

### **What is Neoprene?**

Neoprene products consist of special material that is designed to produce increased sweat and shedding of fat around the application areas during exercise and other high impact activities.

### **How to Wear**

Neoprene garments should be worn a minimum of (one) hour per day while working out. Bodied by Patrice neoprene garments are made to encourage high sweat production. To achieve even greater sweat production, apply a slimming cream or slimming patch to targeted areas while wearing your neoprene garment.

### **When to Wear**

Neoprene garments are especially effective in cardio, strength, crunches, and other active exercises. Wearing while participating in an active team sport such as soccer, basketball, and tennis will yield maximum results.

### **Care and Cleaning**

Products with Neoprene are made to repel and minimize moisture from seeping into the fabric. As a result, the moisture builds up and is concentrated in the area of the garment that is closer to the skin. Use detergent that is designed for delicate clothes. Wash on gentle cycle or by hand in warm water.