

Slimming Case: THE BEAUTICIAN IN THE SUITCASE® - APPLICATION

Firming Body Pack:

- Soak the mitt with some Concentrated Seaweeds Body Serum and use it to exfoliate the skin.
- Body pack: In a small bowl, mix 1 measuring cup full of 3 Algae Body Pack with hot water (38°C) until a creamy, uniform paste is formed.
- Apply the paste to the legs and tummy (and the arms if need be) then slip into the reusable pants.
- Rinse with water in the shower or follow up with the below-mentioned balneotherapy.
- Apply Slimming Gel.

Firming Balneotherapy:

- Dissolve 1/2 kg coarse salt and a measuring cup full of Concentrated Seaweeds Body Serum in warm bathwater (38°C).
- Enjoy a bath for approximately 20 minutes without rinsing the body pack beforehand.
- Rinse with water. Do not use shower gel or soap to cleanse the skin.
- Apply the Firming Cream.

Firming Bandages:

- Use every 2 - 3 days.
- Place the bandages in a rectangular container and add 20 ml of Concentrated Seaweeds Body Serum and 20 ml of Laminaria Extract. Add sufficient water to the container until the bandages are covered.
- Cover the desired areas of the body with the bandages and leave them on for at least 30 minutes.
- Rinse with water and follow up with the Slimming Gel.

Gel Bandage Phosphatidylcholine:

- Wrap the body in the bandages from head to toe until the tummy is reached. Slip into the accompanying pants and keep them on for at least 30 minutes.
- Rinse with water and follow up with the Icy Gel.
- Wash the bandages thereafter and reuse them for firming bandages as described above.

Tip: The Concentrated Seaweeds Body Serum can be used as a body pack. Apply it directly to the skin, slip on the pants and leave on for 20 minutes.

Weekly program:

- Week 1 + 2: 1 Firming Body Pack + 1 Firming Bandage (at 2 - 3 day intervals).
- Week 3 + 4: A treatment a week, alternating between the body pack and the bandages.
Perform the Firming Balneotherapy once a week if possible.