

- The plastic film holds in body heat and softens the cellulite and fatty tissue.
- The pressure of the wrap helps reduce the fat storage cell chambers.
- The body's own cleansing process will take over and eliminate excess fluids and waste materials from the body. Since the results are not dependent on a water loss, but the body's own cleansing function, the inch loss will not return as liquids are taken into the body. You should, in fact, be drinking at least eight glasses of water a day during this cellulite program.

#### Step Ten

After one hour, use safety scissors to remove the plastic film. If there is excess cream still on the skin, rub the cream in and leave for several hours without bathing. The inch loss process will continue. Re-measure in the same locations and record results. Within the next twelve hours, do some type of mild exercise to stimulate lymphatic cleansing. You will lose up to 12" over the entire body with each wrap.

#### CONTINUING THE PROGRAM

An anti-cellulite lifestyle will increase results and prevent future cellulite accumulation:

- Use Evolve BODY Exfoliating Cream three times per week before bath or shower to detoxify and cleanse the skin.
- After bath or shower, apply MAINTENANCE Anti-Cellulite Lotion to increase circulation and moisturize the skin.
- Use ACTIVE Warming Gel prior to any exercise.
- Take INCH LOSS Herbal Capsules as outlined until they are gone.

By combining the Evolve Anti-Cellulite Program with exercise and a healthy and nutritious diet, the shape you want can be achieved.



# evolve

Become the Change You Seek

## ANTI-CELLULITE PROGRAM



Salt Lake City, UT 84104  
 (800) 578-8344  
[www.youcanevolve.com](http://www.youcanevolve.com)

## ANTI-CELLULITE PROGRAM

Cellulite is described as a condition of the body where trapped waste materials, uneven deposits of fatty tissue and edema collect in the connective tissues and cause uneven texture of the body. This occurs in areas of poor circulation and body cleansing including: hips, knees, upper inner thighs, outer thighs, abdomen, buttocks, and upper arms.

### Cellulite is caused by:

- Slowing down of the body's waste removal process
- Imprisonment of waste material
- Poor circulation
- Toxic body conditions

Proper elimination and circulation are essential to any anti-cellulite program.

### The Evolve Program:

In your Evolve Anti-Cellulite Kit, you will receive 2 ounces of INCH LOSS Body Wrap Cream (enough for one wrap), a roll of plastic film, INCH LOSS Herbal Capsules, MAINTENANCE Anti-Cellulite Lotion, BODY Exfoliating Cream, and ACTIVE Warming Gel. A tape measure and body measurement card are also included. Begin taking the INCH LOSS Herbal Capsules at least three days before you do your wrap. You will take two capsules, three times a day and drink a minimum of two quarts of water daily throughout the course of the program. BODY Exfoliating Cream is used three times per week before showering to help the skin detoxify and breathe. Use the MAINTENANCE Anti-Cellulite Lotion after showering or bathing. Simply towel-dry and apply a thin, even layer to cellulite-affected areas. Use the ACTIVE Warming Gel prior to any exercise. Both the MAINTENANCE Anti-Cellulite Lotion and the ACTIVE Warming Gel will bring circulation into the cellulite-prone areas, flushing away toxins and impurities. This increased circulation may cause the area to become warm to the touch and it may redden the skin. These are signs that the products are working.

### Inch Loss Herbal Capsules:

- Help the body break down cellulite
- Help the body eliminate waste materials
- Help the body reduce water retention
- Help the body increase circulation
- Help appease the appetite naturally
- Are all natural – they do not contain chemicals or addictive ingredients

### Body Wrap Treatment

Begin the treatment when you know that you will have an hour and a half of uninterrupted time. Because the skin is the largest detoxifying organ and the creams use pores as a vehicle to work inter-cellular, all dead skin, environmental pollutants, and natural body oils and lotions should be removed from the skin surface through exfoliation prior to the wrap. Rub BODY Exfoliating Cream in circular motions over areas to be wrapped and allow to dry. Wash off in shower or brush off with a dry towel. You are now ready for the wrap.

#### Step One

Carefully measure the areas of the body where inch loss is desired. You may use eye or lip liner to make "tracks" on the top and bottom of the measuring tape in both front and back to ensure correct measurements after the wrap. These measurements are recorded on the measurement card.

#### Step Two

Find a quiet room next to a bed or couch where you can comfortably recline during the treatment. Apply the INCH LOSS Body Wrap Cream to the



areas to be treated: the abdomen, buttocks, and upper thighs. The cream is transdermal and is absorbed into the skin, stimulating circulatory cleansing and lymphatic cleansing. There will be a normal pinkish-red tone to the skin as circulation is increased. Do not apply cream to the face or the breast.

#### Step Three

Place the end of the plastic film on your midsection. Keep the film loose to start, as the wrap will roll if it is too tight as a foundation. Slowly wrap film loosely around the waist three times. Continue wrapping, but drop film down each time around until you have formed a skirt about three inches below the hips.

#### Step Four

Split the skirt in front and back between the legs so that you can wrap each thigh individually.

#### Step Five

Bring wrap loosely over the hip toward the belly button, and directly through legs. Lift the plastic wrap straight up the back over the hip on the same side you have started on. Lift and snugly pull up. Do this buttocks lift three times.

#### Step Six

Keeping wrap smooth and firm on thighs, wrap snugly down to the knee and back up to thigh, using eight layers in each area. Break the film and repeat steps 5 & 6 on the other leg.

#### Step Seven

When you have finished wrapping the legs, break film and begin on the torso. Apply one loose layer and then go over each shoulder to make a loose suspender. These suspenders keep the wrap on the rib cage from rolling down.

#### Step Eight

Going around the torso, contour the hip, abdomen, rib cage, and waist by stretching the film to apply firm, even pressure. You will need eight layers of film in each area except the suspenders.

#### Step Nine

Carefully lie down and relax for one hour under a blanket. The body must remain comfortably warm but should not sweat. As the body relaxes, the process begins:

