



In warm weather, your body is more likely to retain fluids, creating a feeling of heaviness and swollen legs. Cryogenic treatments with cold compresses help to dispel these feelings, as well as instantly improving blood circulation. Moreover, these treatments are a quick and effective response to fight flab and cellulite. The cold helps to shift fat while compressing tissues, with a visible improvement after the first session. Due to its speed and ease of implementation, the low cost and good results, this treatment is always a good choice for those who can tolerate the cold.

USE OF TREATMENT:

Suitable for people who suffer from circulatory system problems or heavy legs. It is also recommended for improving skin tone and the appearance of cellulite, producing a rapid reduction in body volume in many users.

PERIOD OF TREATMENT:

When starting treatment we suggest three sessions each week, then gradually decrease them to once or twice a week.

STEP BY STEP

(Duration of the treatment: 35-45 minutes)

- 1 As a first step, gently exfoliate with **Double Body Peel** in the areas to be treated and wash off with water.
- 2 To apply the cold compresses, first soak them in a mixture of 3 capfuls of water and 1 capful of **Ederalis**. Apply compresses on the areas to be treated, bearing in mind that if you need to cover the lower back and ovary areas, they need to be protected from the cold.
- 3 During the treatment the areas treated with cold compresses are not covered, as this would increase the internal chill sensation.
- 4 After the exposure time, remove the compresses and do not wash the area. The effects of the product will continue for about 20-30 minutes.
- 5 To complete the treatment, apply **Slim Effect Gel** to the treatment area.

Follow-up at home:

Weekly treatment

Double Body Peel

Double exfoliating action: fossil granules and glycolic acid that eliminate the dead cells leaving the skin silky smooth and uniform.

Perform the peeling twice a week. Apply the product onto the dry skin and massage gently. Then rinse with water.

Daily treatment

Slim Effect Gel

Body gel that favours loss of volume and firms the tissues. The icy freshness, which its active agents provide, stimulates the cellular metabolism which helps to burn the fats stored.

Apply every day, massaging the area to be treated with rising circular movements.



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