



Holistic Health Centre

Natural Beauty for Body, Mind & Spirit

Connect with your authentic self

Frequently Asked Questions

*Shrinking Violet
Body Wrap*

1. *What is a Shrinking Violet Body Wrap?*

Shrinking Violet is a new inch loss treatment that is pain free and effortless. It removes unwanted fat from all over the body while you relax for an hour. It is a truly unique heat inducing body wrap with a difference because it does not rely on dehydration or water loss to gain great results.

2. *How does it work?*

This new method called Lipolysis successfully removes fat from problematic areas such as thighs, hips, buttocks, upper arms and abdomen, with its ingredient (*Hydrolised Lecithin - which is far more active than many other body wraps*) penetrates the dermis in seconds, by breaking it down from stored fat cells (*from a triglyceride to free fatty acids*) this enables the fat to be easily removed from your body.

3. *What does it feel like?*

Whilst in your underwear you are carefully measured, body brushed, Shrinking Violet oil is applied, you are then wrapped up (*a bit like a mummy*), covered in warm blankets for 60 minutes while Shrinking Violet is absorbed into the skin.

The treatment may itch a little, but is not uncomfortable (*this is due to the stimulating effects of the ingredients*).

After 60 minutes you will be unwrapped and re-measured in the same places to reveal your body inch loss. As this treatment is mess free any excess oil is wiped away and you are ready to get dressed.

4. *How often can I have the treatment?*

This would depend on what goal you are aiming to achieve:

- To kick start a diet or help with overcoming a plateau in dieting
- Or help remove those lumps and bumps after childbirth
- To feel comfortable in your wedding dress
- That last minute beach holiday

It is such a personal choice, some come for one or two treatments others wishing to change how their body looks choose a course of treatments to remove a lot of unwanted fat, maximising their inch loss.

Whatever your goal - *It is important to be consistent when choosing a course of treatments.*

For optimum results and a positive mental attitude to the "NEW YOU" a well-balanced diet and continued regular exercise will help in maintaining your goal.

- 1st month: 1 wrap weekly
(first week only a kick start of two treatments - 72 hours between)

- 2nd month: 1 wrap fortnightly
- 3rd month: 1 wrap

Suggested maintenance sessions can be discussed after your course of treatments.

5. How long are the appointments?

Please allow 2 hours for each treatment. *(Includes: body brushing, measuring, Shrinking Violet oil application, and to be wrapped up).*

A patch test is required 24 hours before first treatment. Please call to arrange - this can be done within a few minutes.

6. Does my skin need to be assessed before my treatment begins?

Your treatment begins with a consultation about your general health and life style. This is an opportunity to ensure that there are no reasons preventing you from enjoying your inch loss treatment.

Each visit a record is completed of your measurements *(you will be given a copy to take home along with aftercare advice).*

7. What ingredients are in the Shrinking Violet Oil?

- Grape seed oil.
- Jojoba seed oil.
- Lavender oil.
- Juniper oil.
- Cypress oil.
- Hydrolysed lecithin (soya bean).
- Lactic acid / glycolic acid.
- Polyvinyl alcohol.
- Seagrape / Baygrape (Coccoloba uvifera fruit extract).
- Dextran (It is used medicinally as an antithrombotic (anti-platelet), to reduce blood viscosity, and as a volume expander in hypovolaemia).
- Acetyl hexapeptide 34 (enzyme).

8. Can I have a Shrinking Violet Body Wrap Treatment if I am pregnant?

- Post pregnancy – can have treatment 12 weeks after, but best to wait 26 weeks.
- Nursing mothers - wait 12 weeks (26 weeks preferable) after birth and 6 weeks post stopping breast feeding.

- C-Section - if your scar has healed and you have been signed off, you can have treatment 26 weeks after.
- After pregnancy, your body can take approximately one year to heal this allows for hormones to settle.

9. What do I need to do before my treatment?

- A full body exfoliation the day/night before your treatment.
- A bath or shower on the day of treatment (making sure to avoid synthetic soaps, shower gel, lotions or creams).
- Avoid eating a large meal at least 2 hours before your treatment.
- Drink plenty of water two or three days before, during, and after your treatment.

10. What do I need to do after my treatment?

- Avoid tea, coffee, alcohol and fizzy drinks for at least 24 hours.
- Avoid exercise for at least 24 hours.
- Drink, ideally 1-2 litres of water a day for the next 72 hours. (This continues the cleansing process and the flushing out of toxins).
- Avoid bathing or showering for 8 hours to allow the product to be fully absorbed.
- Follow a healthy lifestyle to include a balanced diet with regular exercise.
- You may notice an increase in urination over the next 72 hours. This is completely normal as the body eliminates the toxins and fat.
- Stick to the advice to get the best results.

11. How much does it cost?

Please refer to my website for current prices.

Welcome to my world ... of intrigue, insight and intuition

Working with Spirit has been a challenging journey throughout my life. Making choices that I know to be my spiritual truth did not always align me to my physical life.

Being shown by Spirit how to work with energy and what was needed for a seamless flow, and how to change the flow when it became disrupted, has taken me persistent practice and lots of patience.

This led me into a world of childhood adventures with my Spirit Guide, from connecting to the elemental kingdom and the nature spirits, to whizzing off into the universe meeting other spiritual and highly evolved beings; there are many stories I share with you in my teachings.

There was also the little matter of my own life lessons that were to be experienced. Staying true to myself, got me into a lot of situations that I had to master for myself.

With each physical challenge ... I began to grow spiritually ...

I am so happy to share my knowledge and wisdom, by helping, you to learn to trust your own inner ability as you connect and grow too.

When you ask yourself...

Can I really change my situation?

I would say to you ...

*Yes, you hold the potential to
change your life.*

You then ask ...

What if I get it wrong?

I then respond to you ...

*Whatever you choose, will always
be the right way for you.*

With love from

One Beautiful Soul to Another

Sandra

The Energy Mentor