

## [AT HOME BODY WRAPS FOR WEIGHT LOSS RECIPES](#)



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Body wraps are a popular weight loss technique, which when added to a diet and exercise plan, can trim a few inches from your body. Body wraps are great

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The main goal of a body wrap is skin rejuvenation, overall general body healing, detoxification and weight loss. Body wrap recipes will vary in ingredients

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Read on to know how to use body wraps for weight loss at home. Follow Us: There are a number of variations, as one recipe doesn't suit every one.

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These 8 DIY body wrap recipes will help you visibly lose weight, get rid of cellulite, and pamper your skin in less than an hour or overnight. Use store

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If you're strapped for cash, going to the spa is an expensive option. Make your own at-home body wrap and enjoy the same detoxing and weight loss benefits!

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