

## Sweat Your Way To Sexy

*Slimming body wraps have been around for ages, but your own sweat could be just as effective.*

SAN RAFAEL, CALIFORNIA, USA,  
November 23, 2015 /EINPresswire.com/  
-- Slimming body wraps have been around for ages, but your own [sweat](#) could be just as effective.

Reusable 'wet suit' style waist trimmers that help you sweat off toxins and metabolise belly fat are becoming more a popular alternative to in-salon treatments.

Sweat is a by product when the body heats up, usually during exercise or vigorous activity, converting glucose to muscle, meaning that the more you sweat, the better you are conditioning your body.



Amazon product reviewer Rachelle says “there are lots of toxins that build up in that region from your digestive system and sweating them out can be amazing for your health”.

She’s only been using a [waist trimmer](#) for a few weeks but noted, “it’s so great for building the belly sweat.” She sometimes puts castor oil on her skin under the wrap as it’s “an amazing toxin remover”.

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*Active mum, Shelia*

Everyone sweats at different rates, women having more sweat glands than men and those with more fatty layers likely to sweat more. Active mum, Shelia uses her waist trimmer to increase her sweat rate, “I don't sweat a lot and wearing one makes me sweat a good amount”.

Busy teacher, Kathleen even took her waist trimmer on vacation with her to maintain her fitness program and noticed additional benefits, “I actually wore it to an amusement park and not only did it make my outfit fit better because it pulled me in it also helped my lower back with support”

The real benefit of waist trimmers are that they are reusable. You simply wash them in warm soapy water, hang them up to dry and wear them again, which is a time and money saving alternative to expensive and messy home kits or salon treatments.

## About [EzyFit](#) Waist Trimmer

EzyFit waist trimmers were developed to be longer and wider to fit almost any waist, with quality material to increase the sweat production and comfort for the wearer. They are available on Amazon.

Reluctant purchaser Elizabeth from Orange County said “I didn't think this product would actually do anything when I originally received it. It's just a black stretchy band you wrap tightly around your waist, but after using it for just a few hours I was really surprised when I took it off and found I had all this sweat underneath”.

Another benefit of a Waist Trimmer is that you can discretely wear it under your clothes during everyday activity to increase your sweat rate. Kathleen explains “I especially like that you can wear it under clothes and it helps tone and no one knows you are doing it!”

Sweating does mean you should replenish the water and other 'waste' products, such as salt, so you should increase your water intake and add electrolytes, like a 50/50 mix of orange juice and water when you exercise.

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