200 ml 6,8 fl oz
Hot
ANTI-CELLULITE
GEL
200 ml 6,8 fl oz
Cold
ANTI-CELLULITE
CREAM-GEL

SCHEMES FOR THE MOST EFFECTIVE USE OF

3D SLIM program + 3D SLIM cosmetics

STAGE 1:

DAYS 1–10 OF THE PROGRAM

DrainEffect Green
DrainEffect
LOW CARB RED

DrainEffect

Lymphatic

Warming Anti-Cellulite Gel HOT

Activation of lipolytic

drainage, anti-edematous effect

processes, lymphatic drainage

TOTAL EFFECT:

- Stimulation of the rapid breakdown of subcutaneous fat
- Effective lymphatic drainage
- Improvement of tissue microcirculation and lymph flow
- Improvement of cellular metabolism in adipose tissue
- Reduced absorption of fat from food
- Removal of excess fluid
- Decreased swelling of adipose tissue

STAGES 2 AND 3:

DAYS 10–20 OF THE PROGRAM

FoodControl
2 in 1
2
100% NATURAL

No YO-YO
effect
3
100% NATURAL

FoodControl*

Acceleration
of metabolism
and appetite control

No Yo-Yo Effect*

Consolidation
of the result
of weight loss

OR

White Tea

+

Hot
ANTI-CELLULITE GEL
Cold
ANTI-CELLULITE CREAM GEL

Anti-Cellulite Gel HOT / COLD

Lymphatic drainage,
increased elasticity, skin
smoothing activation of
lipolytic processes,

TOTAL EFFECT:

- Increased metabolism
- Decreased appetite and sugar cravings
- Increased energy production
- Improved mood
- Lymphatic drainage and improved skin elasticity
- Elimination of stagnation of lymph, improvement of lymph flow
- Reduction of swelling of adipose tissue and acceleration of lipolysis (breakdown of fat cells)
- Body sculpting
- Improvement of elasticity, skin tone
- Improvement of skin texture and relief

STAGE 4:

AFTER THE END OF THE 3D SLIM PROGRAM, DAYS 21–45

White Tea

After completing the 3D Slim program, continue using the cooling gel for 10–25 days.

ACCUMULATIV

EFFECT:

- Improvement of skin elasticity
- Improvement of skin texture and relief
- Tightening, lifting of the skin

Days 1-5

Days 6-10

Days 11-15

Days 16-20

Days 21-45

MORNING SKIN CARE

Warming Anti-Cellulite Gel **HOT**

BREAKFAST

DrainEffect
1 stick / 30 min.

DrainEffect Green

before meals

DrainEffect

DINNER

DrainEffect
1 stick / 30 min.
before meals

DrainEffect
Green
DrainEffect

EVENING SKIN CARE

Warming Anti-Cellulite Gel **HOT**

Days 1-5

Days 6-10

Days 11-15

Days 16-20

Days 21-45

MORNING SKIN CARE

Anti-Cellulite Gel
Cold / Hot

BREAKFAST

DrainEffect
1 stick / 30 min.
before meals

DrainEffect Green
DrainEffect

LUNCH

FoodControl 2 in 1
2 capsules "morning"
during meals +
1 glass
of water

FoodControl 2 in 1

DINNER

DrainEffect
1 stick / 30 min.
before meals

DrainEffect Green
DrainEffect

LUNCH

FoodControl 2 in 1
2 capsules "morning"
during meals +
1 glass of water

FoodControl 2 in 1

EVENING SKIN CARE

Cooling
Anti-Cellulite Gel
Cold

Days 1-5 Days 6-10 **Days 11-15** Days 16-20 Days 21-45

MORNING SKIN CARE

Cooling
Anti-Cellulite Gel
Cold

BREAKFAST

No Yo-Yo Effect
2 capsules
"evening" during
meals + 1 glass
of water

3
No YO-YO
effect
100% NATURAL

LUNCH

FoodControl 2 in 1
2 capsules "morning"
during meals +
1 glass of water

2
FoodControl
2 in 1
100% NATURAL

DINNER

DrainEffect
1 stick / 30 min.
before meals

DrainEffect
Green
DrainEffect

SNACK

No Yo-Yo Effect
2 capsules
"evening" during
meals + 1 glass
of water

No YO-YO
effect
100%

SUPPER

FoodControl 2 in 1
2 capsules "morning"
during meals +
1 glass of water

FoodControl
2 in 1
100%

EVENING SKIN CARE

Cooling
Anti-Cellulite Gel
Cold

Days 1-5
Days 6-10
Days 11-15
Days 16-20
Days 21-45

MORNING SKIN CARE

Cooling
Anti-Cellulite Gel
Cold

BREAKFAST

No Yo-Yo Effect
2 capsules
"evening" during
meals + 1 glass
of water

No YO-YO
effect

DINNER

White Tea
1 monodose
30-60 minutes
before meals

SNACK

No Yo-Yo Effect
2 capsules
"evening" during
meals + 1 glass
of water

No YO-YO
effect

EVENING SKIN CARE

Cooling
Anti-Cellulite Gel
Cold

Days 1-5

Days 6-10

Days 11-15

Days 16-20

Days 21-45

MORNING SKIN CARE

Cooling
Anti-Cellulite Gel
Cold

DINNER

White Tea
1 monodose
30-60 minutes
before meals

EVENING SKIN CARE

Cooling
Anti-Cellulite Gel
Cold

* Dietary supplement. It is not a medicinal product.
A specialist's consultation required.

Outside of the 3D SLIM program, you can use several schemes for the use of cosmetics to fight cellulite.

1 scheme

SINGLE APPLICATION

🔥 or ❄

Choose one product
with the preferred
thermal effect.

2 scheme

ALTERNATE APPLICATION

🔥 & ❄

Step 1. In the morning — warming gel.

Step 2. In the evening — cooling cream-gel.

The recommended order of application may vary depending on lifestyle,

workout time and personal preferences.

APPLICATION WITH WORKOUTS:

- Before and immediately after a workout, it is more effective to use the warming gel, which helps warm up the muscles and prolong the effect of the workout.
- The cooling gel relieves fatigue and pain, if they occur after some time after a workout. It can be used in the evening after a shower.

3 scheme

SIMULTANEOUS APPLICATION IN A DUET

🔥 & ❄

Step 1. The warming gel is applied with massaging movements to problem areas until completely absorbed

Step 2. After 40-60 minutes, apply the cooling cream-gel with massaging movements

The use of two gels in tandem helps reduce body volume faster and minimize the visible signs of cellulite. Both steps are repeated in the morning and evening.

200 ml 6,8 fl.oz
200 ml 6,8 fl.oz

Cold
ANTI-CELLULITE CREAM-GEL
Hot
ANTI-CELLULITE GEL

The schemes are listed in the order of increasing effectiveness. You can choose the scheme that suits you according to the following parameters:

DEPENDING ON THE STAGE OF CELLULITE:

2 scheme

We recommend the scheme **of alternate application** at the **initial stage of cellulite,**

- when microcirculation disorders,
- tissue swelling,
- increased lipogenesis
- predominate and visual changes are not yet very strong.

3 scheme

We recommend the scheme **of simultaneous use in a duet** at the **later stages of cellulite,**

- when changes in skin

relief are already very pronounced,

- there is the compression of blood vessels,
- a change in the structure of adipose tissue (fibrosis).

3D SLIM program + **3D SLIM cosmetics** =

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