



## Aloe Body Toning Kit

Indulge yourself with an at-home body wrap designed to help trim, tone and tighten, minimizing the appearance of cellulite. European herbal complexes and natural warming agents are your “secret weapons” in the war against the unsightly appearance of cellulite.

We take pride in this excellent collection, so treat your body to what it deserves, and look your very best with Forever’s Aloe Body Toning Kit.

### INGREDIENTS

For ingredients in the Aloe Bath Gelee, Aloe Body Toner or Aloe Body Conditioning Creme, please refer to the individual product pages in the Skin Care section.

**WARNING:** Do not use Toning Kit if you are pregnant or have had recent surgery, or if you have certain medical conditions including heart disease, phlebitis or circulatory problems. Prior to use, test a small patch of skin to check for allergic reaction.

**CONSULT YOUR DOCTOR PRIOR TO USING PLASTIC WRAP. KEEP PLASTIC WRAP OUT OF THE REACH OF CHILDREN.**

### IMPORTANT

When using Toner and Conditioning Creme:

- Wash your hands immediately following application.
- Avoid contact with eyes.
- Do not apply to face, breasts or genital areas.
- If skin irritation or reaction occurs, rinse with water immediately.
- Do not apply to irritated or newly shaved skin.

**FOR BEST RESULTS FOLLOW THE DIRECTIONS EXACTLY AS INDICATED.**



The Aloe Body Toning Kit includes:

- Aloe Body Toner
- Aloe Body Conditioning Creme
- Aloe Bath Gelée
- Loofah and plastic wrap



PRODUCT #055 (Collection)

## Using the Aloe Body Toning Kit

### STEP 1

#### *Cleanse with Aloe Bath Gelée and loofah*

Experience the luxury of Aloe Bath Gelée. Cleanse, exfoliate, revitalize, massage, enrich, and relax with our exclusive Aloe Bath Gelée and loofah. Apply Aloe Bath Gelée to loofah and work into a rich lather by massaging the skin in a gentle motion; rinse. Use daily to give your skin a soft, smooth glow.

### STEP 2

#### *Mark and Measure*

You may want to keep a record of your measurements to track inch loss. Prior to the toning process, lay a tape measure flat against your skin and mark your skin above and below the measuring tape with a permanent felt-tip pen. The marks are a guide to assist you in measuring accurately. Once the toning process is complete, measure again placing the tape measure between the marks.

### STEP 3

#### *Apply Aloe Body Toner*

Test a small patch of skin for allergic reactions prior to application of the Aloe Body Toner. If after 24 hours no redness or itching occurs, then smooth liberally over the areas you wish to tone. The Aloe Body Toner has a warming and stimulating effect on the skin; more toner may be applied to increase these effects.

### STEP 4

#### *Apply Plastic Wrap*

Wrap the plastic wrap around the areas where Toner has been applied. **DO NOT WRAP FACE, NECK, CHEST, SHOULDERS, FOREARMS, CALVES or GENITAL AREAS.** For your safety, the Aloe Body Toning Kit is only for use on the upper arms, abdomen and thighs. A second layer of plastic wrap may be applied if desired.

While in a relaxed position, leave the wrap in place for approximately one hour. Do not engage in any strenuous physical activity and do not fall asleep. Using blunt-tip scissors, remove and discard the used plastic wrap. Measure again, placing the tape measure between the marks. Subtract the total from the original measurements - the difference represents your overall inch loss. Massage in any remaining Aloe Body Toner left on the skin.

#### Maintenance

##### *Aloe Body Conditioning Creme*

Between body wraps, liberally apply Aloe Body Conditioning Creme to the entire body for smooth, glowing skin. Aloe Body Conditioning Creme is the ideal partner to Aloe Body Toner for keeping your body feeling smooth and supple. These complementary elements of the Body Toning Kit, combined with dieting and regular exercise, can help reduce the appearance of cellulite.

Apply cream directly to the skin on areas not wrapped during the toning process, or use on all areas as a maintenance cream when no wrapping is involved. The Aloe Body Conditioning Creme helps to stimulate circulation, breaking up trapped fluids and fatty tissues. Do not apply cream to irritated or newly shaved skin or immediately after bathing. Do not apply to the breasts, face, genital areas or mucous membranes. Avoid contact with the eyes. In case of skin irritation or reaction, rinse liberally with warm water.

Wash your hands immediately following application, close lid tightly and keep out of the reach of children.

#### General Notes:

The wrapping procedure should be followed according to your desire to tighten up or slim down. There will be a less visible effect on those with long-term fat storage, as fatty deposits turn hard once stored under the skin for a while. Regular exercise and proper diet will be needed for a long-term benefit to be gained. Those with firm muscle tone will also see less benefit from body wrapping.

Those who have gained weight over a short period of time or who have loose muscle tone are most likely to benefit from this process. The wrapping procedure can safely be applied two or three times in the first week, with decreasing frequency in subsequent weeks according to desire.

Feeling thirsty after applying the toner process is normal as water has been lost within the body. It is recommended that you drink more water to enhance metabolism and accelerate the elimination of water and fat.