

The Home Care Kit Contains:

- 2 x 12oz Tubs of Sea Clay Body Masque
- 6 x High quality cotton elasticized bandages
- 1 x Bath Scrunchie
- 1 x Hand Mit
- 1 x Universal Contour Wrap Tape Measure

This kit will provide you with between 4 and 6 treatments on a local area of your body. Most commonly used on the stomach, thighs, buttocks and upper arms. Full instructions are provided within the kit to enable you to wrap any part of your body where you wish to tone, tighten and reduce.

Directions For Use

Step 1 - Determine the Area You Wish to Treat

The area you choose will determine whether you use the Sea Clay Body Masque alone, or wrap the area using Contouring Bandages. To treat the breasts, back, shoulders, feet or the tops of your hands use the Sea Clay Body Masque alone. If you choose one of these areas continue with Step 4.

Step 2 - Soaking Your Contouring Bandages

Remove the bandages from their plastic wrappers and discard both the wrapper and silver clips. Leaving them rolled, place them in a sink filled with warm water. The wet heat from the bandages will keep the skin warm and maintain the moisture of the Sea Clay.

Step 3 - Calculating Inch Loss Results

When combining the Sea Clay Body Masque together with the bandages, a measurable inch loss is most often found. To calculate a possible inch loss, measure the area you have chosen to treat in three places. Record your measurements. If you wish to ensure you measure in the exact same spot again, place a small mark with a ball point pen on the skin, (this will wash off later). After removing the bandages, and rinsing off any residue Sea Clay, dry the area well and then re-measure the same three places.

Step 4 - Preparing Your Skin for Treatment

In order for maximum benefits to be achieved, we would recommend you exfoliate the area you wish to concentrate on before applying the Sea Clay Body Masque. Briskly rub over the area with the exfoliating mitt, which should turn slightly 'pink / reddish'. This removes dead skin cells and allows for better penetration of product as well as stimulating the circulation.

Step 5 - Applying the Sea Clay Body Masque

Use half a jar to treat larger areas, such as the buttocks / thighs / abdomen etc. A smaller amount will be used on the tops of arms, feet and backs of hands. Smooth the clay onto the chosen area. Spread evenly to a thickness of approximately 1/8th of an inch. Do not use this treatment on broken, swollen or irritated skin.

Step 6 - Applying the Contouring Bandages

Remove the first bandage from the warm water, do NOT unroll. Squeeze out as much water as possible. Place the loose end of the bandage at the farthest point, hold in place, and begin to unroll the bandage as you cover the area covered in the Sea Clay Body Masque. Wrap the entire area using even pressure, overlapping each preceding layer by about 2 inches. Do NOT wrap too tightly or you may inhibit blood circulation. Work your way to the top of the area, and then back down again. When you come to the end of your first bandage, tuck the layer of bandage underneath - just a simple tuck will be fine. Continue with the remaining bandages required. (Instructions included within the kit contain specific instructions for various areas of the body.) When you have completed wrapping the area, cover with loose clothing. The Sea Clay will not stain permanently.

Step 7 - Waiting

In order for the treatment to be most effective you need to remain in the bandages for between 45 and 60 minutes. Remove the bandages one by one, starting at the last one applied. Wipe off remaining clay or shower off.

Sea Clay Active Ingredients

- **Sea Clay / Bentonite:** Skin clarifying and purification, excellent drawing properties, acts as a poultice.
- **Sodium Chloride:** Detoxifies tissue.
- **Magnesium Chloride:** Valuable mineral salt; promotes cellular balance, combats stress and fluid retention.
- **Magnesium Sulfate:** Stimulates peripheral skin circulation.
- **Trace Elements:** Silica, Zinc and Selenium - building blocks of collagen and free radical scavengers.
- **Organic Iodine:** Increases metabolism.

Note: The 6" Guarantee applies to the in-salon treatment only, and is not applicable for the home wrap products.