



FACE & BODY ROUTINES



FACE ROUTINES

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MY RADIANCE ROUTINE P4

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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.

GLOWING 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.



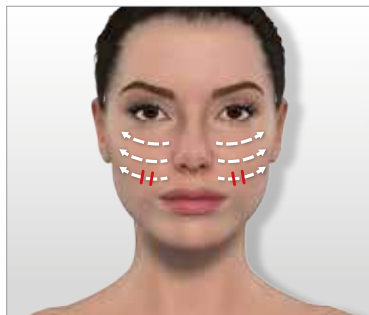
STEP 2: RADIANCE CARE



[2]



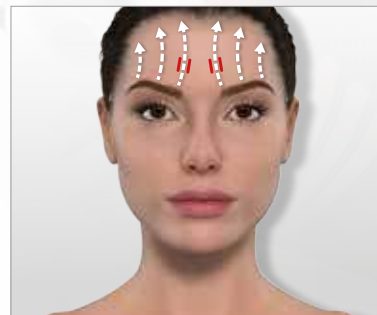
2:00



[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 a moisturizing care to rehanche the glowing effect.

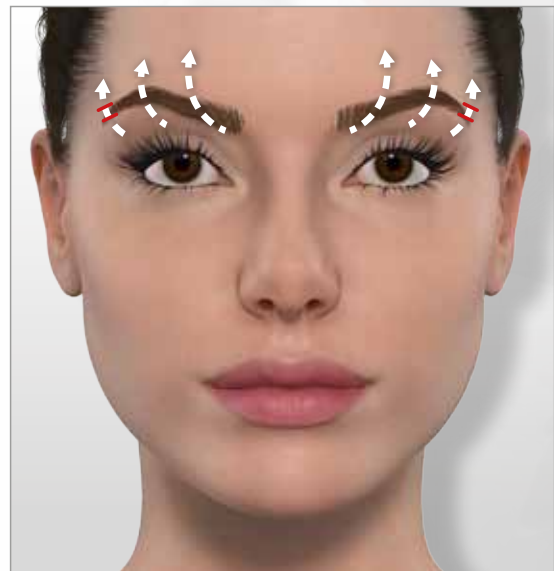
MY AGE DEFYING ACTION

> MY EYES SMOOTHING ROUTINE 6 min

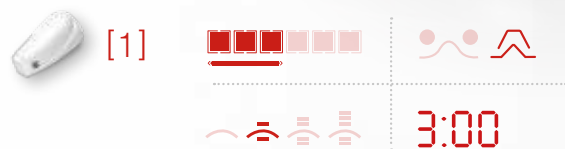
STEP 1: The **Pre-Care Micellar Lotion** should be used as a make-up remover/cleanser before each Wellbox[®][S] treatment. The gorse water soothes my skin and brings me maximum hydration.



STEP 2: EYES SMOOTHING CARE



P5



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



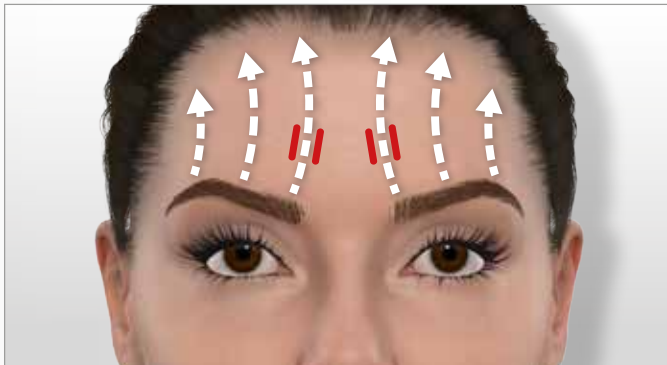
MY AGE DEFYING ACTION

> MY AGE DEFYING 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.



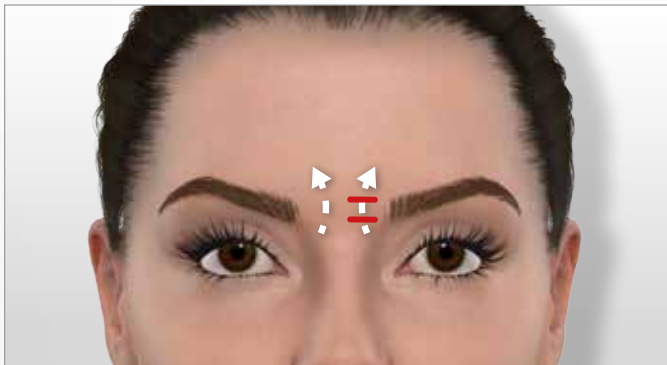
STEP 2: AGE DEFYING FOREHEAD CARE



[2]



4:00



[1]



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.



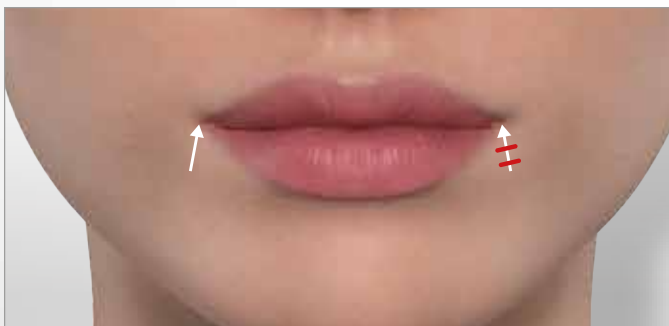
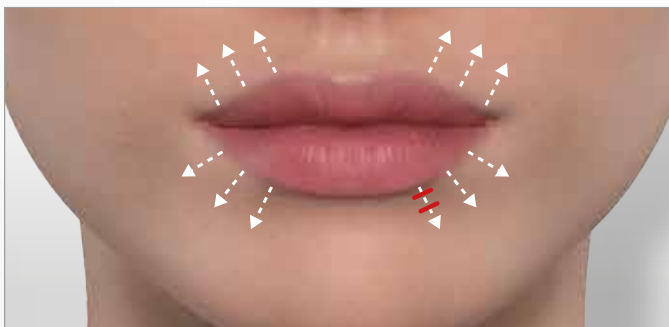
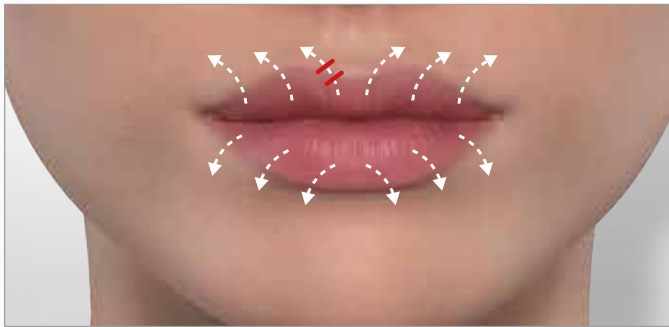
MY AGE DEFYING ACTION

> 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



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



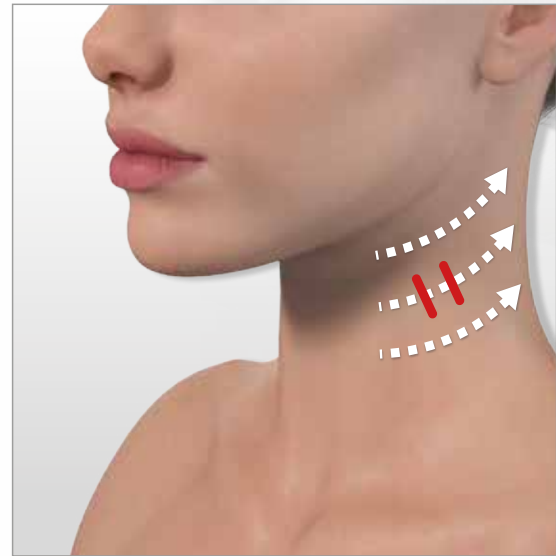
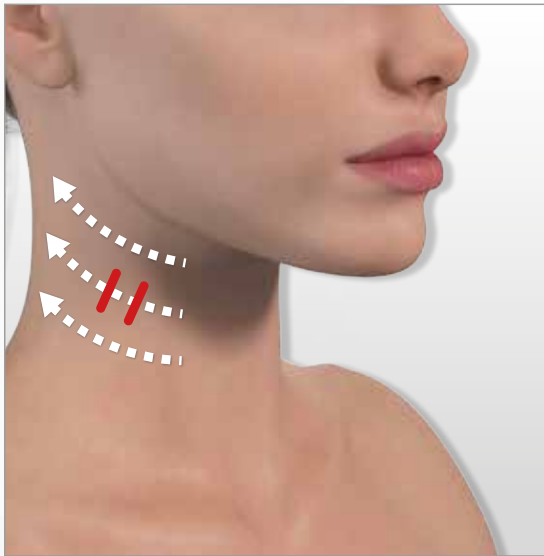
MY AGE DEFYING ACTION

> MY AGE DEFYING 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: AGE DEFYING NECK CARE



P8



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.



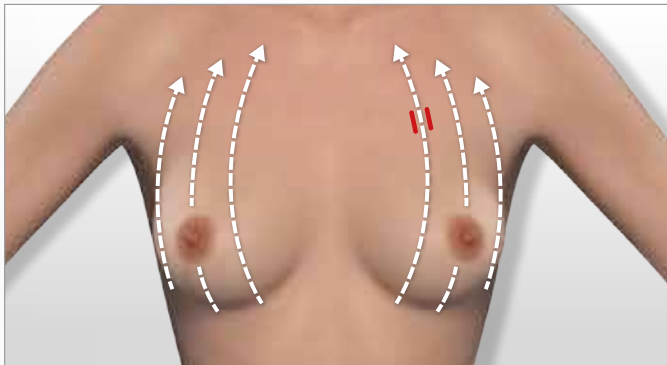
MY AGE DEFYING ACTION

> MY AGE DEFYING DÉCOLLETÉ ROUTINE 6 min

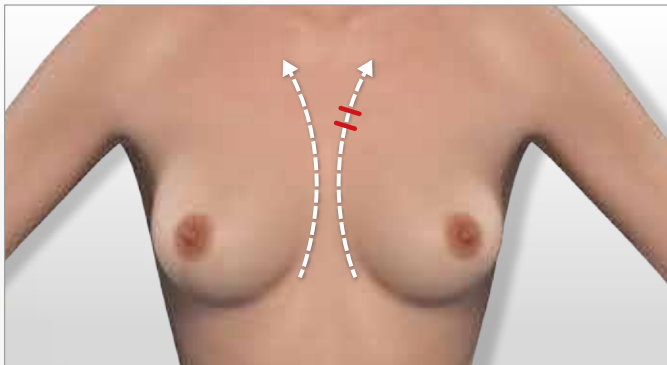
STEP 1: I clean and prepare my skin with the **Pre-Care Micellar Lotion**, which soothes and provides maximum moisturization to my skin.



STEP 2: AGE DEFYING 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.



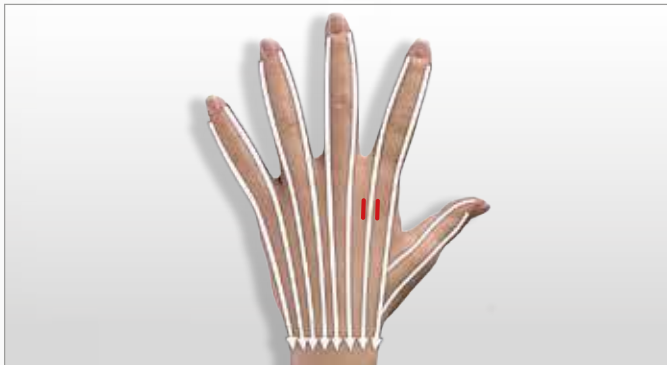
MY AGE DEFYING ACTION

> MY AGE DEFYING 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: AGE DEFYING HAND CARE



3:00



3:00

P 10

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 AGE DEFYING ACTION

> MY AGE DEFYING FACE ROUTINE **12 min**

PREMIUM

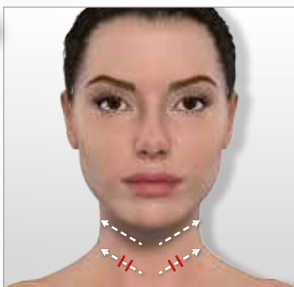
 DISCOVER IT
IN THE VIDEO!

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.

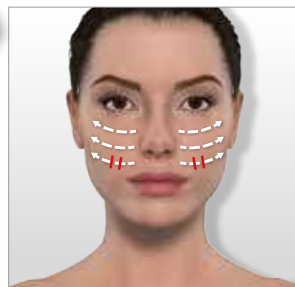


STEP 2: AGE DEFYING FACE CARE

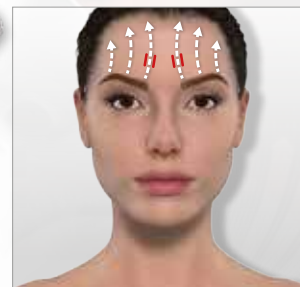
[2]



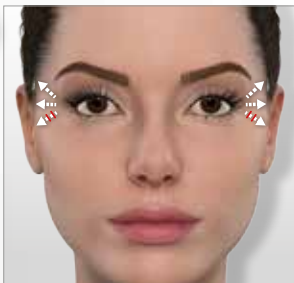
[2]



[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.



P11

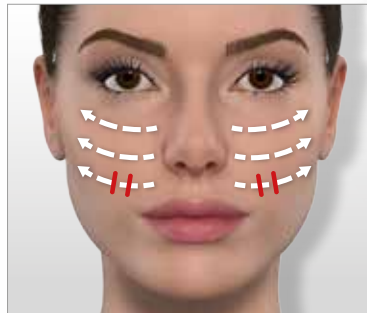
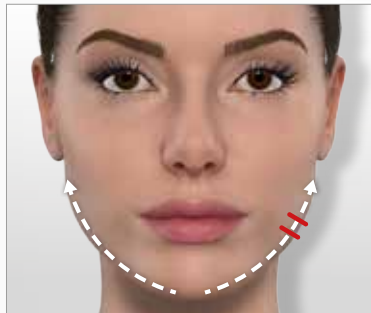
FIRMNESS ACTION

> 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.



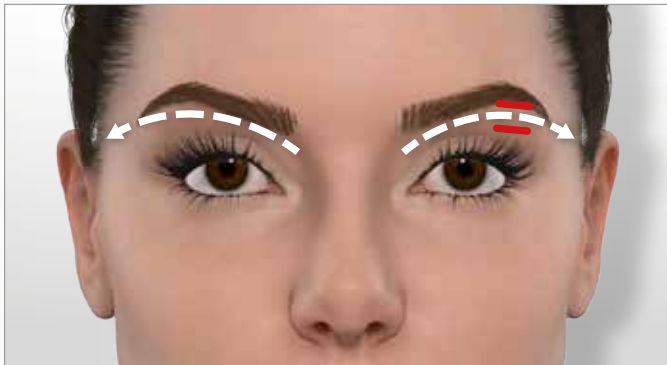
DETOX ACTION

> MY REFRESHED EYES ROUTINE 6 min

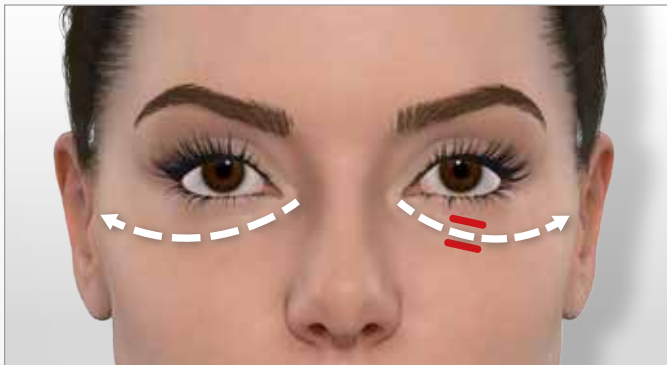
STEP 1: The **Pre-Care Micellar Lotion** should be used as a make-up remover/cleanser before each Wellbox[®][S] treatment. The gorse water soothes my skin and brings me maximum hydration.



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 FLUID MOBILIZATION ROUTINE 6 min



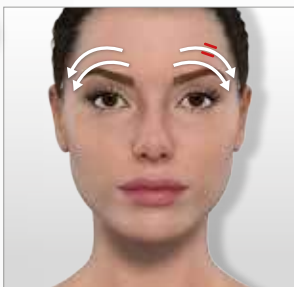
STEP 1: I clean and prepare my skin with the **Pre-Care Micellar Lotion**, which soothes and provides maximum moisturization to my skin.



STEP 2: FLUID MOBILIZATION CARE



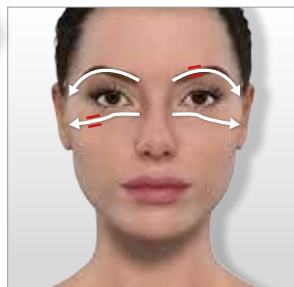
[1]



2:00



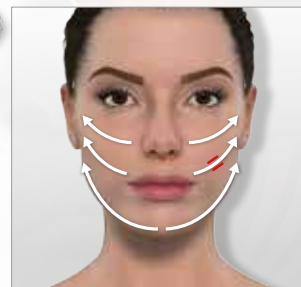
[1]



2:00



[2]



2:00



[2]



2:00

STEP 3:

The **Total Eye Care** smooths 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 a daycare to moisturize my skin.

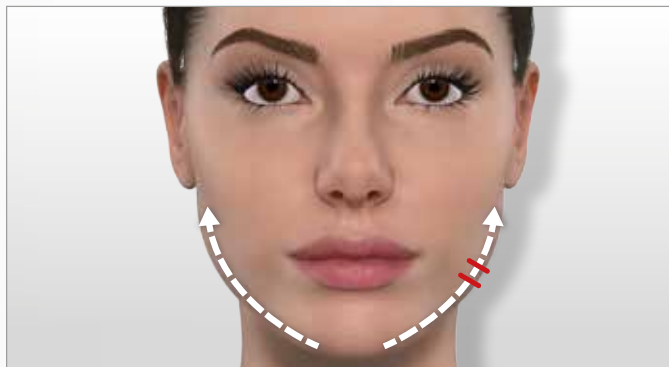
SHAPING ACTION

> MY FACE SHAPING ROUTINE 6 min

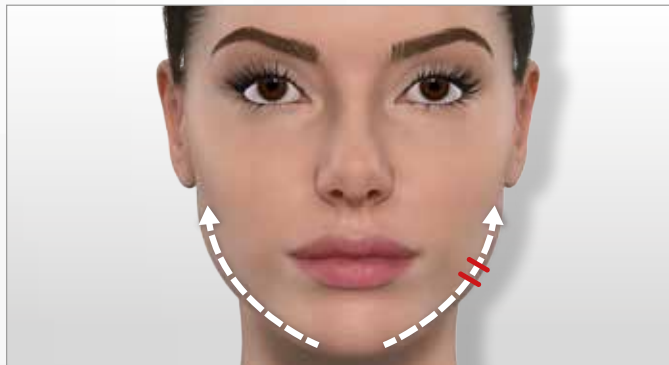
STEP 1: I clean and prepare my skin with the **Pre-Care Micellar Lotion**, which soothes and provides maximum moisturization to my skin.



STEP 2: FACE SHAPING 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

SHAPING ACTION

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 ORANGE PEEL ACTION

MY ANTI ORANGE PEEL BUTTOCKS ROUTINE P28

MY ANTI ORANGE PEEL THIGHS ROUTINE P29

MY ANTI-SADDLEBAGS ROUTINE P30

WELL-BEING 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.

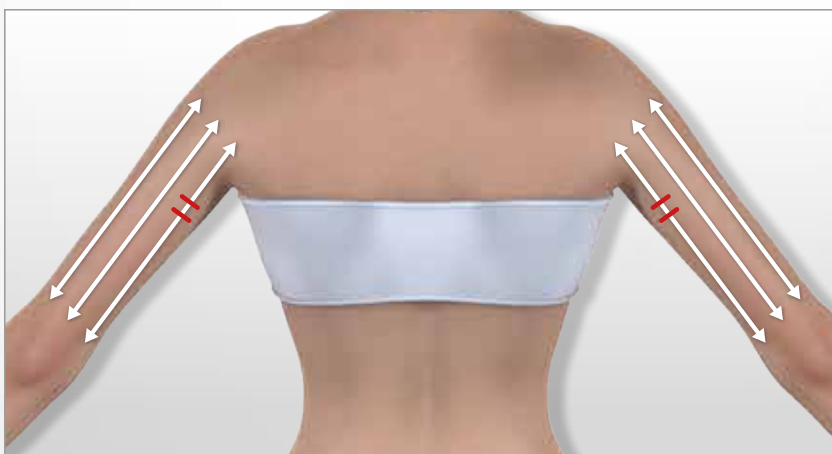
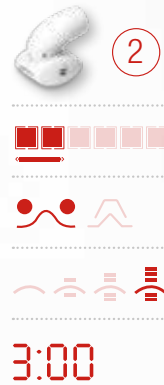
FIRMING ACTION

> 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



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



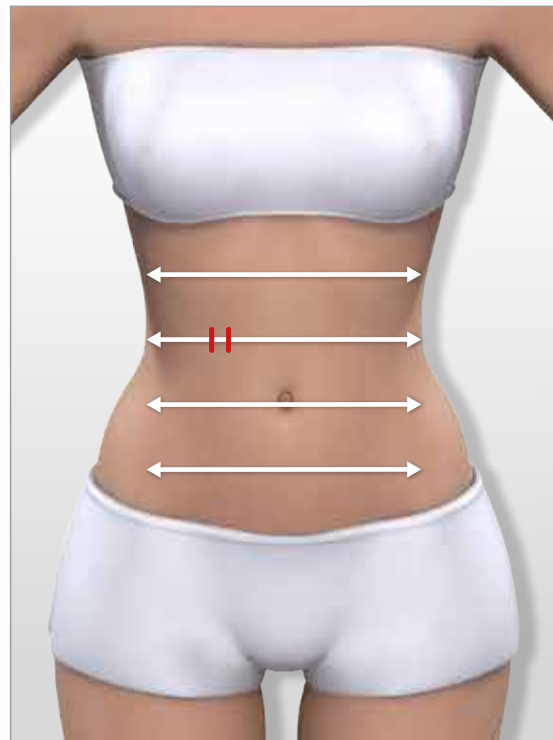
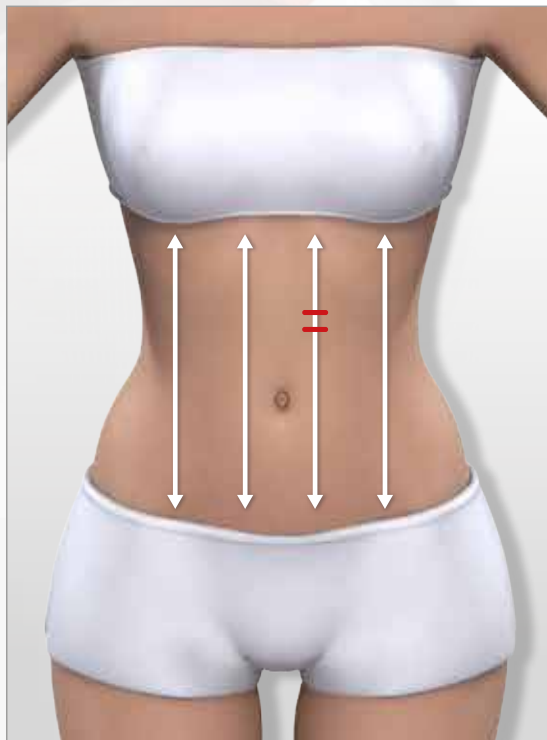
FIRMING ACTION

> 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



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



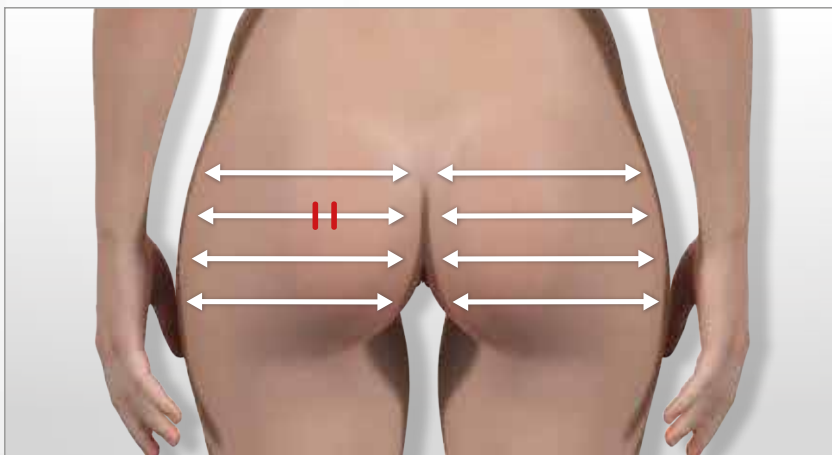
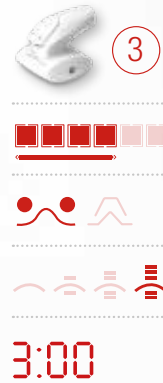
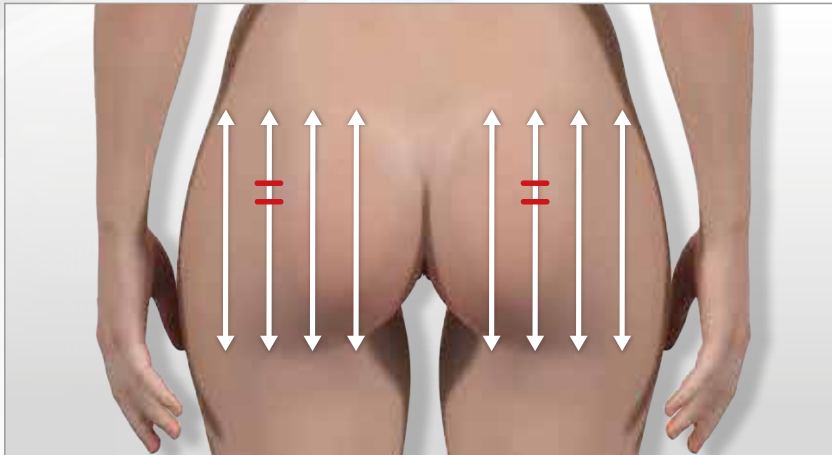
FIRMING ACTION

> 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



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



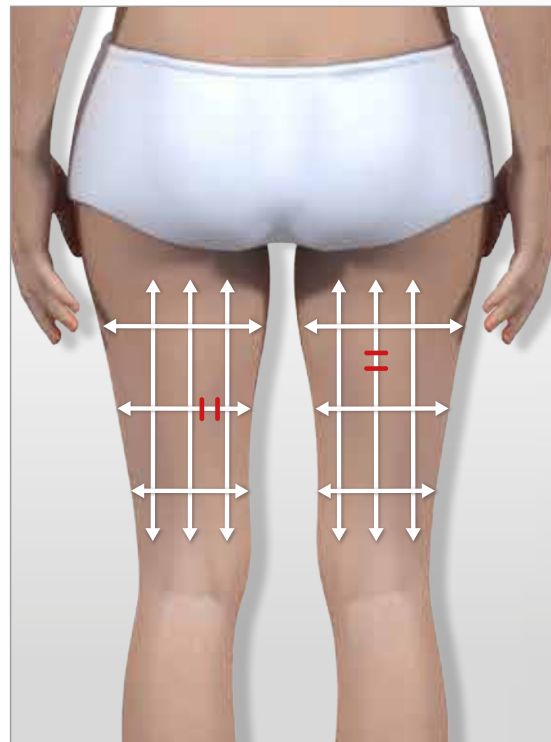
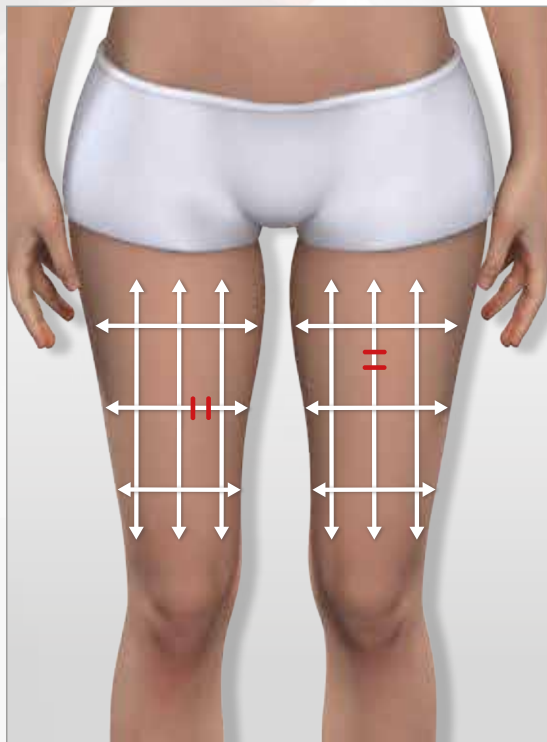
FIRMING ACTION

> 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



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



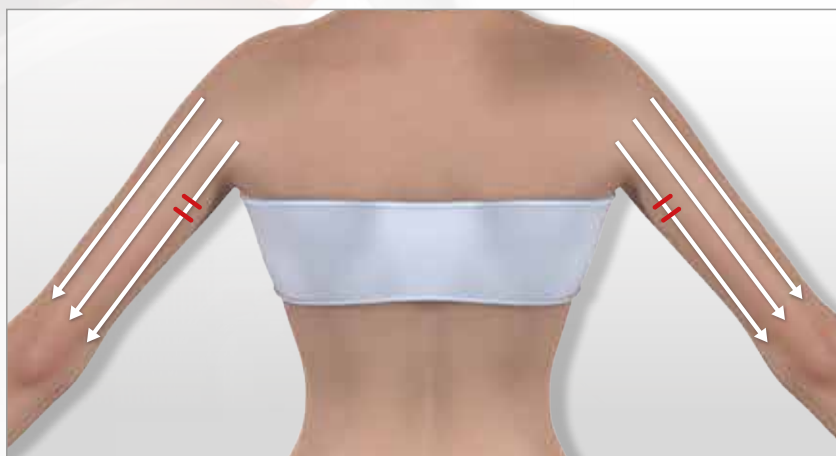
SHAPING ACTION

> 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



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



SHAPING ACTION

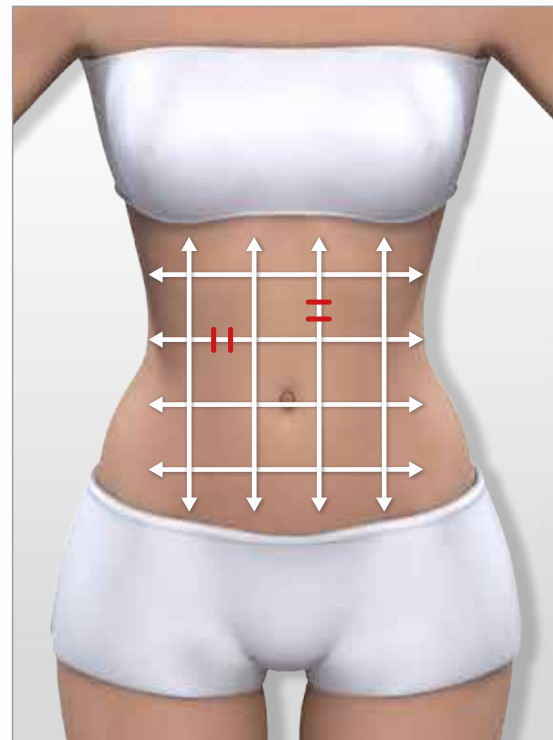
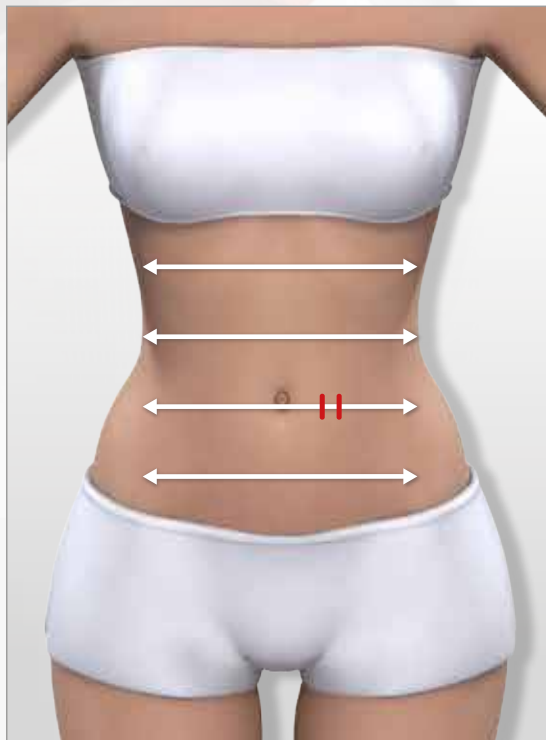
> MY FLAT STOMACH ROUTINE 6 min



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: FLAT STOMACH CARE



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



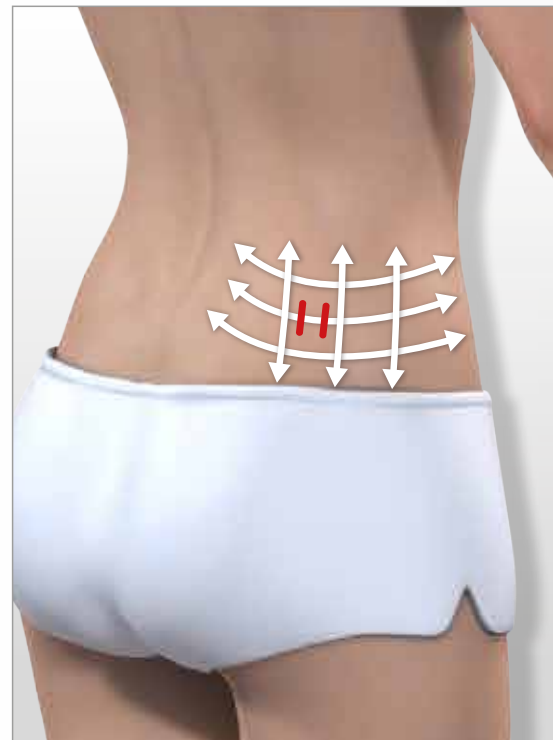
SHAPING ACTION

> MY ANTI-LOVE HANDLES ROUTINE 6 min

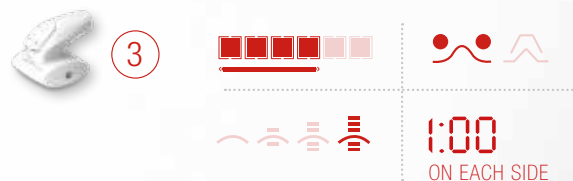
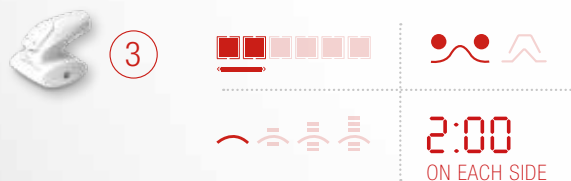
STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: ANTI-LOVE HANDLES CARE



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



SHAPING ACTION

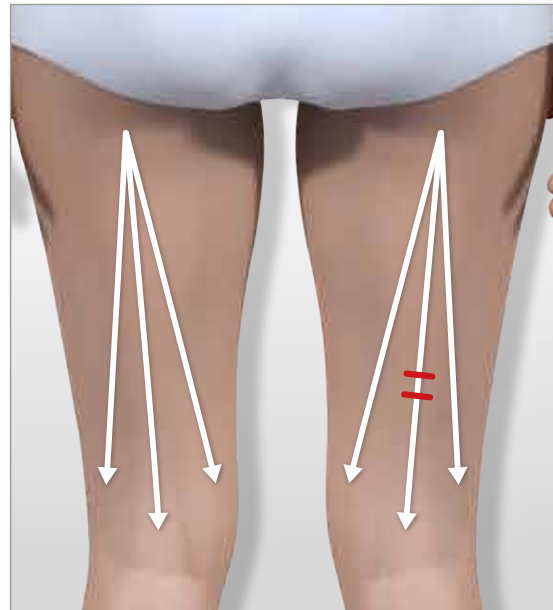
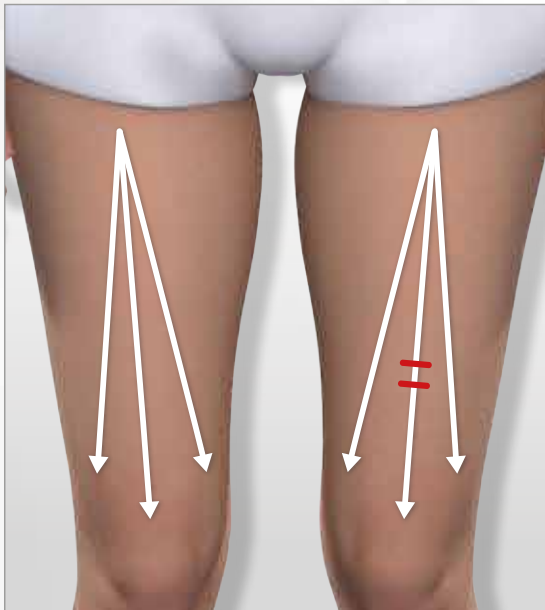
> MY SLIMMER THIGHS ROUTINE 6 min

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 ...).

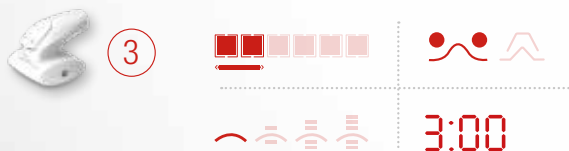


STEP 2: SLIMMER THIGHS CARE

i 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 opt for the thigh **Firming Care**.



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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.



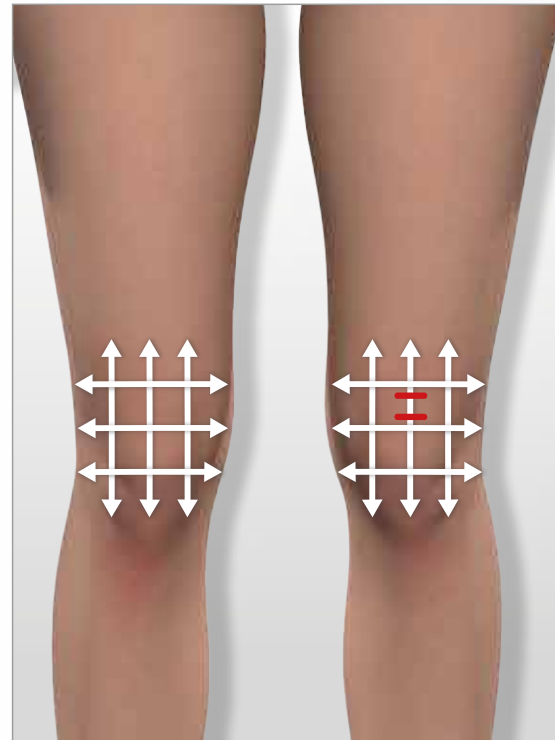
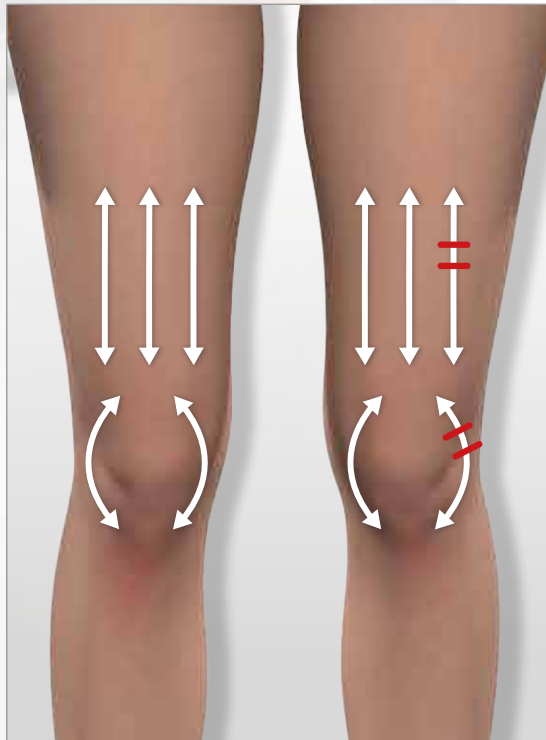
SHAPING ACTION

> MY SLIMMER KNEES ROUTINE 6 min

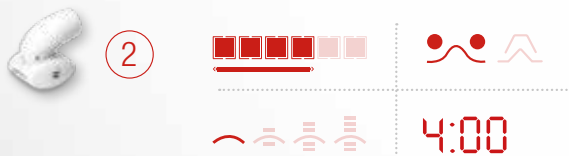
STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: SLIMMER KNEES CARE



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



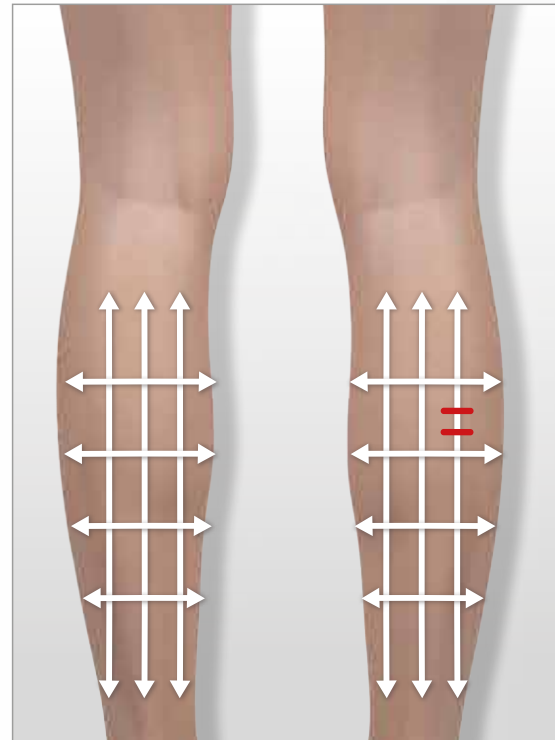
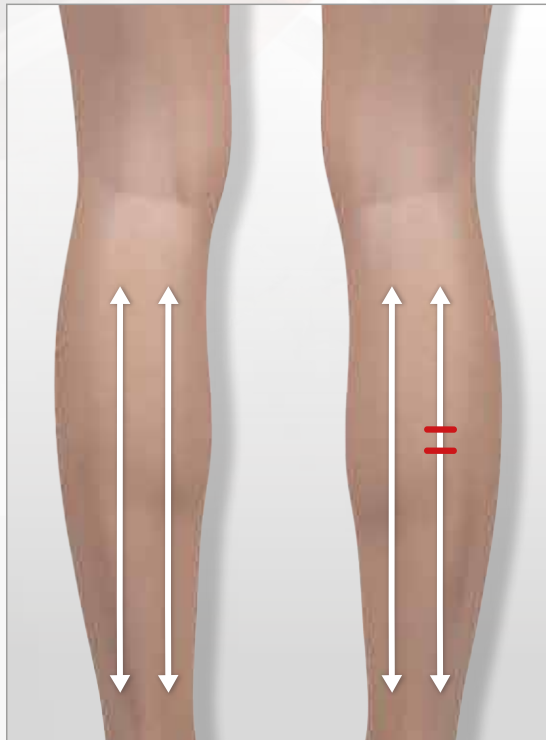
SHAPING ACTION

> MY SLIMMER CALVES 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 CALVES CARE



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STEP 3: Enriched with the exclusive LPG[®] Slimming Complex, the **Detox Draining Serum** helps to quickly and effectively eliminate the roundness of the whole body. It is associated with Escin whose draining action effectively fights my aqueous cellulite.



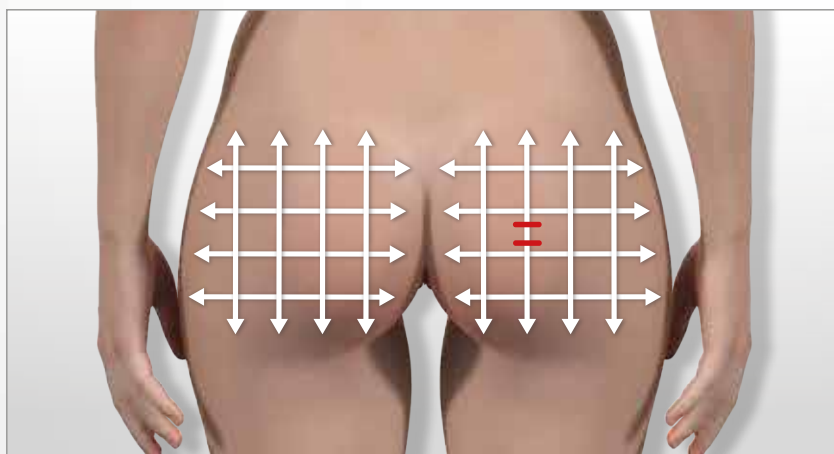
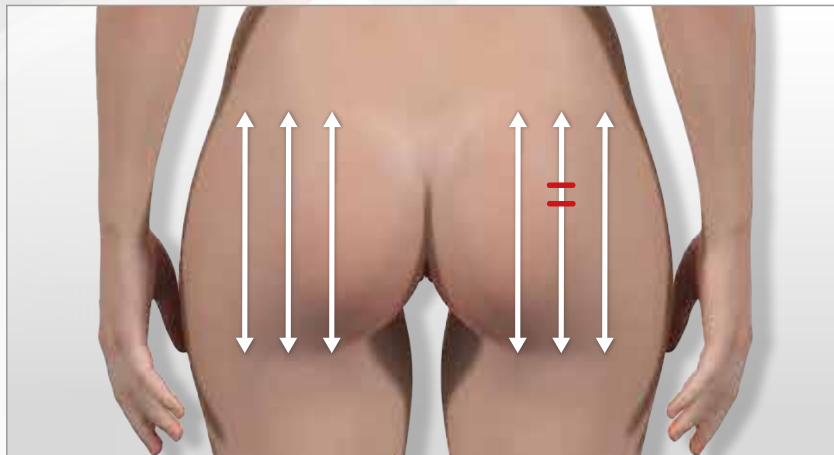
ANTI-ORANGE PEEL ACTION

> MY ANTI-ORANGE PEEL 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-ORANGE PEEL BUTTOCKS CARE



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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-ORANGE PEEL ACTION



> MY ANTI-ORANGE PEEL THIGHS ROUTINE 6 min

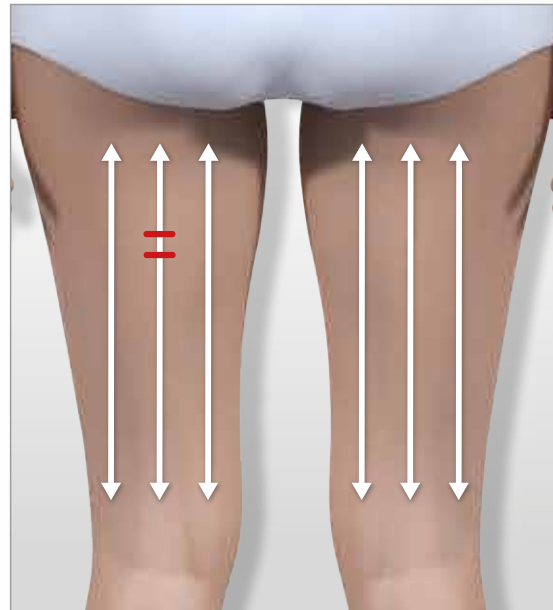
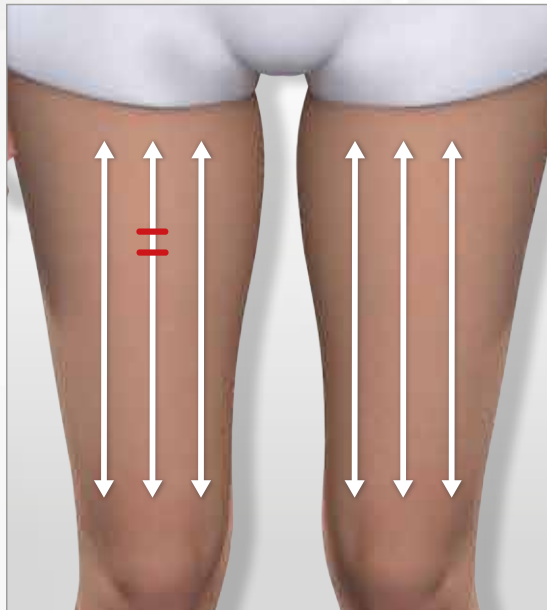
STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



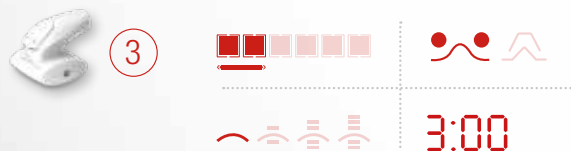
STEP 2: ANTI-ORANGE PEEL THIGHS CARE



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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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-ORANGE PEEL ACTION

> MY ANTI-SADDLEBAGS ROUTINE 6 min

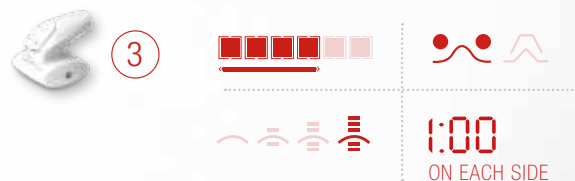
STEP 1: Every morning, I apply my **Glowing Resurfacing Body Cream**, for a new skin effect day after day. Its micro-peeling action acts effectively on my small skin imperfections (stretch marks, scars ...).



STEP 2: ANTI-SADDLEBAGS CARE



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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

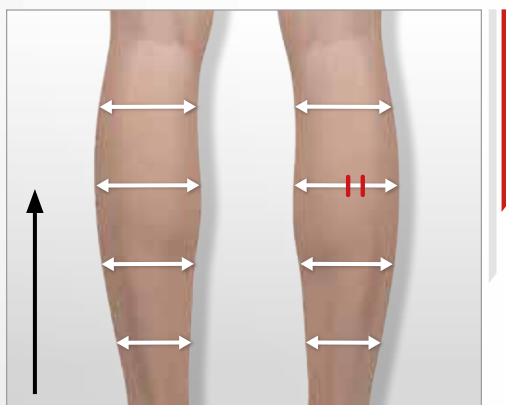
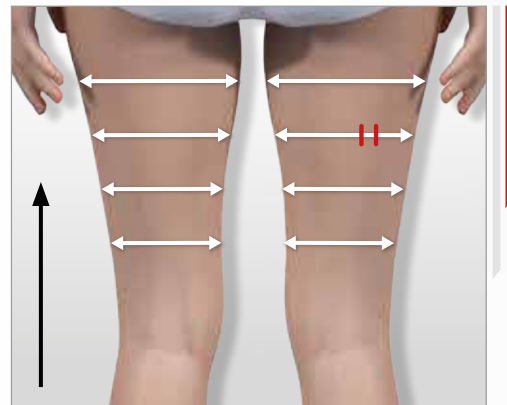
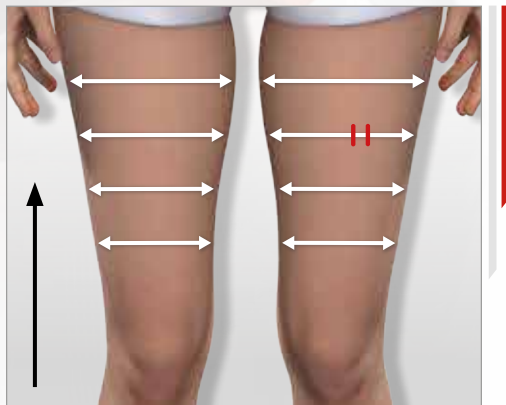
> MY LIGHT LEGS ROUTINE 6 min



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



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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