



Hope you have had great week so far. Thank you for purchasing from Javanti Slimming Solutions!

Only wrap yourself twice around the area with a 2 – 3cm overlapping, do this only twice a week.

It is rather easy, just follow these steps:

- Once the Slimming Wrap Cream has been applied to the required area take the wrap and wrap yourself around the same area twice, allowing a 2 – 3cm overlapping.
- If you require a full body wrap, start the wrap from under the armpits around your torso down to just under your underwear line.
- Cut the wrap
- Start again from your lower back on the left towards your front at an angle in order to aim for your inner thighs
- Wrap around the inside of your thighs as high as possible, round the lower part of your bum
- Wrap around the upper leg twice and cut of the wrap
- Starting again from the right, wrap the same way as you have just done on the right
- To wrap your upper arms, start wrap from your left shoulder blade across to your right shoulder over your right upper arm. Wrap around arm twice. (not necessary to go below the elbow)
- Repeat from the right shoulder blade across the left shoulder to wrap other arm
- Cut the wrap
- To finish off the wrapping, do a last wrap around the torso down to your thighs (ending the wrap around your hips to make it cover the bum area to look like a skirt)

**Remember to drink 2 -3lt's of water per day!!!**

**The Slimming Wrap Cream** is used in conjunction with the Wrap, this is only applied twice a week, ie: Monday / Thursday or Tuesday / Friday.

Apply the **Cellulite cream** once a day after a nice hot bath or shower to the required areas. You will see visible results in 2 weeks.

The **Apple Cider Vinegar Capsules** are taken 1 before breakfast and lunch (not after 1pm).

In your parcel is a box of **Slimfruits** which are fantastic for the cravings after you already have eaten. They fat free, sugar free and high in fibre. We advise to not take more than 5 a day for the reason it been high in fibre is will work as a laxative.

Samantha Ellison  
Javanti Wrap Slimming Solution  
084 9254518