

SILWETA | HOME PROTOCOL HEAVY AND TIRED LEGS

01	SILWETA EXFOLIATOR	Energizing exfoliator Once a week : Apply all over the body, rub, leave to act for at least 2 minutes, rinse.
02	SILWETA OIL	Lipoactiv oil Once a day : Apply the Oil all over the body avoiding the chest, proceed to massage.
03	MASSAGE	Lift your legs and lean them against a wall. Lightly compress the legs with both hands, from the ankle to the hips (5 times per leg), as if you wanted to pull up pants.

GENERAL RECOMMENDATIONS DURING THE PROTOCOL

In order to facilitate the elimination and circulation functions of the body, it is recommended, during the day, to avoid :

Cross your legs | Clothes that are too tight | Long-term hot bath

IT IS RECOMMENDED :

- Contract the calves at least 5 times each, every hour, regardless of the working position
- To do any activity that stimulates the blood circulation (promote the trampoline) 3 times a week, and to keep the blood circulation active in general
- Use low supports for long days on your feet
- Sleep with your feet slightly raised (mattress slightly raised)
- Consult a naturopath to find out the ideal supplements for your unique case
- Obviously, do not hesitate to consult and follow the instructions of a phlebologist

IMPORTANT PRECAUTIONS

- * Stop using Silweta oil 48 hours before and after any injections or laser treatment of varicose veins or spider veins.
- * If you have known vascular disease, it is your responsibility to consult your doctor before starting this protocol.

DURATION AND POST PROTOCOL MAINTENANCE

- * Repeat steps 2 and 3 every night for 3 consecutive months to obtain optimal and lasting comfort.
- * In order to maintain the results obtained and the comfort, it is recommended to do the protocol, including exfoliation, at least once a week.