

IT'S A WRAP!

**WRAPS – WRAPS – WRAPS
And More!!!!**

How many Body Wraps are there we ask? What do they do? Which is the healthiest?

Bodies in Harmony's Health & Wellness Lifestyle Center, has an answer.....

There are many types of wraps that claim wonderful results. We have researched this avenue and have come up with what we feel is FINALLY "A WRAP! There is actually a WRAP you can work with. We feel this information will give those who are searching for the final wrap an idea of how to choose!

There are many types of wraps to choose from. Here are just a few; Salt Solutions, Mineral Salt Wraps, Seaweed Wraps and Liquid Herbal Wraps. These listed all promote toxins and water to be expelled through the pores internally to externally. Though there is a minimal detoxification benefit, these processes dehydrate and age the skin due to water loss. If there is an immediate weight loss after a wrap of this sort, this indicates that it is a water loss wrap. With this type of wrap being used, you may be required to wear a rubber suit or booties to promote sweat and catch the body hydration. These wraps are generally messy, uncomfortable and could be dangerous due to loss of water from the body. The weight or inch loss will also come back as you ingest liquids again to replace hydration.

There are also the clay wraps; they act as a poultice to draw impurities from the skin. This is also a dehydrating type wrap that also promotes aging the skin.

We ask, what about cellulite? After all this is an overall issue for many people, men and women alike. Cellulite creams are used in many wraps on the market. The main ingredient in these creams is Aminophyllin. This chemical is an asthma medication, which was formulated to shrink the mucous membranes so a patient could breathe. It does exactly the same externally, shrinking the cells of any moisture. This treatment encourages water loss, dehydration, and is the most damaging of all cellulite treatments, as it is putting a chemical into the body's blood stream.

Where can we find a wrap then that will have the ingredients that will promote an inch loss without dehydrating the body and aging our skin? This is the answer we found. We found the "Internal Cleanse Wrap". Bodies in Harmony uses the M'lis Wellness Contour Wraps. They use herbal formulations that work externally to internally. From the outside – in. *This type of program aids in the removal of wastes that have become trapped in vulnerable parts of our body.* It is simply a *cleansing process of the tissue underneath the skin, and helps restore elasticity to loose, flabby skin.* It does not dehydrate and age the skin and in fact is the most beneficial to the body.

You will also have cellulite removal through the Lymphatic System of the body. M'lis Contour wrap cream contains ingredients that increase circulation, helping to reverse the cellulite formulation cycle by stimulating the body's own natural lymph elimination functions. The lymph system is responsible for sweeping toxins, bacteria, virus, germs and very importantly, harmful substances from the body. Often this process is inhibited by poor eating habits and lack of exercise.

The M'lis Contour wraps assist in the process of elimination and lymph flow through gentle pressure and circulation. This program is designed to help rid the body of waste. Inch loss, purification and elimination are the primary goals of the wrap, rather than weight loss.

During the process and even after the wrap, an individual may find it helpful not only to decrease calorie intake, but also to ingest foods that are easily digested. One should consume plenty of water to help flush the systems of the body and carry out waste. Foods that are heavy and rich tend to overload the liver and make digestion difficult. These foods should be avoided.

Detoxification will cleanse the internal solid waste system, and the Body Contour Wraps will help the lymphatic system to do its job. Anti-Cellulite Programs combined with detoxification and nutrition with these wraps will remove old cellulite and stop the formation of new cellulite, and at the same time clients will see how their overall health improves.

How A Contour Program Works:

- Cleanses the liquid waste system
- Aids in the removal of cellulite by softening, breaking down and freezing trapped toxins and waste materials in the connective tissues through normal body function
- Stimulates circulation to aid in healing problem areas due to poor circulation
- Creates circulation through a niacin-based cream
- Uses plastic wrap to help hold in heat, stimulate lymphatic flow and apply light acupressure
- Reduces water retention
- Tightens and tones the skin
- Helps a client to lose one half dress or pant size per treatment
- Assists any Lifestyle Change Programs (particularly Fibromyalgia, Candida, Weight Loss, or any other health issue that involves a depleted immune system)
- Is particularly helpful when used in conjunction with weight loss program, as it enables a person to lose excess inches while losing weight
- Uses a wrap that offers permanent inch loss through body cleansing, rather than being a weight or water loss wrap

These M'lis Contour Wraps work well with the varied programs as mentioned above. Also, these wraps work exceptionally well in a series of treatments. Using the wraps in a series they will continue to free and remove the trapped waste in the connective tissues, eliminating internal disfiguring deposits and stimulating inch loss.

Ingesting cleansing foods such as fresh fruits and vegetables, whole grains and lean proteins that can be easily digested are most helpful in promoting positive results with the M'lis Contour Wraps.

Exercise can be two fold here; movement is the best way to encourage circulation, lymphatic flow and overall health.

If you have been searching for the answer to which wrap is most beneficial with the healthiest process, we truly feel the M'lis Contour Wraps are what you may be looking for. So for now, think of how you would feel with your skin exfoliated, toned, and that you could lose up to ½ a dress or pant

size with each wrap and be not only beautiful or feeling rather dapper, but have actual health benefits as well! From Judy Johnson and Quay Holland, Owners of Bodies in Harmony,

"THAT'S A WRAP"