



Formostar Instructions

Please note we respectfully request that if you cannot attend your wrap sessions that you allow us the courtesy of 12 hours notice so we can offer your place to another client. Failure to arrive will void your session.

- Drink 10-12 glasses of water the day before your wrap, and continue to hydrate your body well up until your wrap. The more hydrated you are the better for you and the results.
- Please do not eat for 1 hour before your wrap.
- Please bring a large Bath towel to each visit.
- Shower before your wrap wherever possible. Please don't come to your appointment straight after exercise. Please be mindful of your body odour prior to commencing session. Do not shower after your wrap for at least 6 hours as it doesn't create stinky BO sweat as other exercising can.
- Be prepared to spend 60 mins at Origins
- Bring cotton clothing (you may wear it to your appointment to save changing time) such as light tracksuit pants and loose Long Sleeve cotton shirt. Lycra will be uncomfortable and is to be avoided. Flannel PJ's are great alternative.
- Bring your MP3 with inner ear phone if you prefer your own music.
- Leave valuables at home.
- Bring a pop top bottle of water as this is easier to sip from when lying down.
- If you become ill, pregnant, or commence new medications/antibiotics while doing a course of Formostar Wraps then you must immediately inform Origins Nail and Beauty staff. Please do not attend a wrap session if you are unwell.
- Stretch gently after your wrap and go for a short stroll along our shop strip before getting into your car.
- Continue to drink as much water as you comfortably can after your wrap to help eliminate any toxins your body may release and to keep well hydrated.
- It is best to exercise the day after your wrap, not the same day.
- For weight loss and body shaping, you will notice cm loss before you will notice kilo loss. Pay attention to how much looser your pants start to feel. If you are at a standstill with your cm loss please talk to our staff so we may find a solution for you.
- The benefits of one wrap can continue to break down fatty deposits for up to 48 hours afterwards.
- Wraps are best taken 2-3 days apart to obtain the best results.
- Try to avoid heavy carbs the day of your wraps, it is best to eat salads, veggies, fish, chicken.
- Due to the popularity of our Formostar, please remember to give Origins Nail and Beauty the courtesy of 12 hours notice cancellation so we are not put in the position of having to void a session from your package. Thank you in advance for your understanding.

Origins Nail and Beauty 12/781 Canning Hwy, Applecross 9315 9883