

A close-up portrait of a woman with light blue eyes and wavy brown hair, looking directly at the camera. The background is a soft, out-of-focus purple. The text 'TUTTI FRUTTI' is overlaid on the left side of the image, with a small heart icon between the two lines of text.

TUTTI ♡
FRUTTI

Body Wrap

Aftercare Advice

Have a light diet and drink plenty of water (at least 8 glasses a day). Limit salt, sugar, caffeine, alcohol, cigarettes and processed foods.

Leave the oil on the skin and just rinse lightly in the shower, but don't wash off with soap or shower gel (apart from armpits, feet and groin), it will continue to assist with lipolysis for the next 24 hours.

Avoid exercise 24 hours after the wrap.

You may notice an increase in urination for the following 3 days. This is normal as the body eliminates toxins and fat.

Ideally have a course of wraps (you should see an improvement after the first one but it may take up to 3 treatments to achieve optimal results).

Take regular exercise (just half an hour 3 – 4 times a week is great body/mood booster).

Dry body brushing before showering will improve the skin texture and tone.