

## CASE STUDY WITH THE FORMOSTAR INFRARED BODY WRAP SYSTEM



### LADY AGED 36 YEARS FROM QUEENSLAND

Mrs B put on weight after having her children. She has tried for a number of years to get back to a size 10/12 but has had problems doing so. She wanted to increase her metabolism and reshape and was committed to improving her diet and exercising. She commenced Formostar sessions in October 2005. Her weight was 81.2 kg, Size 16. After 6 sessions she weighed 79.2 kg and had lost a total of 38.5 cms from 8 tape points. After 10 sessions she weighed 74.3 kg and had lost 51 cms. She stopped over the Christmas period. Since she has had 4 more sessions and has lost a further 3.9 kgs, totally 10.8 kgs and now weighs 70.4 kgs and wears size 12 clothes. Her eating habits have improved to include a greater variety of foods and more but smaller meals each day. She has a personal trainer once a week, walks twice a week for 30-40 minutes and has a walking machine at home. Her energy levels have increased. Maintenance treatments appear to be crucial to continuing the weight loss.



Wrap One

Wrap Fourteen