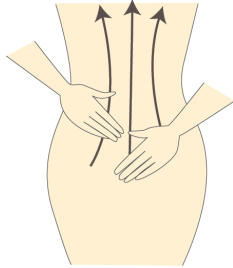
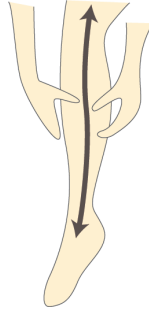


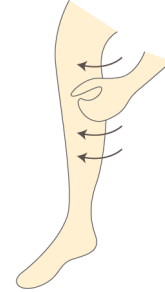
## BODY FIRMING GEL TREATMENT



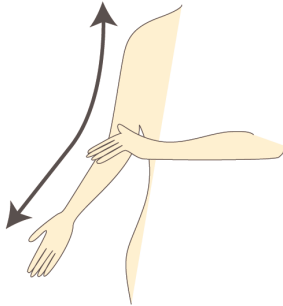
1. Begin at the lower abdomen, massaging with each hand upward to bottom of the chest.



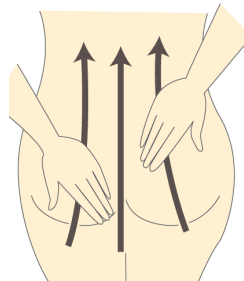
2. Work upward from ankles of legs to knees and upward over front and back of thighs.



3. Pat the legs gently to help stimulate circulation.



4. Massage from wrists up to shoulder area and back of arms.



5. Work from buttocks upward across hips alternating with both hands.