

DAVINCIA<sup>®</sup>  
NATHALIE FORGET

SILWETA CURE  
PROTOCOL

## SILWETA™ HOME PROTOCOL

Take a photo before starting the treatment.



Demo video

### 1. SILWETA 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

### 2. LIPOACTIV OIL™ Drains. Acts on dimpled skin and toxin-laden areas. Tones. Prevents bruising.

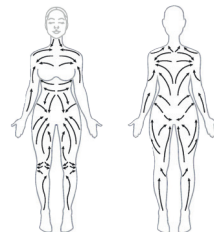
Apply the oil all over, avoiding the chest, massage in with your hands, pointing towards the waste traps, then massage in with your tools.

### 3. SUCTION CUP Decongests dimpled skin and storage areas

(5 min): Slowly massage the affected areas in a vertical, horizontal and then zigzag motion.

### 4. 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.



### 5. GUA SHA Defibrates, Sculpt, Drain

(5 min.) Use deep and superficial massage to direct toxins toward lymphatic waste traps.

### 6. 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 treatment includes 1 exfoliator, 1 oil, 2 gels, 1 brush, 1 Gua Sha and 1 suction cup (optional).**