

FACE

ROUTINES

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BODY

ROUTINES

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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.

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

PREMIUM

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



STEP 2



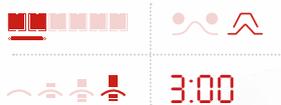
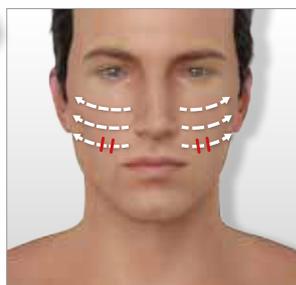
[2]



STEP 3



[2]



STEP 4



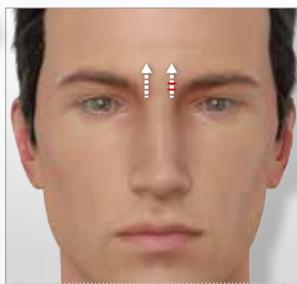
[2]



STEP 5



[1]



STEP 6



[1]



STEP 7:

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



STEP 8: The **Radiance Brightening Serum**, enriched with Vitamin C and the exclusive LPG[®] Anti-aging Complex, brightens and evens my skin. It can also diminish pigmentation spots.



STEP 9: Thanks to its exclusive hyaluronic acid-based LPG[®] Anti-aging Complex, the **Replenishing Firming Cream** restores volume, smoothness and replenishes my skin.

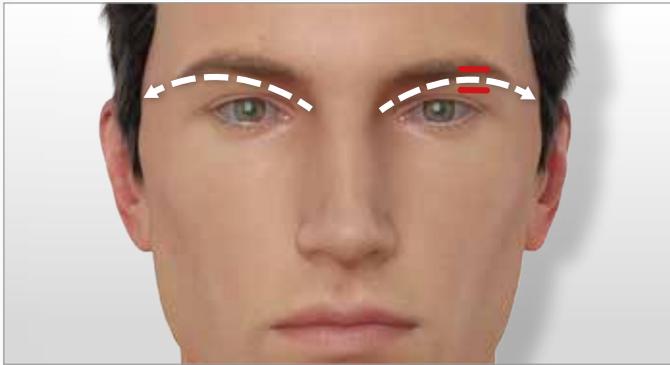


> **MY REFRESHED EYES ROUTINE** **6 min**

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

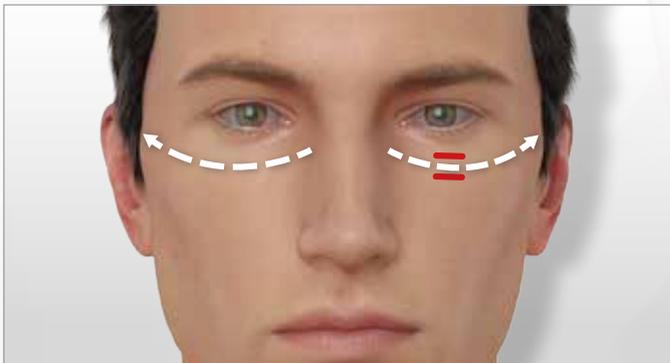


STEP 2



3:00

STEP 3



3:00

P4

STEP 4: The **Total Eye Care** smoothes puffiness, wrinkles and dark circles from the eye contour area, my eyes are immediately refreshed.

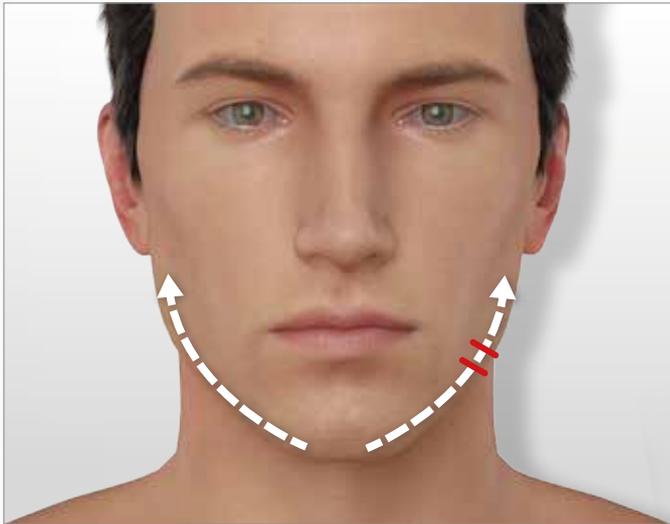


> **MY FACE SHAPING ROUTINE** 6 min

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



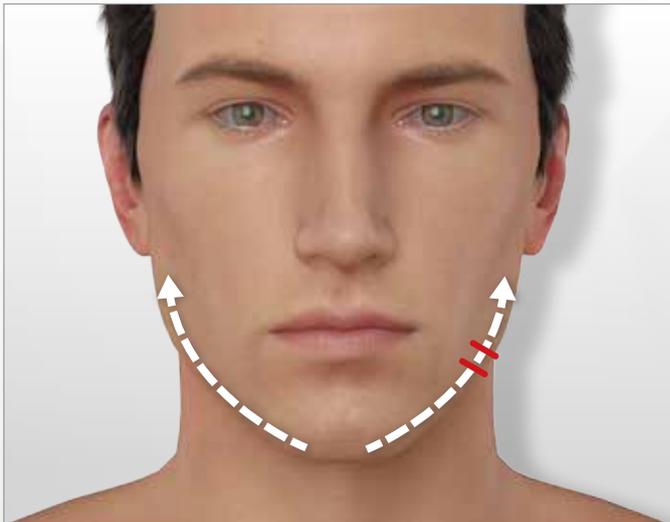
STEP 2



4:00

P5

STEP 3



2:00

STEP 4: 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.

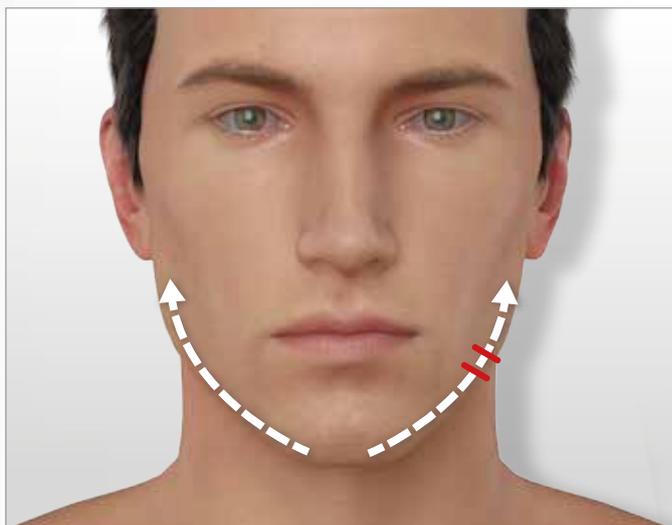


> **MY FACE FIRMING ROUTINE** 6 min

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



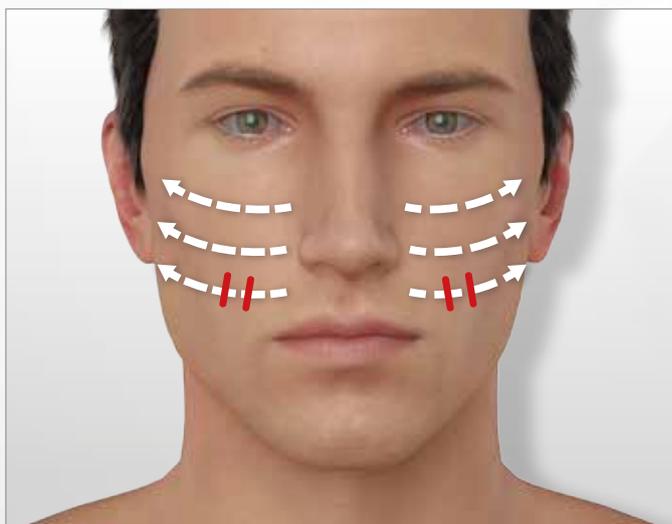
STEP 2



3:00

P6

STEP 3



3:00

STEP 4: 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.



> 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.



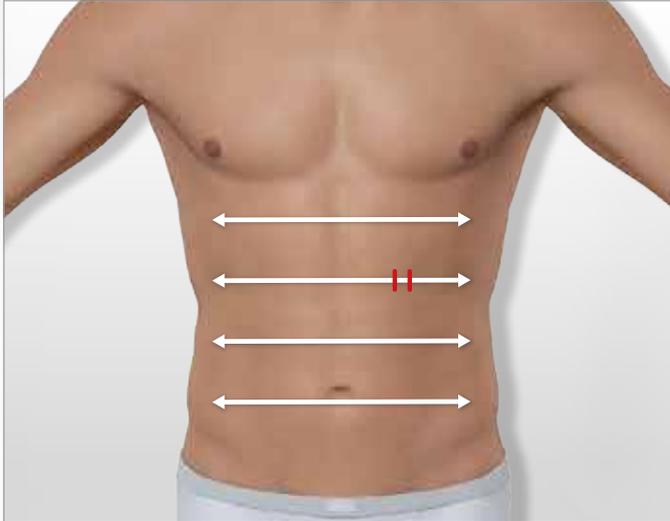
The red lines indicate **how to position the rollers** when moving the treatment head.



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

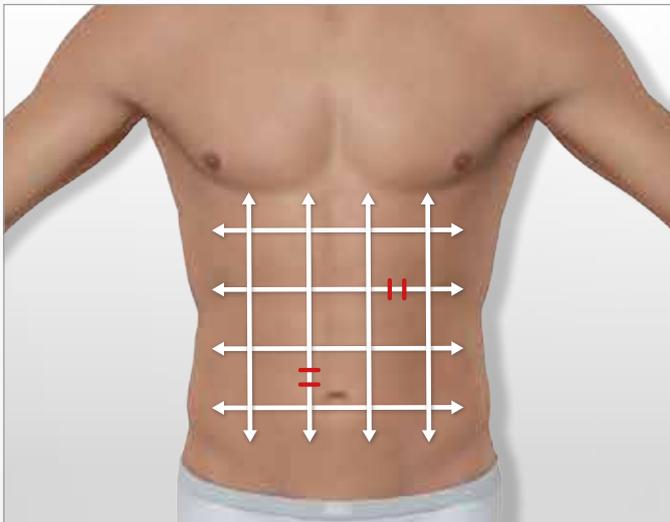
> MY FLAT STOMACH ROUTINE 6 min

STEP 1



4:00

STEP 2



2:00

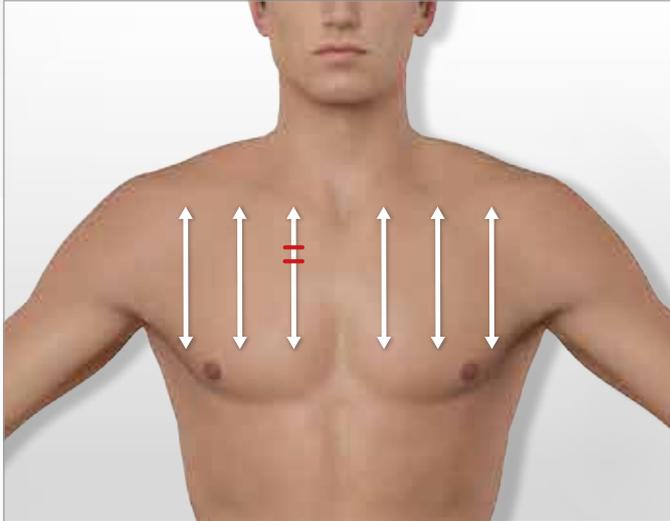
P8

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



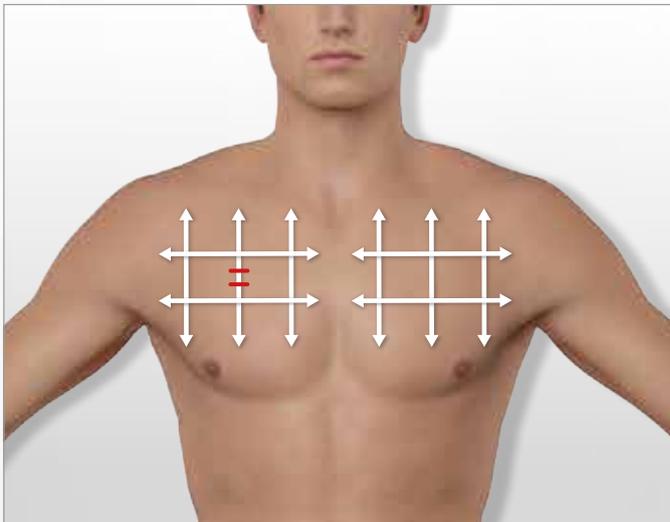
> MY ULTIMATE PECS ROUTINE **6 min**

STEP 1



4:00

STEP 2



2:00

P9

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



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

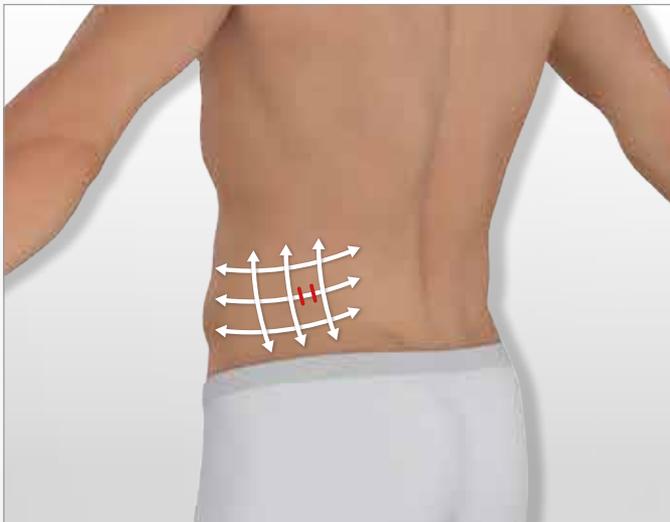
STEP 1



2:00

ON EACH SIDE

STEP 2



1:00

ON EACH SIDE

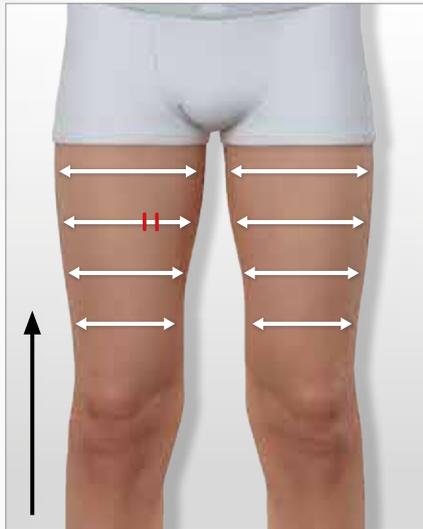
P 10

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



> MY SPORTS RECOVERY ROUTINE **6 min**

STEP 1







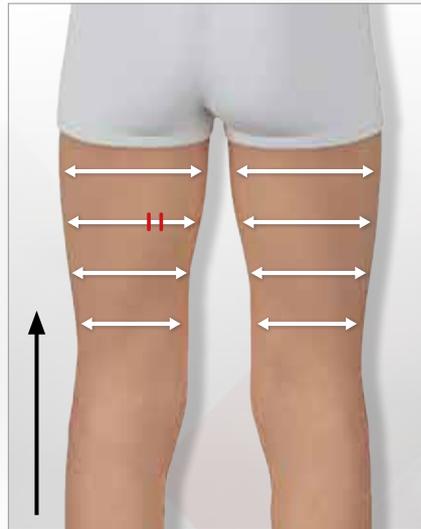
③





2:00

STEP 2







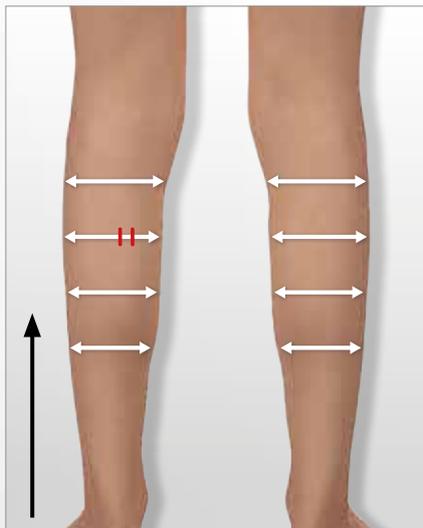
③





2:00

STEP 3




③








2:00

P11

STEP 4: For maximum comfort, I spray the **Light Legs Mist** from the ankles upwards. It promotes stimulates micro-circulation and decongests my legs.

