

Zero Iodine Case: THE BEAUTICIAN IN THE SUITCASE® - APPLICATION

Fango Pack with Saltsplash Mud Body Pack:

- Dissolve 1 measuring cup of "Dried Sea Water" in 50 ml of water. Soak the mitt in the solution then use it to exfoliate the body.
- For the body pack, place 1 measuring cup of "Saltsplash Mud" in a bowl warm it over hot water or in the microwave until it reaches 38°C.
- Apply to the legs and the tummy then slip into the reusable pants and leave it on for at least 30 minutes.
- Rinse with water in the shower. Do not use any soap or shower gel. Alternatively, follow up with the below-mentioned balneotherapy.

Firming Cocoa & Chili Body Pack:

- Dissolve 1 measuring cup of "Dried Sea Water" in 50 ml of water. Soak the mitt in the solution then use it to exfoliate the body.
- For the body pack, mix 1 measuring cup of Cocoa & Chili Body Pack with sufficient water until a creamy, uniform paste is formed.
- Apply to the legs and tummy. Slip into the reusable pants and leave them on for at least 30 minutes.
- Rinse with water in the shower. Do not use any soap or shower gel. Alternatively, follow up with the below-mentioned balneotherapy.

Balneotherapy:

- Dissolve 1 measuring cup of "Dried Sea Water" in warm bathwater (38°C).
- Step into the bath without rinsing the body pack and enjoy for 20 minutes.
- Rinse with plenty of water. Do not use soap or shower 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 under the shower. Do not use soap or shower gel.
- The bandages are reusable. Simply add 1 teaspoon of "Dried Sea Water" to warm water (38°C) and use the solution to clean the bandages.

Tip: The Saltsplash Mud can also be used as a clarifying treatment on the back or face. Simply follow the mixing instructions stated above. Do not warm it. Apply the product to the desired areas while at room temperature.

Weekly program:

- Week 1: 1 Saltsmash Mud Body Pack + 1 Gel Bandage Phosphatidylcholine (allow 2 - 3 days between treatments).
- Week 2: 1 Saltsmash Mud Body Pack + 1 Cocoa & Chili Body Pack.
- From week 3: Alternate between the 1 Saltsmash Mud Body Pack, Cocoa & Chili Body Pack and Gel Bandage Phosphatidylcholine. If possible, perform the Balneotherapy once a week.