

SCHEMES FOR THE MOST EFFECTIVE USE OF 3D SLIM PROGRAM AND 3D SLIM COSMETICS



3D SLIM program



3D SLIM cosmetics

STAGE 1: DAYS 1-5 OF THE PROGRAM



DrainEffect Green*



Warming Anti-Cellulite Gel HOT

Lymphatic drainage, anti-edematous effect

Activation of lipolytic 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 6-20 OF THE PROGRAM



FoodControl*



No Yo-Yo Effect*



Cooling Anti-Cellulite Gel COLD

Acceleration of metabolism and appetite control

Consolidation of the result of weight loss

Lymphatic drainage, increased elasticity, skin smoothing

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 CASE, DAYS 21-45

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

ACCUMULATIVE 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	Cooling Anti-Cellulite Gel COLD	Cooling Anti-Cellulite Gel COLD	Cooling Anti-Cellulite Gel COLD	Cooling Anti-Cellulite Gel COLD
Breakfast	DrainEffect 1 stick / 30 min. before meals	DrainEffect 1 stick / 30 min. before meals	No Yo-Yo Effect 2 capsules "morning" during meals + 1 glass of water	No Yo-Yo Effect 2 capsules "morning" during meals + 1 glass of water	
Lunch		FoodControl 2 in 1 2 capsules "morning" during meals + 1 glass of water	FoodControl 2 in 1 2 capsules "morning" during meals + 1 glass of water		
Dinner	DrainEffect 1 stick / 30 min. before meals	DrainEffect 1 stick / 30 min. before meals			
Snack			No Yo-Yo Effect 2 capsules "evening" during meals + 1 glass of water	No Yo-Yo Effect 2 capsules "evening" during meals + 1 glass of water	
Supper		FoodControl 2 in 1 2 capsules "evening" during meals + 1 glass of water	FoodControl 2 in 1 2 capsules "evening" during meals + 1 glass of water		
Evening skin care	Warming Anti-Cellulite Gel HOT	Cooling Anti-Cellulite Gel COLD	Cooling Anti-Cellulite Gel COLD	Cooling Anti-Cellulite Gel COLD	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 SINGLE APPLICATION SCHEME



Choose one product with the preferred thermal effect.



2 SCHEME OF 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 OF 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.

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

1 DEPENDING ON THE STAGE OF CELLULITE:



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

- when microcirculation disorders,
- tissue swelling,
- increased lipogenesis

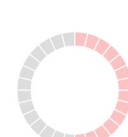
predominate and visual changes are not yet very strong.



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).

2 DEPENDING ON THE MENSTRUAL CYCLE:



We recommend the scheme of alternate use during the first phase of the cycle (approximately the first 2 weeks from the onset of menstruation).



During the second half of the menstrual cycle (approximately 3 and 4 weeks from the onset of menstruation), active lipolysis slows down, so the method of simultaneous use in a duet is recommended. Contrasting thermal processes are a good exercise for blood vessels, for acceleration of metabolism and lipolysis.

3D SLIM program + 3D SLIM cosmetics =