

FACE & BODY
ROUTINES



FACE ROUTINES

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MY RADIANCE ROUTINE P4

ANTI-AGING ACTION

MY EYES SMOOTHING ROUTINE P5

MY ANTI-AGING FOREHEAD ROUTINE P6

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*Please carefully read the manual
before using your Wellbox® [S].*

> INSTRUCTIONS FOR THE FACE



The **suction power** must be adjusted depending on how you feel and on your skin quality. Be careful not to increase it too much on thin and mature skin.



These two pictograms are provided for information purposes only. They will guide you through the routine and indicate **which treatment head to use** according to the suction sequentiality you have selected.



Suction sequentiality is the number of aspirations per second. The higher the suction sequentiality, the closer to the skin surface will be the action; firmness or radiance.

Likewise, lower sequential suction will have a more in-depth action, ideal to fill in wrinkles.



For better tissue grab, **move the LIFT head following a dotted line** (with small hops, stopping 2-3 seconds on each point) while respecting the direction indicated by the white arrow.



The red lines indicate how to **position the flaps** when moving the treatment head. They must always be perpendicular to the wrinkle.



endermologie[®] cosmetics help to potentiate Wellbox[®][S]'s action. Once stimulated, the skin becomes more receptive to the active ingredients contained in the cosmetics.

RADIANCE ACTION

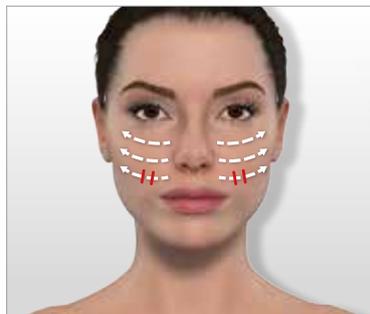
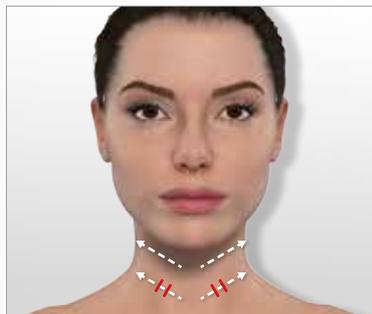
> MY RADIANCE ROUTINE 6 min



STEP 1: I clean and prepare my skin with the **Pre-Care Micellar Lotion**, which soothes and provides maximum moisturization to my skin.



STEP 2: RADIANCE CARE



[2]



2:00



[2]



2:00



[2]



2:00

P4

STEP 3: The **Total Eye Care** smoothes puffiness, wrinkles and dark circles from the eye **contour area**, my eyes are immediately refreshed.



STEP 4: The **Radiance Brightening Serum**, enriched with Vitamin C and the exclusive **LPG[®] Anti-Aging Complex**, brightens and evens my skin. It also can diminish my pigmentation spots.



STEP 5: Finally I apply the **Complete Correction Fluid SPF15** for an instantly-healthy glow. Lightly tinted, this fluid can smooth my skin's imperfections. Its city sun block (SPF 15) prevents the signs of aging by protecting from daily stresses.



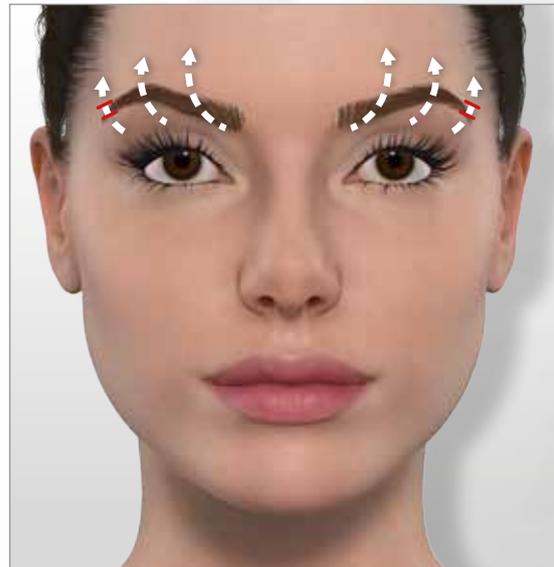
MY ANTI-AGING ACTION

> MY REFRESHED EYES ROUTINE 6 min

STEP 1: The **Pre-Care Micellar Lotion** should be used as a make-up remover/cleanser before each Wellbox[®][S] treatment. The gorse water soothes my skin and brings me maximum hydration.



STEP 2: REFRESHED EYES ROUTINE



P5

[1]       3:00

[1]       3:00

STEP 3: The **Total Eye Care** smoothes puffiness, wrinkles and dark circles from the **eye contour area**, my eyes are immediately refreshed.



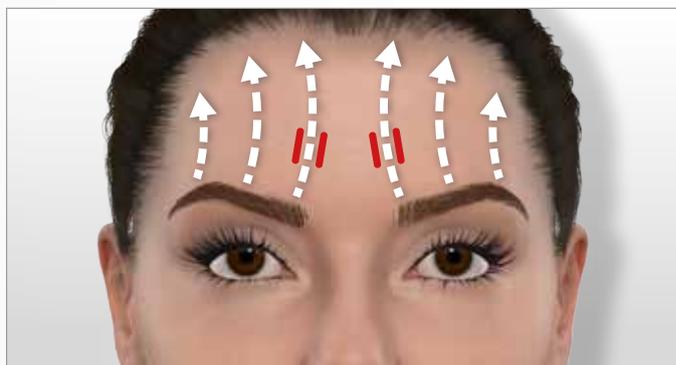
MY ANTI-AGING ACTION

> MY ANTI-AGING FOREHEAD ROUTINE 6 min

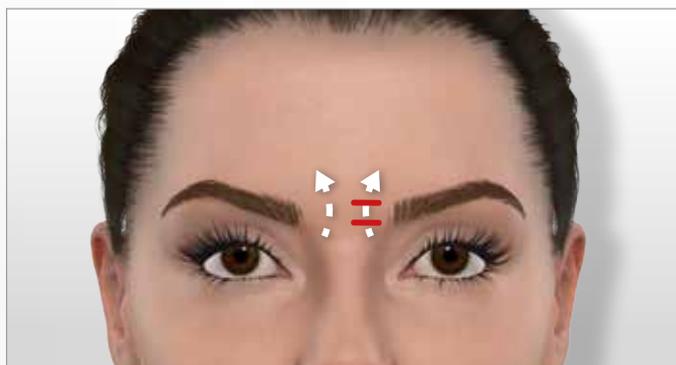
STEP 1: I clean and prepare my skin with the **Pre-Care Micellar Lotion**, which soothes and provides maximum moisturization to my skin.



STEP 2: ANTI-AGING FOREHEAD CARE



4:00



2:00

P6

STEP 3: The **Radiance Brightening Serum**, enriched with Vitamin C and the exclusive LPG[®] Anti-Aging Complex, brightens and evens my skin. It also can diminish my pigmentation spots.



STEP 4: Thanks to its exclusive hyaluronic acid-based LPG[®] Anti-aging Complex, the **Replenishing Firming Cream** restores volume, smoothes and redensifies my skin.



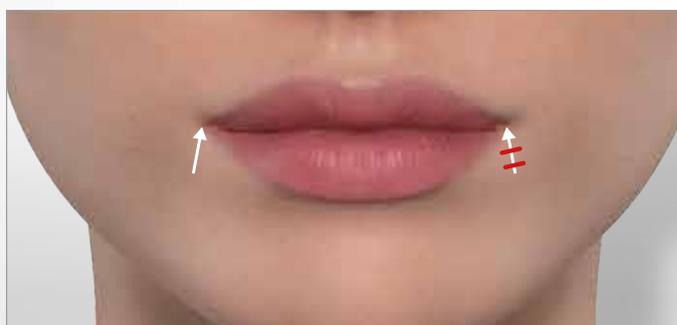
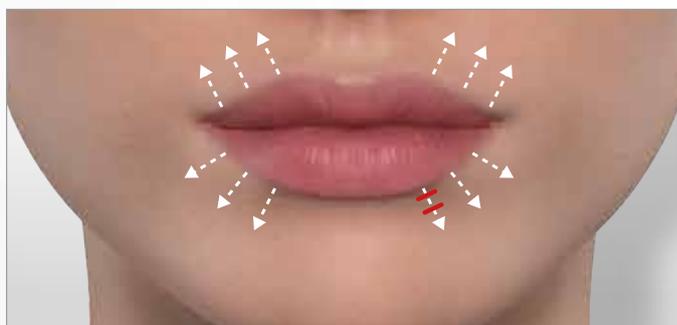
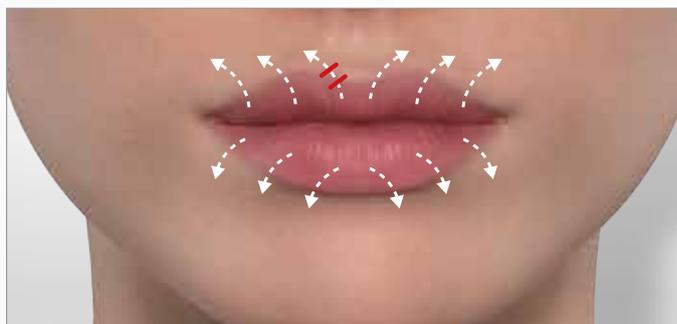
MY ANTI-AGING ACTION

> MY LIP CONTOUR ROUTINE 6 min

STEP 1: The **Pre-Care Micellar Lotion** should be used as a make-up remover/cleanser before each Wellbox[®][S] treatment. The gorse water soothes my skin and brings me maximum hydration.



STEP 2: LIP CONTOUR CARE



P7

STEP 3: Thanks to its exclusive hyaluronic acid-based LPG[®] Anti-aging Complex, the **Replenishing Firming Cream** restores volume, smoothes and redensifies my skin.



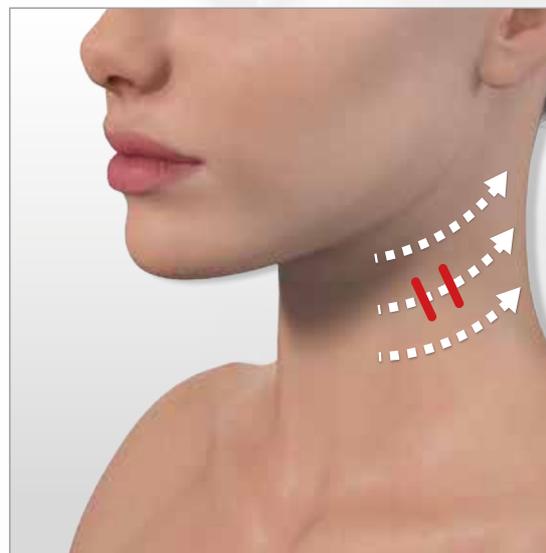
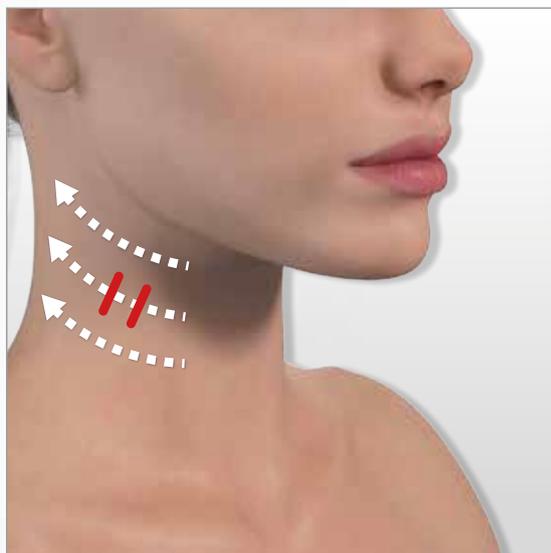
MY ANTI-AGING ACTION

> MY ANTI-AGING NECK ROUTINE **6 min**

STEP 1: I clean and prepare my skin with the **Pre-Care Micellar Lotion**, which soothes and provides maximum moisturization to my skin.



STEP 2: ANTI-AGING NECK CARE



P8

 [2]
 



 3:00

 [2]
 



 3:00

STEP 3: The **Radiance Brightening Serum**, enriched with Vitamin C and the exclusive LPG[®] Anti-Aging Complex, brightens and evens my skin. It also can diminish my pigmentation spots.



STEP 4: Thanks to its exclusive hyaluronic acid-based LPG[®] Anti-aging Complex, the **Replenishing Firming Cream** restores volume, smoothes and redensifies my skin.



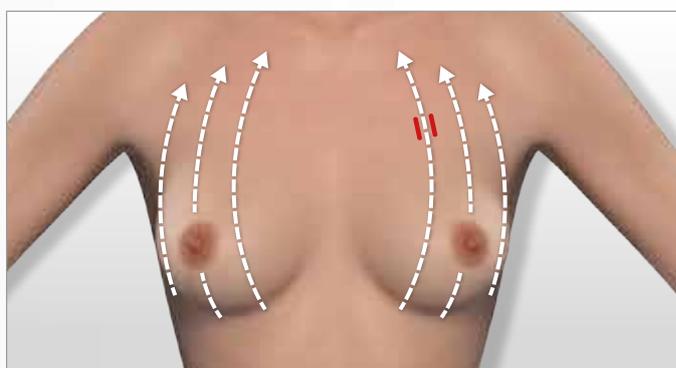
MY ANTI-AGING ACTION

> MY ANTI-AGING DÉCOLLETÉ ROUTINE **6 min**

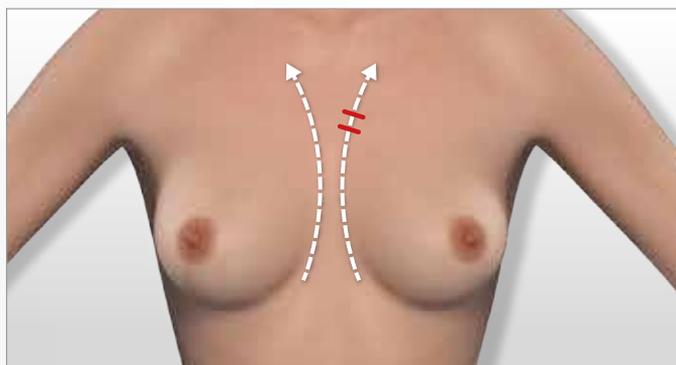
STEP 1: I clean and prepare my skin with the **Pre-Care Micellar Lotion**, which soothes and provides maximum moisturization to my skin.



STEP 2: ANTI-AGING DÉCOLLETÉ CARE



4:00



2:00

P9

STEP 3: The **Radiance Brightening Serum**, enriched with Vitamin C and the exclusive LPG[®] Anti-Aging Complex, brightens and evens my skin. It also can diminish my pigmentation spots.



STEP 4: Thanks to its exclusive hyaluronic acid-based LPG[®] Anti-aging Complex, the **Replenishing Firming Cream** restores volume, smoothes and redensifies my skin.



MY ANTI-AGING ACTION

> MY ANTI-AGING HAND ROUTINE 6 min

STEP 1: I clean and prepare my skin with the **Pre-Care Micellar Lotion**, which soothes and provides maximum moisturization to my skin.



STEP 2: ANTI-AGING HAND CARE



3:00



3:00

STEP 3: The **Radiance Brightening Serum**, enriched with Vitamin C and the exclusive LPG[®] Anti-Aging Complex, brightens and evens my skin. It also can diminish my pigmentation spots.



STEP 4: Thanks to its exclusive hyaluronic acid-based LPG[®] Anti-aging Complex, the **Replenishing Firming Cream** restores volume, smoothes and redensifies my skin.



MY ANTI-AGING ACTION

> MY ANTI-AGING FACE ROUTINE PREMIUM

12 min



DISCOVER IT IN THE VIDEO!

STEP 1: The **Pre-Care Micellar Lotion** should be used as a make-up remover/cleanser before each Wellbox[®][S] treatment. The gorse water soothes my skin and brings me maximum hydration.

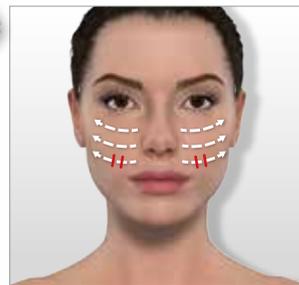


STEP 2: ANTI-AGING FACE CARE

[2]



[2]



[2]



[1]



[1]



STEP 3:

The **Total Eye Care** smoothes puffiness, wrinkles and dark circles from the eye contour area, my eyes are immediately refreshed.



STEP 4: The **Anti-aging Renewal Serum** concentrates 22% of active ingredients recognized for their anti-aging power. They act at the heart of the fibroblast to increase the production of collagen and elastin. This serum refines my skin, makes it brighter, better hydrated and my wrinkles are smoothed.



STEP 5: Thanks to its exclusive hyaluronic acid-based LPG[®] Anti-aging Complex, the **Replenishing Firming Cream** restores volume, smoothes and redensifies my skin.



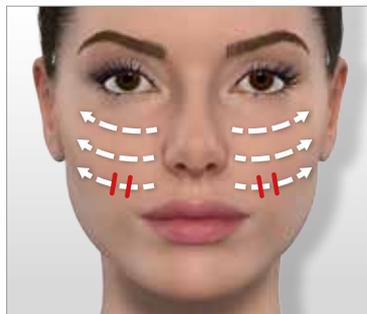
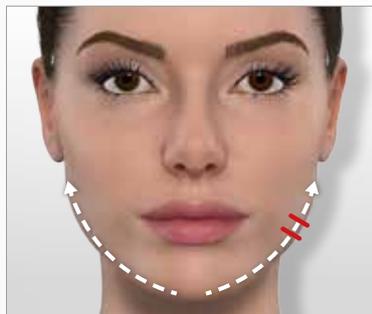
FIRMNESS ACTION

> MY FACE FIRMNESS ROUTINE 6 min

STEP 1: I clean and prepare my skin with the **Pre-Care Micellar Lotion**, which soothes and provides maximum moisturization to my skin.



STEP 2: FACE FIRMNESS CARE



[2]



3:00



[2]



3:00

P 12

STEP 3: The **Total Eye Care** smoothes puffiness, wrinkles and dark circles from the eye contour area, my eyes are immediately refreshed.



STEP 4: The **Radiance Brightening Serum**, enriched with Vitamin C and the exclusive LPG[®] Anti-Aging Complex, brightens and evens my skin. It also can diminish my pigmentation spots.



STEP 5: Thanks to its exclusive hyaluronic acid-based LPG[®] Anti-aging Complex, the **Tensing Firming Cream** provides an immediate lifting effect. It also visibly reshapes facial contours.



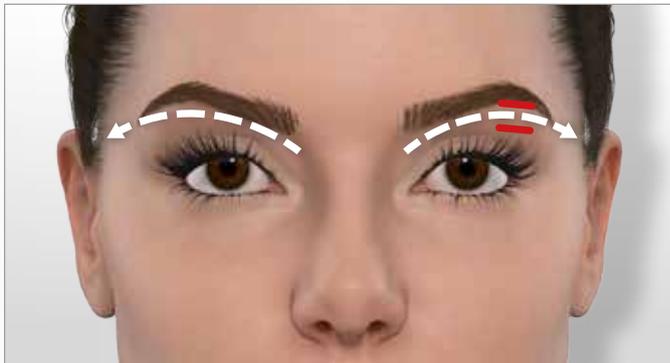
DETOX ACTION

> MY REFRESHED EYES ROUTINE 6 min

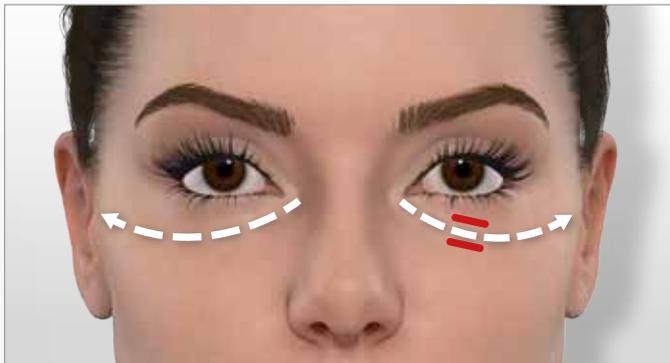
STEP 1: The **Pre-Care Micellar Lotion** should be used as a make-up remover/cleanser before each Wellbox[®][S] treatment. The gorse water soothes my skin and brings me maximum hydration.



STEP 2: REFRESHED EYES CARE



3:00



3:00

P 13

STEP 3: The **Total Eye Care** smoothes puffiness, wrinkles and dark circles from the eye contour area, my eyes are immediately refreshed.



DETOX ACTION

> MY DETOX ROUTINE 6 min



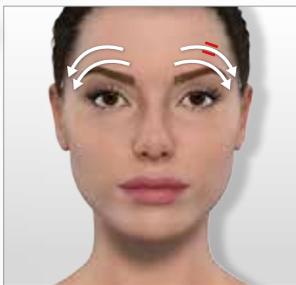
STEP 1: I clean and prepare my skin with the **Pre-Care Micellar Lotion**, which soothes and provides maximum moisturization to my skin.



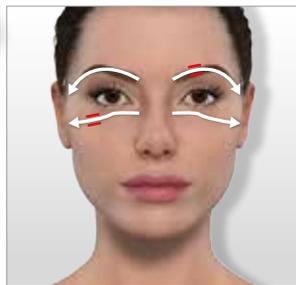
STEP 2: DETOX CARE



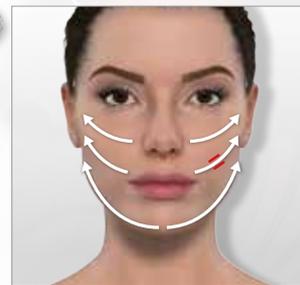
[1]



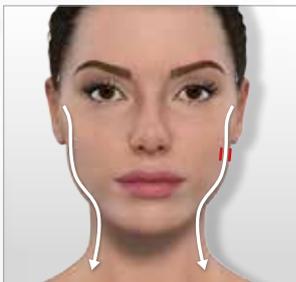
[1]



[2]



[2]



STEP 3:

The **Total Eye Care** smoothes puffiness, wrinkles and dark circles from the eye contour area, my eyes are immediately refreshed.



STEP 4: Thanks to the **Intense Hydrating Smoothing Serum**, my skin is durably moisturized and regains its luscious and smooth quality. Its hyaluronic acid film also protects my skin from external stresses.



STEP 5: Finally I apply the **Complete Correction Fluid SPF15** for an instantly-healthy glow. Lightly tinted, this fluid can smooth my skin's imperfections. Its city sun block (SPF 15) prevents the signs of aging by protecting from daily stresses.



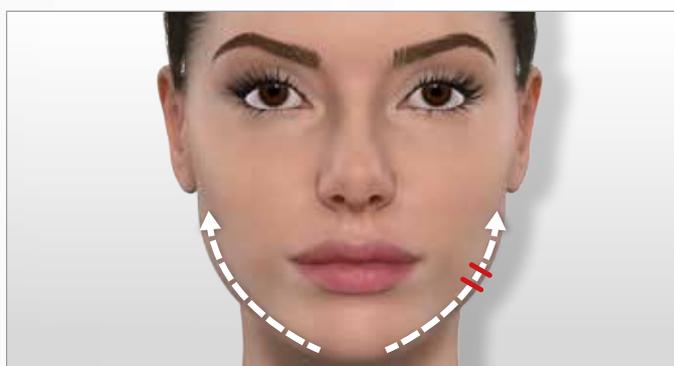
SLIMMING ACTION

> MY FACE RESCULPTING ROUTINE 6 min

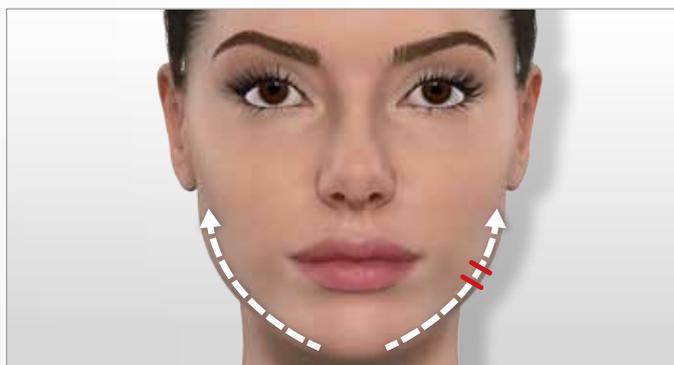
STEP 1: I clean and prepare my skin with the **Pre-Care Micellar Lotion**, which soothes and provides maximum moisturization to my skin.



STEP 2: FACE RESCULPTING CARE



4:00



2:00

P 15

STEP 3: The **Firming V-Shaping Cream** helps to release my double chin fat and allows me to firm my facial contours, thanks to the exclusive LPG[®] Anti-aging Complex.





BODY ROUTINES

INSTRUCTIONS FOR THE BODY P17

FIRMING ACTION

MY ARM FIRMING ROUTINE P18

MY STOMACH FIRMING ROUTINE P19

MY BUTTOCKS FIRMING ROUTINE P20

MY THIGH FIRMING ROUTINE P21

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MY TONED ARMS ROUTINE P22

MY FLAT STOMACH ROUTINE P23

MY ANTI-LOVE HANDLES ROUTINE P24

MY SLIMMER THIGHS ROUTINE P25

MY SLIMMER KNEES ROUTINE P26

MY SLIMMER CALVES ROUTINE P27

ANTI-CELLULITE ACTION

MY ANTI-CELLULITE BUTTOCKS ROUTINE P28

MY ANTI-CELLULITE THIGHS ROUTINE P29

MY ANTI-SADDLEBAGS ROUTINE P30

WELLBEING ACTION

MY LIGHT LEGS ROUTINE P31

*Please carefully read the manual
before using your Wellbox® [S].*



> INSTRUCTIONS FOR THE **BODY**



The suction power must be adjusted depending on how you feel and on your skin quality. Be careful not to increase it too much on sensitive areas, such as your inner arms and inner thighs.

These two pictograms are provided for information purposes only. They will guide you through the routine and indicate **which treatment head to use** according to the suction sequentiality you have selected.

Suction sequentiality is the number of aspirations per second. The higher the suction, the closer to the skin surface will be the action; firmness or radiance.

Likewise, lower sequential suction will have a more in-depth action, ideal to release resistant fat.

The white arrows indicate the direction that the treatment head must follow. **When using the ROLL3 head**, use the trigger to reverse the direction of the rollers.

The red lines indicate how to **position the rollers** when moving the treatment head.

endermologie[®] cosmetics help to potentiate Wellbox[®][S]'s action. Once stimulated, the skin becomes more receptive to the active ingredients contained in the cosmetics.

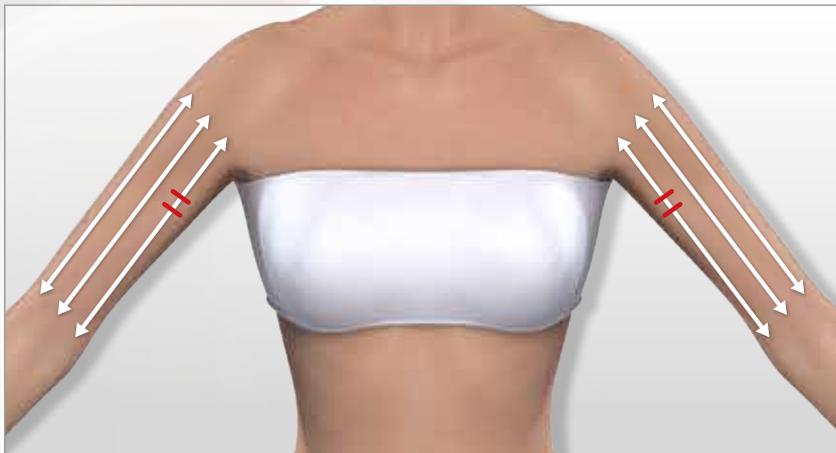
FIRMING ACTION

> MY ARM FIRMING ROUTINE **6 min**

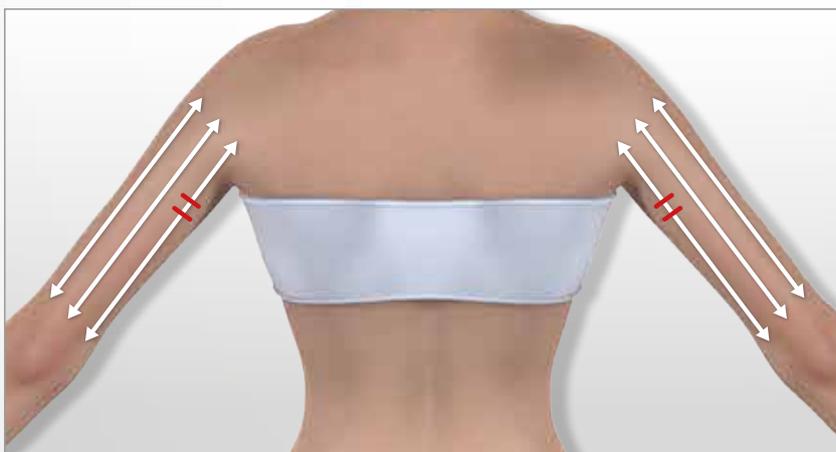
STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: ARM FIRMING CARE



3:00



3:00

STEP 3: I apply the **Firming Contour Fluid** on the treated area for an immediate and lasting lifting effect.



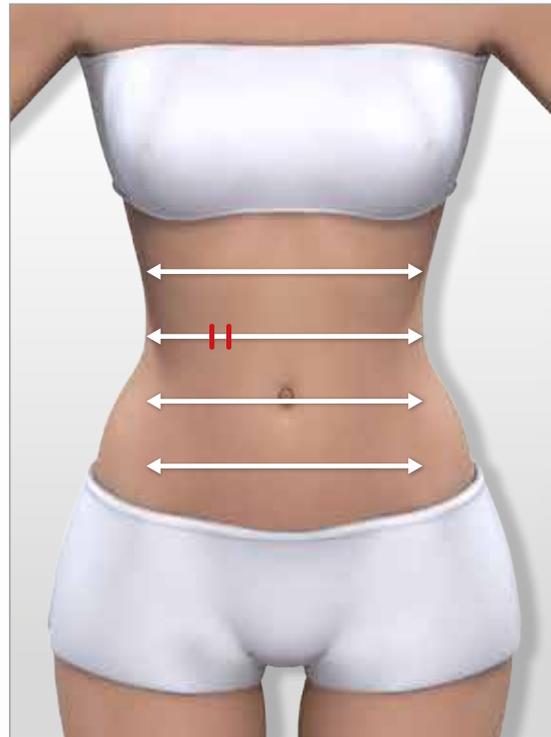
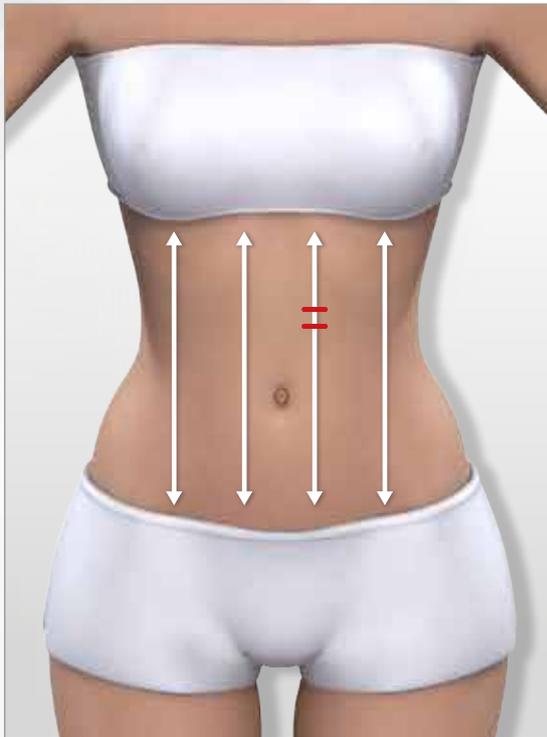
FIRMING ACTION

> **MY STOMACH FIRMING ROUTINE** **6 min**

STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: STOMACH FIRMING CARE



P 19


3




3:00


3




3:00

STEP 3: I apply the **Firming Contour Fluid** on the treated area for an immediate and lasting lifting effect.



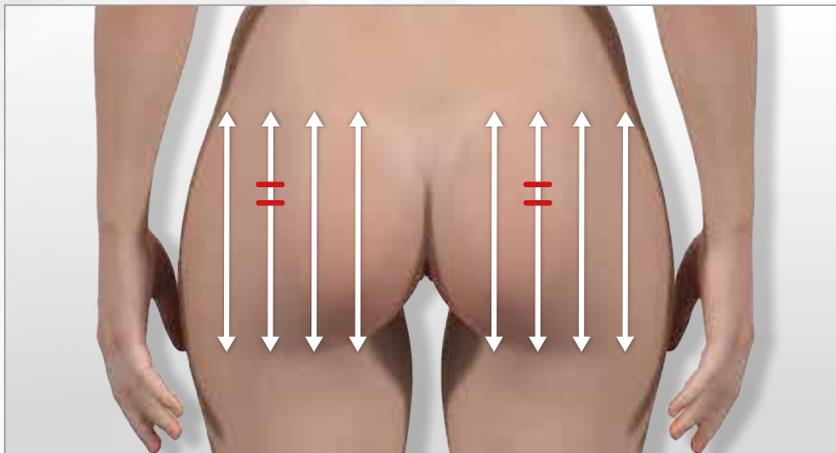
FIRMING ACTION

> MY BUTTOCKS FIRMING ROUTINE 6 min

STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).

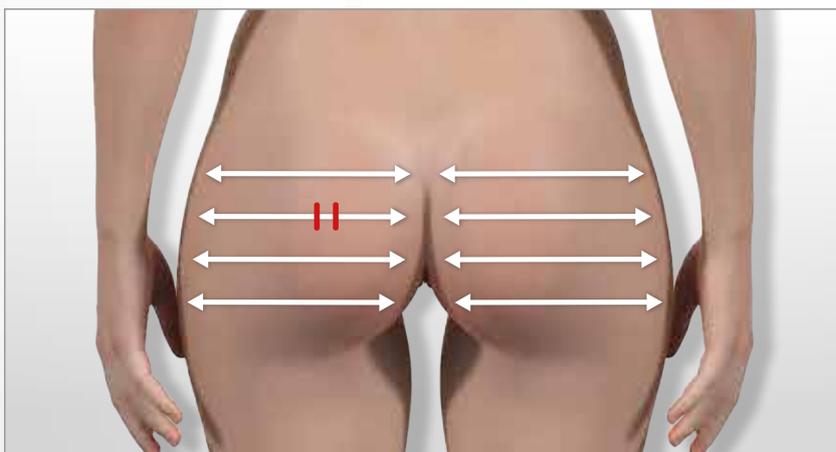


STEP 2: BUTTOCKS FIRMING CARE



3:00

P 20



3:00

STEP 3: I apply the **Firming Contour Fluid** on the treated area for an immediate and lasting lifting effect.



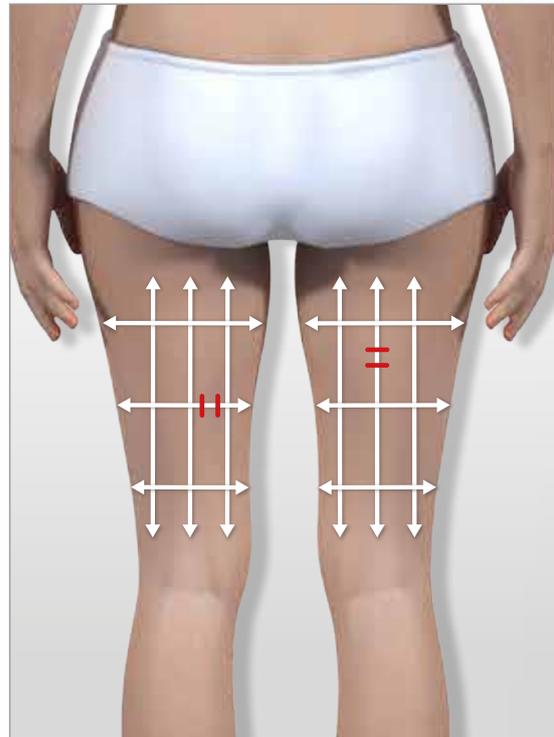
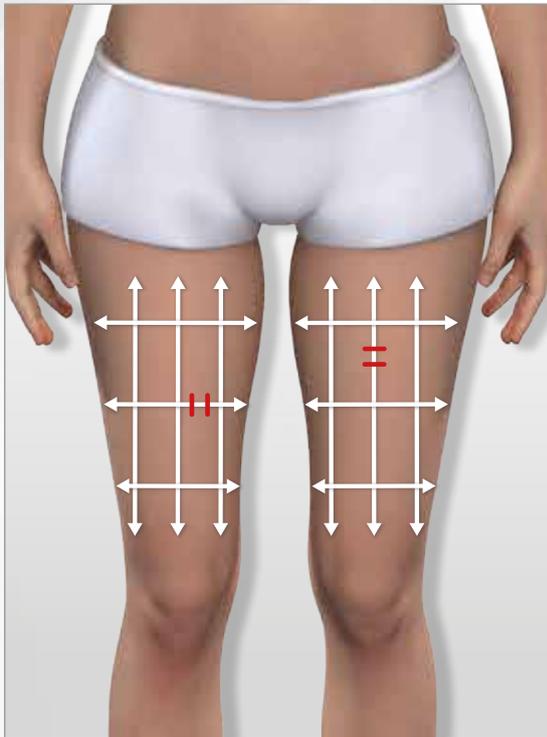
FIRMING ACTION

> MY THIGH FIRMING ROUTINE 6 min

STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: THIGH FIRMING CARE



P21


3




3:00


3




3:00

STEP 3: I apply the **Firming Contour Fluid** on the treated area for an immediate and lasting lifting effect.



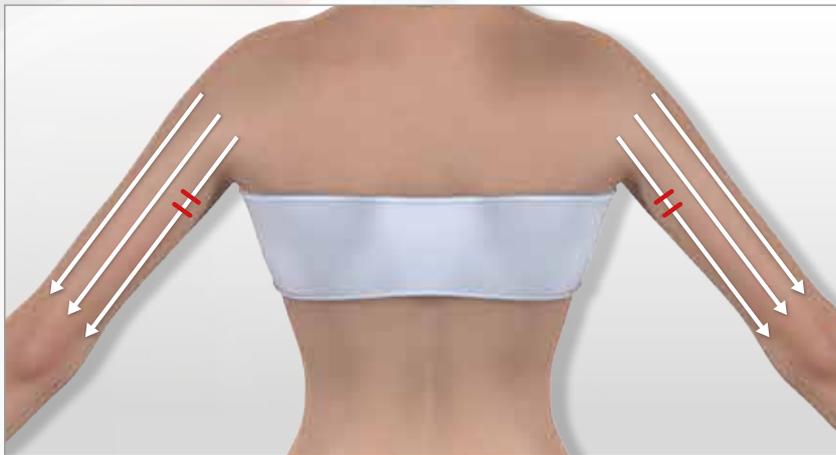
SLIMMING ACTION

> MY TONED ARMS ROUTINE **6 min**

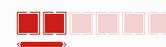
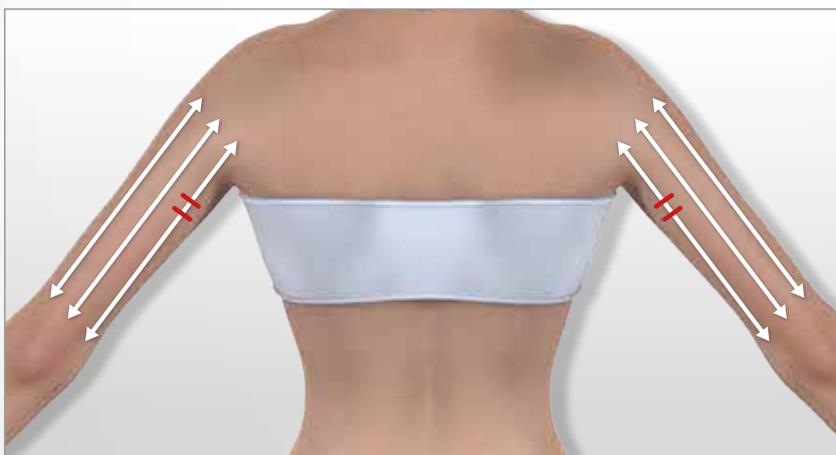
STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: TONED ARM ROUTINE



4:00



2:00

STEP 3: The exclusive LPG[®] Slimming Complex - containing pure caffeine, allows the **Body Shaping Gel** to reduce excess fat.



SLIMMING ACTION

> MY FLAT STOMACH ROUTINE

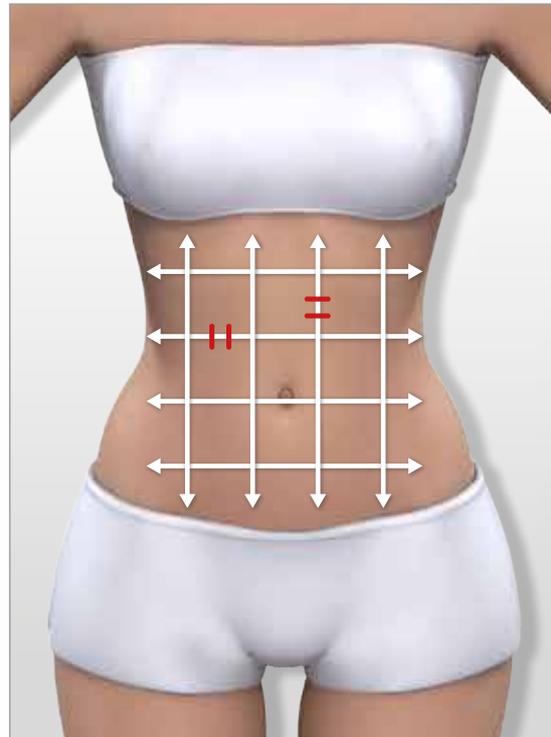
6 min

DISCOVER IT
IN THE VIDEO!

STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: FLAT STOMACH CARE



P23


3




4:00


3




2:00

STEP 3: The exclusive LPG[®] Slimming Complex - containing pure caffeine, allows the **Body Shaping Gel** to reduce excess fat.



SLIMMING ACTION

> MY ANTI-LOVE HANDLES ROUTINE **6 min**

STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: ANTI-LOVE HANDLES CARE



P24


3







2:00
ON EACH SIDE


3







1:00
ON EACH SIDE

STEP 3: The exclusive LPG[®] Slimming Complex - containing pure caffeine, allows the **Body Shaping Gel** to reduce excess fat.



SLIMMING ACTION

> MY SLIMMER THIGHS ROUTINE **6 min**

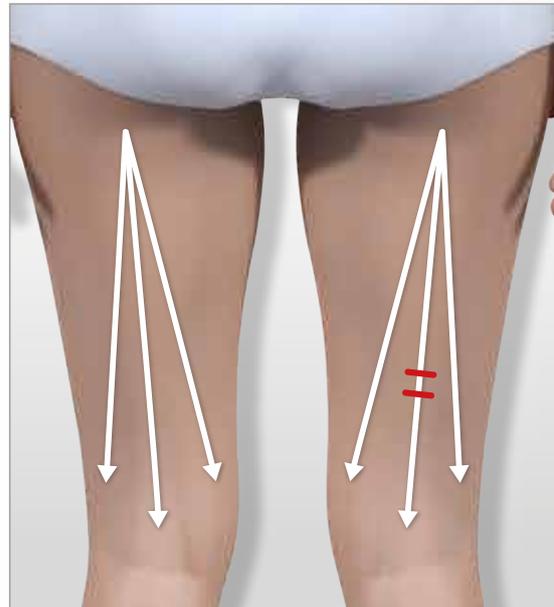
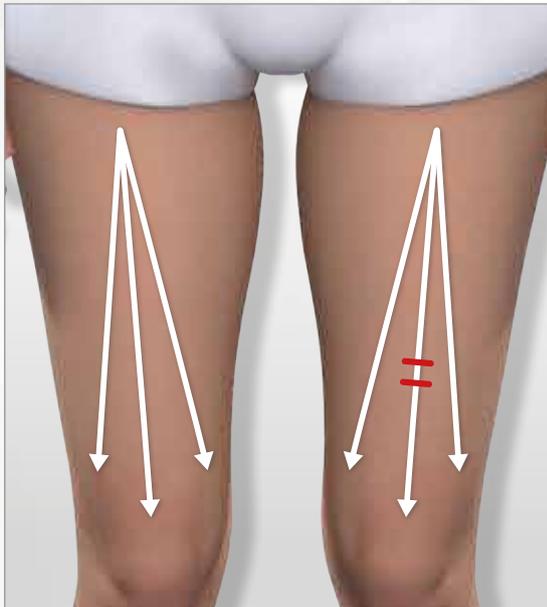
STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: SLIMMER THIGHS CARE



Very often slackening skin on the inside of the inner thighs is mistaken for a cellulite problem, when it actually is a lack of firmness. It is therefore not recommended to release fat or smooth this part of the body. You should instead you should opt for the **Firming Care**.



P25


3




3:00


3




3:00

It is highly recommended to firm the tissue after releasing fat. Think about finishing off your session with the THIGH FIRMING CARE.

STEP 3: The exclusive LPG[®] Slimming Complex - containing pure caffeine, allows the **Body Shaping Gel** to reduce excess fat.



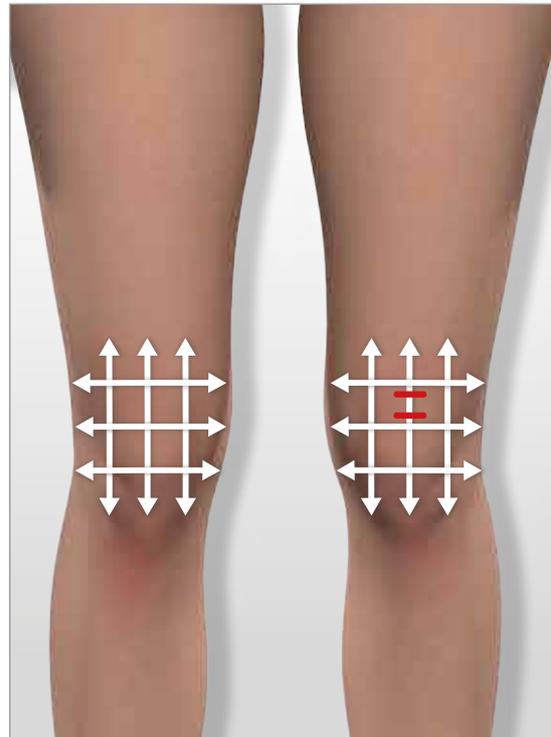
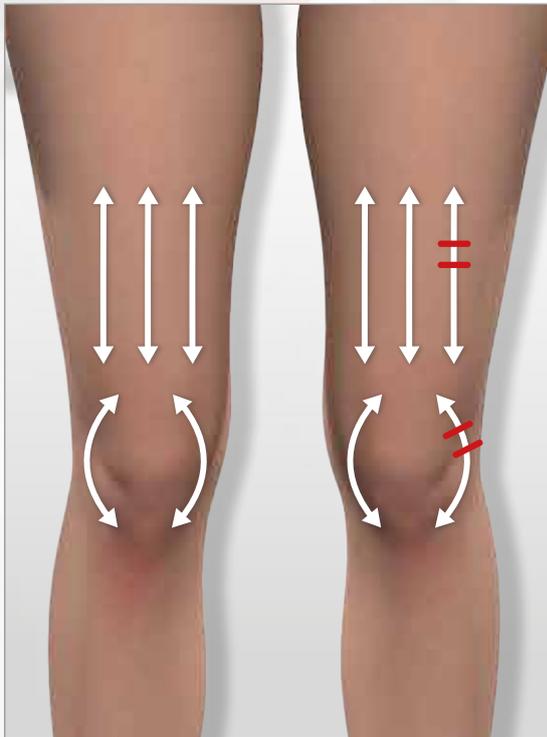
SLIMMING ACTION

> MY SLIMMER KNEES ROUTINE **6 min**

STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: SLIMMER KNEES CARE



P 26

② **4:00**

② **2:00**

STEP 3: The exclusive LPG[®] Slimming complex - containing pure caffeine, allows the **Body Shaping Gel** to reduce excess fat.



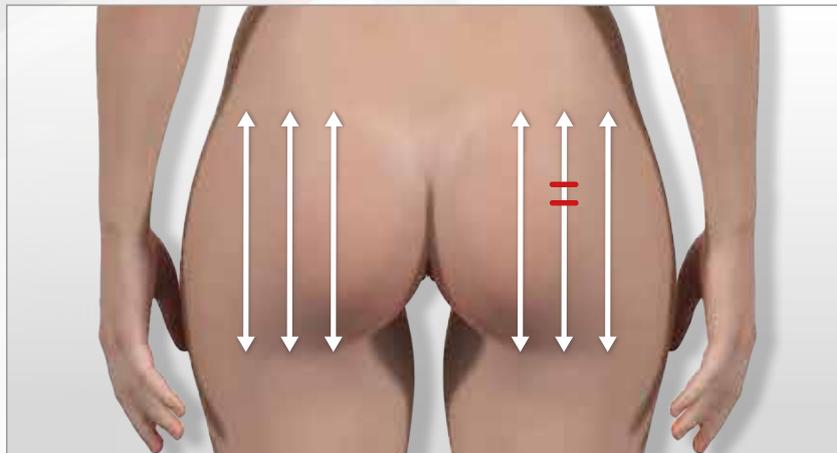
ANTI-CELLULITE ACTION

> MY ANTI-CELLULITE BUTTOCKS ROUTINE **6 min**

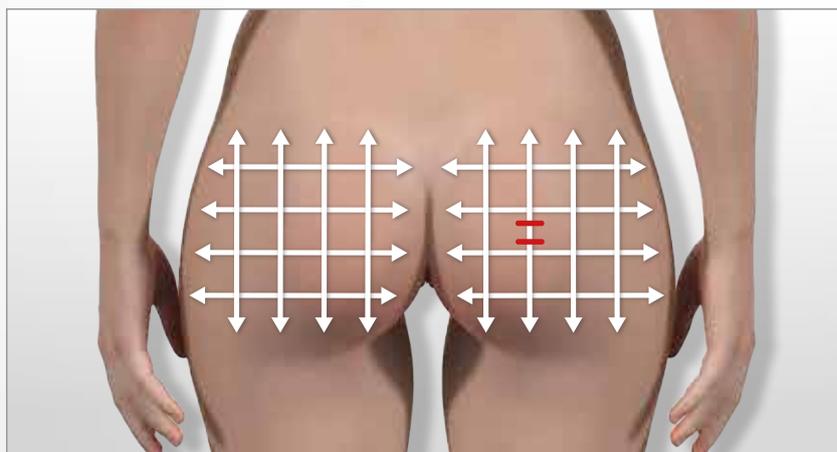
STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: ANTI-CELLULITE BUTTOCKS CARE



4:00



2:00

STEP 3: The exclusive LPG[®] Slimming Complex - containing pure caffeine, allows the **Orange Peel Smoothing Complex** to promote the elimination of fat and to smooth my cellulite.



ANTI-CELLULITE ACTION



> MY ANTI-CELLULITE THIGHS ROUTINE **6 min**

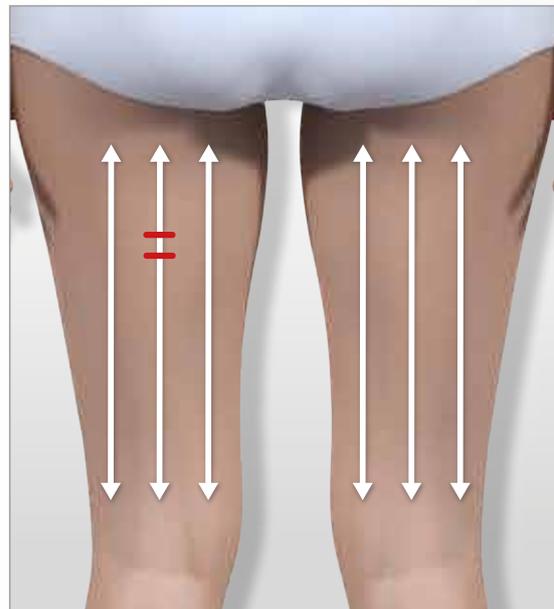
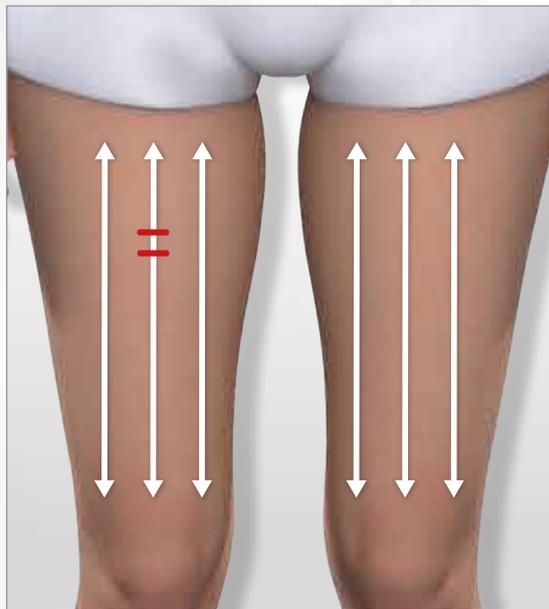
STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: ANTI-CELLULITE THIGHS CARE



Very often sagging skin on the inner thighs is mistaken for a cellulite problem, when it actually is a lack of firmness. It is therefore not recommended to release fat or smooth this part of the body. You should instead opt for the **Firming Care**.



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3

3:00

3

3:00

It is highly recommended to firm the tissue after releasing fat. Think about finishing off your session with the THIGH FIRMING CARE.

STEP 3: The exclusive LPG[®] Slimming Complex - containing pure caffeine, allows the **Orange Peel Smoothing Complex** to promote the elimination of fat and to smooth my cellulite.



ANTI-CELLULITE ACTION

> MY ANTI-SADDLEBAGS ROUTINE 6 min

STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: ANTI-SADDLEBAGS CARE



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3




2:00

ON EACH SIDE


3




1:00

ON EACH SIDE

STEP 3: The exclusive LPG[®] Slimming Complex - containing pure caffeine, allows the **Orange Peel Smoothing Complex** to promote the elimination of fat and to smooth my cellulite.



WELL-BEING ACTION

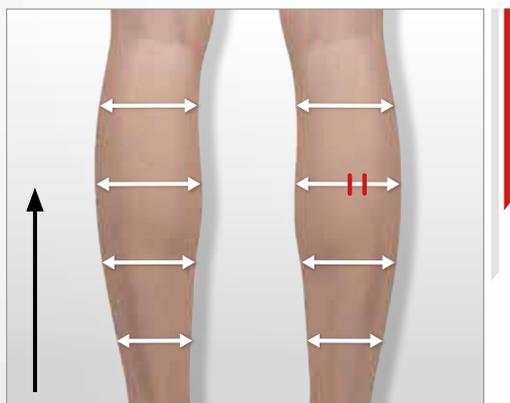
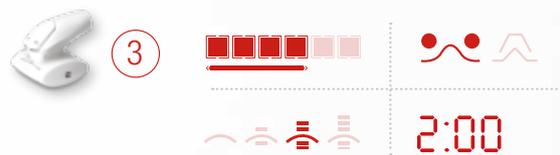
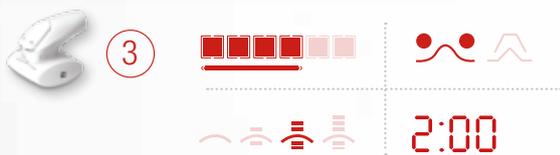
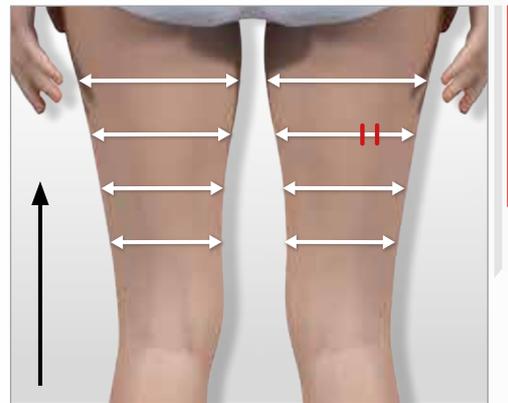
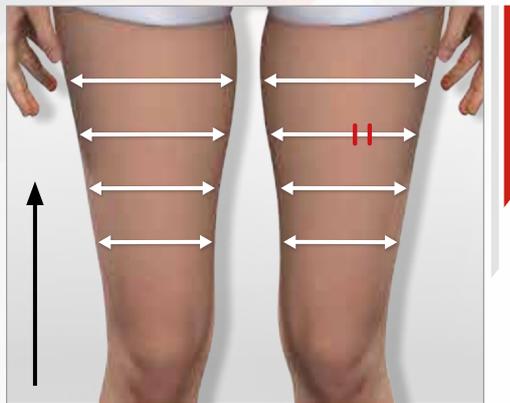
> MY LIGHT LEGS ROUTINE 6 min



STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: LIGHT LEGS CARE



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STEP 3: For maximum comfort, I spray the **Light Legs Mist** from the ankles upwards. It promotes stimulates micro-circulation and decongests my legs.





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