

QUESTIONS/CONCERNS PLEASE CALL THE SCHOOL AT (801) 530-0001

## FOR EMERGENCY RESPONSE

Natalie Parkin, Skinworks Owner (801) 414-7551  
Dr. Daniel Ward, Medical Director (801) 513-3223

## CONTRAINDICATIONS

- Allergy to Niacin
- Heart Conditions
- High blood pressure
- Use of blood thinners
- Pregnancy or nursing
- Epilepsy
- Cancer that is not in remission (5+ years)

## PRECARE

- AVOID drinking water for 1 hour prior to your wrap – so you don't have to "go" while wrapped.
- If you are sensitive to the red "flushing" effect of niacin, avoid tanning creams or supplements that contain niacin for 2 days prior to the wrap. Niacin is a water-soluble B-vitamin that causes temporary reddening, itching and capillary dilation. This is usually brief and can be relieved by drinking water. When in doubt, check with your physician.
- Eat light food the day of the wrap. Focus on vegetables, high fiber foods and water. Avoid carbonated drinks, caffeine, refined sugar, white flour, and red meat, for best results.
- Avoid using lotions or creams that may interfere with product absorption.
- Avoid shaving prior to your wrap. Schedule waxing or other hair removal at least 72 hours apart from your wrap.
- Do not wrap if your skin is irritated broken or abraded, or if any sign of infection is present. If you are sick or being treated for infection, please re-schedule your wrap.
- You may bring a bikini to wear during the wrap, or disposable alternatives are provided.

## AFTERCARE

- For best results, do not shower within 6-8 hours of receiving your wrap.
- Drink 6-12 glasses of water per day in the week prior to your wrap and following your wrap.
- Inch loss is best maintained by a healthy lifestyle of exercise and food choices.
- You may choose to receive a maximum of two wraps in a week, four days apart. The most popular regimen is once a week for 3 – 6 weeks in a series.