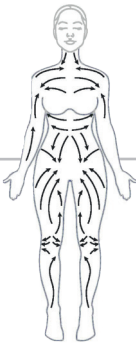




SILWETA HOME PROTOCOL

Take a picture before starting the cure.

01	SILWETA	Energizing exfoliator 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	SILWETA	Lipoactiv Oil 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 (scan QR code for video), then massage in with your tools.		
03	SUCTION CUP	Massage Decongests dimpled skin and storage areas
(5 min.): Slowly massage the affected areas in a vertical, horizontal and then zigzag motion.		
04	BRUSH	Defibrosis brush 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	SILWETA	Gua sha Defibrates, Sculpt, Drain
(5 min.) Use deep and superficial massage to direct toxins toward lymphatic waste traps.		
06	SILWETA	Lipotonic Reducer Gel 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).