

flush  
toxins

reduce  
cellulite

loose  
weight

increase  
cell

metabolism

reduce  
fatigue

**FAR  
INFRARED  
SESSION  
\$175**



**SWEAT  
SESSION  
AT RITUALS**

*Enjoy detoxing your body 7 X more than traditional sweating - pulling out molds, heavy metals and radiation from the fat cells.*

# HOW TO PREP

1. Eat a good meal 1/2 hour to 1 hour before your treatment, consisting of low fat protein, vegetables or fruit and low sugar carbohydrates.
2. Drink plenty of water daily. We recommend 1qt per 50lbs of body weight. Do not drink soda before your treatment.
3. You may exfoliate your body the day before your treatment.
4. Do not use lotions on your skin prior to your treatment.
5. You are not going to want to eat for 3-4 hours after your treatment to get optimum results. You will be able to sip water during those hours; however, you should not be eating.
6. For maximum results, include cardio-vascular workouts into your week. Cut back sugar and white flour. Eat plenty of vegetables, light fruit and lean meats. Drink lots of water daily.

601 So B Street, Ste B  
San Mateo, CA 94401



650.344.1942

[ritualsbygina@gmail.com](mailto:ritualsbygina@gmail.com)

[www.ritualsbygina.com](http://www.ritualsbygina.com)