

## SILWETA HOME PROTOCOL FAT CLUMS AND CAPITONS

01	<b>SILWETA</b> EXFOLIATOR	<b>Energizing exfoliator</b>	Drains and prepares skin
Apply all over damp skin, massage in, leave on for at least 5 minutes, rub in and rinse off. Use 1 x week			
02	<b>SILWETA</b> OIL	<b>Lipoactiv Oil</b>	Drains. Acts on dimpled skin and toxin-laden areas. Tones. Prevents bruising.
Apply the oil all over, avoiding the chest, massage in with your hands, pointing towards the waste traps, then massage in with your tools.			
03	<b>SUCTION CUP</b>	<b>Massage</b>	Decongests dimpled skin and storage areas
(5 min): Slowly massage the affected areas in a vertical, horizontal and then zigzag motion.			
04	<b>BRUSH</b>	<b>Defibrosis brush</b>	Defibrose, Drain, Tone, Sculpt
(5 min): Use vigorous, circular and vertical movements everywhere except on the chest. Use flat and at an angle for deeper action and sculpting.			
05	<b>SILWETA</b>	<b>Gua sha</b>	Defibrates, Sculpt, Drain
(5 min.) Use deep and superficial massage to direct toxins toward lymphatic waste traps.			
06	<b>SILWETA</b> GEL	<b>Lipotonic Reducer Gel</b>	Tones, Decongests, Refines
Blot off excess oil. Apply 5 ml per area, cover with plastic wrap and leave on for 30 minutes. *Do not rinse off.			

### TRANSITION AND MAINTENANCE

#### WEEK 1 and 2

Do the complete protocol  
3 times a week ( every 48 hrs ) except  
Scrub only ( 1x week )  
Until 80% improvement.

#### WEEK 3 and following

Do the complete protocol  
Once a week.

- \*Regular maintenance afterward is imperative to maintaining the results obtained. Otherwise, you'll have to repeat weeks 1 and 2 from the beginning.
- \*There will be more dimpling and sagging at first, and that's normal. Be confident.
- \*Minor bruising is normal.
- \*Must cause the skin to redden; otherwise, the procedure will be useless!
- \*Always treat the whole body to eliminate toxins.
- \*Always operate in the direction of the waste traps.
- \*Do not use tools on the back of the knee or in the armpit area.
- \*Avoid using tools if you have vascular problems such as varicose or spider veins.
- \* It is normal for the procedure to be painful at first.
- \*Our tips and advice do not replace those of a recognized health professional. We encourage you to consult a healthcare professional and follow his or her recommendations at all times.

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