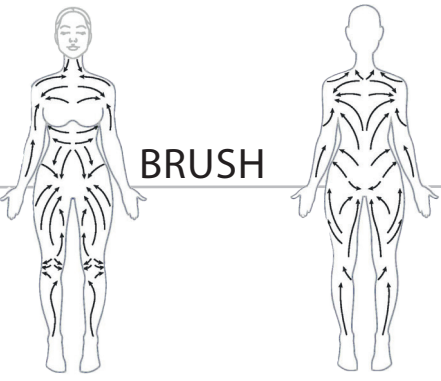


## SILWETA HOME PROTOCOL FAT CLUMS AND CAPITONS

- 01**      **SILWETA**    EXFOLIATOR    **Energizing exfoliator**  
On damp skin, apply all over, massage in, leave on for at least 5 minutes, rub in and rinse.
- 02**      **SILWETA**    OIL                    **Lipoactiv Oil**  
Apply the oil, avoiding the chest, and proceed with the massage.
- 03**      **SUCTION CUP**                    **Massage**  
(5 to 15 mins) depending on the area: Massage the area vigorously using the palpate-roll method (hands or suction pad). If using a suction pad, massage in a vertical, horizontal direction, and then in zigzag or slalom movements.  
\*Avoid cupping if you have vascular problems (varicose or spider veins).
- 04**      **BRUSH**                                    **Defibrosis brush**  
(15 min): Use circular movements, from bottom to top, following the path indicated on the image, concentrating on problem areas. Use the brush to shape the body. It is normal for the procedure to be painful the first few massages. This discomfort will diminish with each treatment.
- 05**      **SILWETA**    GEL                    **Lipotonic Gel**  
Apply 5 ml per area (approx. 10 X 10 inches), cover with plastic wrap and leave on for 30 minutes. Massage off excess.  
\*Do not rinse.
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### POST-CARE TRANSITION AND MAINTENANCE

#### WEEK 1, 2,3,4

Do the whole protocol  
4 times a week except exfoliator  
1 time per week..

#### WEEK 4 and following

Do the whole protocol  
1 time per week

\*To maintain the results obtained, regular maintenance is essential..

\*Start maintenance when 80% of results are achieved.

\*There will be more dimpling and sagging at first and that's normal, just keep going and be confident.

\*Slight bruising is normal.

\*Must cause the skin to redden, otherwise the procedure will be useless!

\*Always treat the whole body to eliminate toxins.

\*Maintenance is essential to prevent the dimpled skin from returning to its original state and having to repeat the entire protocol..

A complete cure includes 1 exfoliant, 1 oil, 2 gels, 1 brush and 1 suction cup (optional)..