



## SILWETA PROTOCOL HEALTHY LEGS

**01 ENERGIZING EXFOLIATOR™** Drains and prepares the skin to receive the active ingredients from other products.

On damp skin, apply all over the body, massage in, leave on for 5 minutes, rub while rinsing off.

**02 LIPOACTIV OIL™** Drains, works on dimpled skin and areas loaded with toxins, tones, prevents bruising and helps dissipate them when visible, promotes healthy legs.

Before sleep, lie on your bed or floor with your legs in the air or pressed against a wall. Apply the oil all over the legs, then drain by massaging from the ankles to the hips. Repeat 10 times per leg.

**03 LIPOTONIC REDUCING GEL™** Tones, decongests, refines, refreshes, relieves pressure in the legs.

Apply as needed to ankles and calves when you feel heavy and aching legs.  
\*Do not rinse.

### TRANSITION AND MAINTENANCE

#### WEEK 1 and 2

Complete protocol  
3 x week ( every 48 hrs ) except  
Exfoliant (1x week )

#### WEEK 3 onwards

Complete protocol  
1 x week minimum

\*To maintain the health/beauty of your legs, we recommend you perform this protocol at least once a week.

\*During the day, we recommend moving your legs and contracting your calves every hour. Avoid crossing your legs when sitting or staying in the same position for more than an hour, either sitting or standing. It's best to vary your positions. We recommend wearing compression stockings if you have to work on your feet for long periods.

\*Our tips and advice do not replace those of a recognized health professional. We encourage you to consult a health professional and always follow their recommendations.

The protocol includes 1 exfoliant, 1 oil, 1 gel .