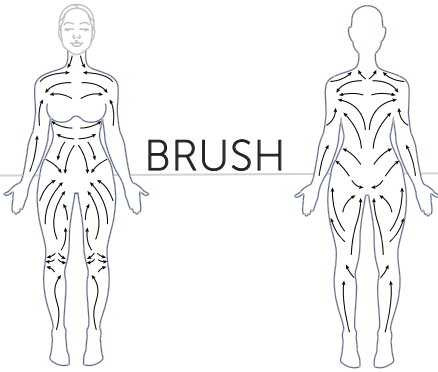


## SILWETA | HOME PROTOCOL FAT CLUMS AND CAPITONS

- 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 avoiding the chest, proceed to massage.
- 03 SUCTION CUP Massage**  
Once a day (5 min) : vigorously massage the areas using the palpate-roll method (hands or suction cup). If you use the suction cup, massage vertically, horizontally, and then in circular motions. \* Avoid the suction cup if vascular problems (varicose veins or spider veins).
- 04 BRUSH Defibrosis brush**  
Once a day (15 min) : Make circular movements, from bottom to top, following the path shown in the image and emphasizing the problem areas. Use the brush to shape the body. Light bruising is normal. It is normal for the procedure to be painful during the first massages. This feeling of discomfort will subside with the treatments.  
\*Must cause reddening of the skin, otherwise the procedure will be useless!
- 05 SILWETA GEL Lipotonic gel**  
3 times a week: Apply 3 pumps per area (approximately 10 X 10 inches), cover with plastic wrap and leave on for 30 minutes. Once a day: Apply 1 pump per targeted area between wraps.



## TRANSITION AND POST-CARE MAINTENANCE

In order to maintain the results obtained, it is imperative to reduce the sessions gradually and to maintain regular maintenance thereafter. Decrease as follows :

### WEEK 1 and 2

Exfoliant once a week  
Oil and massage 3 times a week  
Gel every day

### WEEK 3

Exfoliant once a week  
Oil and massage 3 times a week  
Gel every day

### WEEK 4 and following

During the maintenance period :  
Exfoliate, massage and apply  
the gel once a week

- \* Repeat steps 1 to 5 until obtaining 80% result (2 to 4 weeks)
- \* There will be more dimpling and sagging at the start and this is normal, just go ahead and have confidence.
- \* Always treat the whole body with the exfoliant, oil and brush to properly remove toxins.
- \* Maintenance is essential to prevent the dimpling from returning to its initial state and having to start the entire protocol over.
- \* Do not use the tools on the back of the knee and in the armpits.

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