

# Bikini Mama Fitness

🏋️ Managing the fit life one rep at a time 🏋️



## Guide to It Works® Wrapping

Thank you for purchasing your It Works® Ultimate Body Applicator Treatment (four “wraps”)! I’m excited for you! I started using It Works® during my second NPC bikini competition prep. I have been using them for two years and I was so happy with my results, I became a distributor. Now they are a part of my fitness regimen along with eating right, working out hard, and managing the fit life one rep at a time!

To help you get the best results when you do your wrap, follow these instructions exactly for your best results. A full treatment is considered four wraps on the same body area. Wraps can be used on the stomach, front of legs, back of legs, lower back, and arms. If you are targeting more than one area, you will need additional boxes for each.

Don’t forget the BEFORE and AFTER pictures! Download the Wrap App from iTunes so you can take and view your photo results side by side. The Wrap App also has videos of how to apply the wrap, as well as a timer. You can also visit my website at [bikinimamafitness.com](http://bikinimamafitness.com) for tips, tricks, and wrap guidelines.

### Follow these instructions for your best results!

1. **Take the BEFORE photo.** First, standing at an appropriate distance from the mirror, take front and side view photos of the area you are going to wrap. Make sure that the photos are clear and taken straight on without any tilting. If you are wrapping your abdomen, make sure that your pants are down low enough to show any belly or “pooch”. You will want the before pictures so that you can see your progress when you take your after pictures! Taking pictures isn’t optional! It is super easy with the Wrap App!
2. **Prep with a hot shower.** To open your pores, take a hot shower right before applying the wrap. Do not use soap or lotion on the area you are wrapping, and avoid moisturizing soaps like Dove (I use Orange Dial soap). Soaps or lotion can block pores and keep the It Works® lotion in the wrap from properly absorbing.
3. **Apply the Wrap.** Apply the wrap to the desired area with the lotion side on your skin. To keep it in place, *wrap* over the wrap with Saran wrap. I recommend Saran Press and Seal because it seals to itself and won’t move. Wrap the Saran wrap around your body 2-3 times. If wrapping your abdomen or lower back, cover it with a tight shirt, shapewear, compression top, one piece bathing suit, etc.
4. **Let the Wrap work.** Leave the wrap in place for a MINIMUM of 45 minutes to a MAXIMUM of 8 hours. Most people wear it for 3 to 4 hours. You can also sleep in it, but not longer than 8 hours. I wear the wrap overnight, taking a hot shower before I go to bed and taking it off the next morning.
5. **HYDRATE and DRINK WATER.** While wearing the wrap, drink 1-2 bottles of water. If you are sleeping with it on overnight, get your water in before you go to bed.
6. **Take off the wrap.** When you take the wrap off, there will be excess lotion on the area you applied it to. **DO NOT WIPE OFF THE LOTION.** Rub it into your skin until the excess lotion is gone.
7. **Take the AFTER photo.** Immediately take your photos again, and continue taking them every morning for the next three (3) days. Be sure that the photos are consistent with your BEFORE photos, taking them in the same position, same distance from the mirror, and with your clothing in the same position. To see the difference, view the pictures side-by-side in the Wrap App or other photo collage app. View the before on the left and the after on the right.

**I can’t wait to see your results!** If you have any questions, please let me know. As you continue your wrap treatments, Loyal Customers can receive monthly shipments at a 40% discounted rate for wraps and other products. Flip the page for more **Important TIPS** and my contact information!

## Important TIPS! When you wrap, be sure to:

- ✓ **Drink WATER!** Drink at least half your body weight in ounces of water THE DAY YOU WRAP & EACH DAY for the next 3 days. For example, if you weigh 200 pounds, drink 100 ounces of water. That's six 16 oz. bottles of water. *If you don't see results, you didn't drink enough water.*
- ✓ **Eat CLEAN!** You can't have a cheat day (or week) and expect results. Stay away from these items: fatty foods; regular or decaf coffee, tea, and soda; sugar; alcohol, etc. DO NOT SMOKE. You don't want to have the [It Works Body Wraps](#) do their job and give you great results, then ruin it by not eating well.
- ✓ **EXERCISE EARLY on the day you wrap.** Do not exercise while wearing the wrap. This is NOT a wrap that makes you sweat out water weight. The lotion needs to completely get into your skin. *Exercise is encouraged the next three days!* On the day you wrap, work out in the morning, and wrap at night.
- ✓ **Wait to SHOWER.** DO NOT shower immediately after removing the wrap. You want the lotion to absorb into your skin as long as possible. If wrapping overnight, wait until later in the day to shower.
- ✓ **See your RESULTS! Many people have results on the first wrap, but remember one full treatment consists of four wraps.** Be sure to use all four wraps on the same body area before deciding on whether or not you had results. The results and time frames are completely dependent on the individual, body size, type, chemistry, diet and lifestyle, amount of "junk" in the body, and how slow or fast the body wants to react to the ingredients in the wrap. You can see great results after just one wrap — and others may not see anything until using additional wraps. If you don't, please review the instructions to make sure you followed the steps. *Again, it is important to always remember that four wraps (one box) on the same body area is what is considered a full treatment.* Also, if you are on any medications or if you are menstruating, the wrap will not give results due to water retention. If you are going to wrap, time the treatments accordingly.
- ✓ **WAIT 72 hours to wrap again.** DO NOT apply another wrap until at LEAST 72 hours later. The botanical-blend in one wrap continues to work over the course of three days, and results get progressively better during this time.
- ✓ **Wrap ONE area at a time.** When wrapping your stomach, no other wraps can be used. Your arms can be wrapped at the same time by cutting one in half. Depending on the size of your legs, you can choose to cut one in half, or use one full wrap per leg. You cannot wrap your arms and legs at the same time. Legs separately, arms separately, and stomach separately, but not any of the areas together.

Learn more at [wrapsbykristakay.itworks.com/system](http://wrapsbykristakay.itworks.com/system). And visit my fitness blog at [bikini mama fitness.com](http://bikini mama fitness.com) to learn about my journey of fitness trials and triumphs, tips and tricks! If you have any questions, don't hesitate to contact me!

## Bikini Mama Fitness

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**Krista Kay Sabol**

It Works® Distributor #9582953

NPC Bikini Competitor & Bikini Team Captain, J's Fit Factory

Call/Text: 540-533-0991

Email: [bikini mama fitness@gmail.com](mailto:bikini mama fitness@gmail.com)

Blog: [bikini mama fitness.com](http://bikini mama fitness.com)

Shop: [wrapsbykristakay.itworks.com](http://wrapsbykristakay.itworks.com)

