

"Do It Yourself" – Proven results following 4-8 weeks!

Elastic Repair Effect

Trimming Massage Technique – safe and highly effect – does not cause injury or irritation. Apply the kit to healthy skin. Please follow instructions carefully.

Stage I – Thermal Mud Exfoliator – Polishes skin and removes dead cells. Thermal treatment opens pores, preparing skin to attain optimal results.

- **Wet skin.**
 - **Apply Thermal Mud Exfoliator** , covering the entire cellulite area.
 - **Using the palm** of your hand, begin massaging slowly, in large, wide circular motions.
 - **Gradually increasing speed**, reduce the radius of the circles, alternating **heel and palm** of the hand.
 - **Rinse carefully** under running water and **pat dry**.
- ❖ **For Large Areas** – Add "**Rolling Massage Technique**" – Fold skin, moving it from side to side.
 - ❖ **For Small Areas** – Add "**Focused Massage Technique**" – Small circular motions, 10 concentric circles, in alternating directions.

Stage II – Double Force Gel – apply immediately after **Thermal Mud Exfoliator**

- **Apply** on the entire cellulite area.
- **Using heels of the hands** - massage in circular motions, **placing steady, moderate pressure** to ensure deep penetration.
- **Continue with caressing motions** until fully absorbed.

You may dress immediately after completing treatment.

Two-month Course of Treatment - Proven results following 4-8 weeks!

First Application Cycle: First month

- **Twice Daily**
- 6 wrap treatments
 1. Apply "**Thermal Mud Exfoliator**
 2. Cover with plastic wrap.
 3. Leave for 5 – 10 minutes – allowing deep absorption
 4. Wash well, pat dry gently.
 5. Apply "Double Force Gel" as per the instructions above.

Second Application Cycle: Second month

- **Once Daily** – recommended at night.

