arms should be completely covered.
- Long pants – Preferably sweat pants, or pants with a thicker fabric. Yoga pants tend to be too thin and may cause discomfort during your session.
- Shoes – socks and shoes are optional. They are not required during the session.
- DO NOT wear metal zippers or bulky buttons or zippers

Endless Summer Recommendations:

- Water before, during and after – drink plenty.
- Eat something before you arrive. You will be burning up to 1,400 calories during the 1-hour session, so it is extremely important to eat something before your session.
- Please arrive at least 5 minutes before your scheduled appointment. It's important to either arrive a few minutes early or on-time! We are running a very tight wrap appointment schedule, so if you are late, your session may be cut short.
- We recommend that you bring something to entertain yourself with during your 1-hour session. An iPod, book, iPad are a few recommendations and will help the hour go by quickly.
- Wrap every other day in order to achieve the best results and full benefits of the Formostar Body Wrap. Maximum 3x's in 7 consecutive days (Monday – Sunday). Tanning and wrapping are not permitted on the same day. So schedule appropriately.
- Slim One Lip Reduction Cellulite Complex (Lotion) is an excellent product to accelerate your results. You will see quicker, longer lasting results if you use Slim One. Please ask your associate for details. For more information about Slim One go to: www.slimonecellulite.com



- Book your appointments at least 1 week in advance! Due to the popularity of the Formostar Body Wrap, appointments tend to fill up extremely fast. Please try to schedule your wraps ahead of time.

**Endless Summer in Port Hueneme & Ventura offer the Formostar Body Wrap System.
Port Hueneme: (805) 985-8267 • Ventura (805) 644-3555 • www.besttanningsalon.com**