

APPLICATION PROTOCOL

AESTHETIC DERMATOLOGY TECHNIQUES FOR PROFESSIONAL FAT REDUCTION RESULTS

Application protocol developed in cooperation with Kursal Medical-Beauty Center (www.kursal.es) to enhance fat reduction and anticellulite effects of the innovative glo10 device.

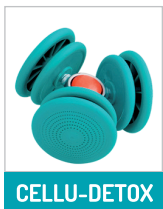
This application protocol helps reproducing similar way of massage procedures done at Specialized Centers achieving professional results on the comfort of your home.

THIGHS, HIPS AND ABDOMEN LIPO-REDUCTION PROGRAM

1. PREPARATION PHASE: PRE-HEATING

For effective treatment, we recommend first pre-warming and draining the area to be treated, especially if you have hard, painful cellulite. The aim is to gradually knead the area so that warms through, making the fat easier to separate from the skin; this will also shift retained toxins, activating local venous and lymphatic circulation. To perform lymphatic drainage, use very gentle shallow movements.

The main goal of lymphatic drainage is to stimulate the lymphatic system to increase the removal of liquids that sometimes accumulate between the cells.



PERFORM THE TREATMENT:

- Using the **CELLU-DETOX** head
- Without creams, on dry clean skin
- Massage intensity: gentle
- Activate the **SLIM Tech®** technology

1.1. VERTICAL WARM UP ACTIVATOR

This movement is used to acclimatize the thigh and buttock area. Perform the warm up in an upward direction, from bottom to top. Avoid touching bony areas, such as the knees.

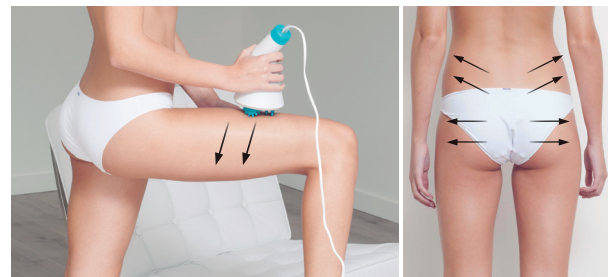
The **SLIM Tech®** technology activates the infrared and red LEDs that penetrate different layers of the skin helping to prepare the treatment area.



1.2. HORIZONTAL WARM UP ACTIVATOR

Next, we perform a movement that helps the body to acclimatize, allowing it to feel the effects of the treatment head. This is an introductory movement, ideal for any part of the body (buttocks, thighs, abdomen ...).

Rest the head on the skin and make a horizontal movement from right to left.



2. ACTIVATION PHASE: INTENSIVE LIPO-REDUCTION MASSAGE

Once the warm up actions have been completed, we can begin performing the massage treatment. Unlike draining, the reducing massage works with strong, fast, repetitive movements on the skin, using the force of **the kneading and sliding movements**.

In general, the anti-cellulite reduction massage is recommended for modelling the curves of the body, working on the "saddlebags", abdomen, buttocks, etc.



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INTENSIVE LIPO-REDUCTION MASSAGE PROTOCOL:

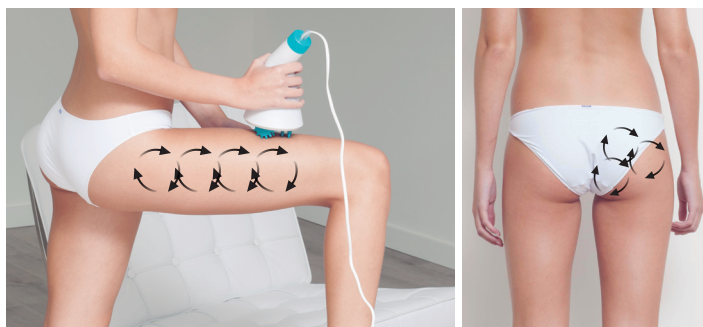
- Using the **CELLU-ACTIVE** head
- Without creams, on dry clean skin
- Massage intensity: Intensity: medium (depending on personal sensitivity)
- Activate the **SLIM Tech®** technology

First repeat the WARM UP ACTIVATOR movements.

2.1 CIRCULAR MOVEMENTS

The objective is to reduce fat on thighs, and hips, draining fat excess.

- **Thighs & buttocks:** The diameter of the massage head is 10cm and its own movement is designed to reproduce the movement that we wish to apply. Slide the device across the skin while it produces the circular motion, ensuring that it is applied fully to the treated areas.
- **Buttocks & saddlebags:** For a more intensive treatment leave the appliance stationary on these areas for a few seconds.



In areas where the skin is prone to sagging, such as the lower back, inner knee, and waist: Perform the movement slowly set to gentle intensity, using the following sequence: Place on the skin – allow it to perform circular massage – lift, place it somewhere else, and so on.

2.2. CROSSOVER TREATMENT

This movement consists in sliding the device across the thigh from right to left while performing an upward movement (as if drawing an X on the thigh) Repeat the movement successive times.

2.3. ABDOMEN

The abdomen is a sensitive area as this is where the body's organs are, so it is vital to apply the specific movements correctly in this area.

Perform the massage using GENTLE intensity.

If you are very sensitive, use the **CELLU-DETOX** head to perform the massage in this area.

MOVEMENTS TO USE:

- A. Clock:** Start by sliding the device from the centre of the navel outward, lift and place it back in the centre to perform the next movement, as if following the hands of an imaginary clock.
- B. Circular Movement:** After about 5 minutes start making at least 10 circles in a clockwise direction.



To finish, make very gentle circular movements applying a little pressure, and then apply a firming cream.



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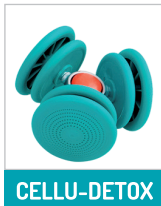
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3. FINAL PHASE: CREAMS APPLICATION

This movement is used to end the treatment, as athletes do (warm up-exercise-stretching), this final phase is also important to soften the massage and help drain the area again. This movement is similar to the WARM UP.

This is the **ideal time to apply creams or oils**, especially if they are unctuous (difficult to apply by hand), as the device allows us to apply them in a comfortable and very effective way.

During the lipo-massage local warming occurs, causing enlarged pores which increases the penetration rate of the creams, so they are more effective if applied at this stage.



PERFORM THE FINAL PHASE:

- Using the **CELLU-DETOX** head
- Using creams (moisturizing or, should you wish to enhance the massage effect, a cellulite or lipolytic cream)
- Massage intensity: medium
- Activate the **SLIM Tech®** technology, the infrareds and red LEDs help enhance the effect of the massage.



After completing the session, drink enough water throughout the day to ensure the toxins and excess body fat are removed.