

FACE & BODY ROUTINES





FACE ROUTINES

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*Please carefully read the manual
before using your Wellbox® [S].*

> INSTRUCTIONS FOR THE **FACE**



The suction power must be adjusted depending on your skin quality. Take care not to pull on your skin. The treatment **MUST NOT** cause any pinching or pain.

-  Fat release, cellulite smoothing
-  Drainage and smoothing of deep wrinkles
-  Smoothing of wrinkles and fine lines
-  Firming, radiance of the face

Suction sequentiality is the number of aspirations per second. It will be higher or lower depending on the action desired.



For better stimulation, **move the LIFT head** with small hops, stopping 4 seconds on each point, while respecting the direction indicated by the white arrow. Please do not press.

P3



The red lines indicate **how to position the flaps** when moving the treatment head. They must always be perpendicular to the wrinkle.



endermologie[®] cosmetics help to potentiate Wellbox[®][S]'s action. Once stimulated, the skin becomes more receptive to the active ingredients contained in the cosmetics.

RADIANCE ACTION

> MY RADIANCE ROUTINE

6 min



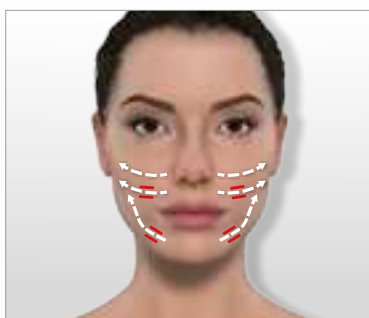
DISCOVER IT
IN THE VIDEO!

STEP 1: Remove makeup and cleanse the face and neck with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.



STEP 2: RADIANCE CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



P4



[2]



2:00



[2]



2:00



[2]



2:00

STEP 3: Apply the **Total Eye Care** with light tapping motions, from the inner corner outwards. This helps to smooth wrinkles, reduce dark circles and decongest puffiness.



STEP 4: Apply the **The Radiance Brightening Serum**, enriched with Vitamin C to illuminate and even out the complexion. It can also diminish pigmentation spots.



STEP 5: To finish, apply **Cellular Defense Anti-aging Cream SPF30** to protect the skin from external aggressions and UVA/UVB rays.



MY ANTI-AGING ACTION

> MY REFRESHED EYES ROUTINE **6 min**

STEP 1: Remove makeup and cleanse this area of my face with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.



STEP 2: REFRESHED EYES ROUTINE

Move the LIFT head with small hops, stopping 4 seconds on each point.



P5

If, despite using minimum intensity, you pull on your eyelid, move a few millimeters away.



[1]

3:00 (1:30min each side)



[1]

3:00 (1:30min each side)

STEP 3: Apply the **Total Eye Care** with light tapping motions, from the inner corner outwards. This helps to smooth wrinkles, reduce dark circles and decongest puffiness.



MY ANTI-AGING ACTION

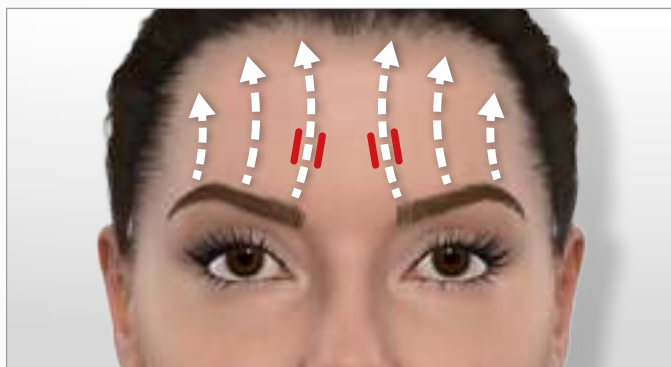
> MY ANTI-AGING FOREHEAD ROUTINE **6 min**

STEP 1: Remove makeup and cleanse this area of my face with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.



STEP 2: ANTI-AGING FOREHEAD CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.

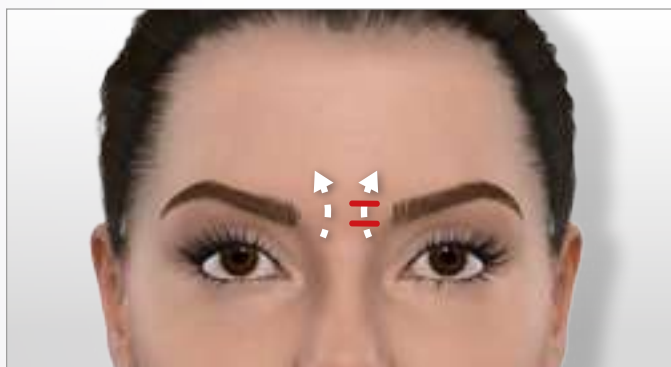


[2]



4:00

P6



[1]



2:00

STEP 3: Apply the **Intense Hydrating Smoothing Serum** to moisturise the skin and give it back its plump, smooth appearance. Its hyaluronic acid film also protects the skin from external aggressions.



STEP 4: Apply the **Replenishing Firming Cream** to restore volume, smoothe wrinkles and plump the skin.



MY ANTI-AGING ACTION

> MY LIP CONTOUR ROUTINE

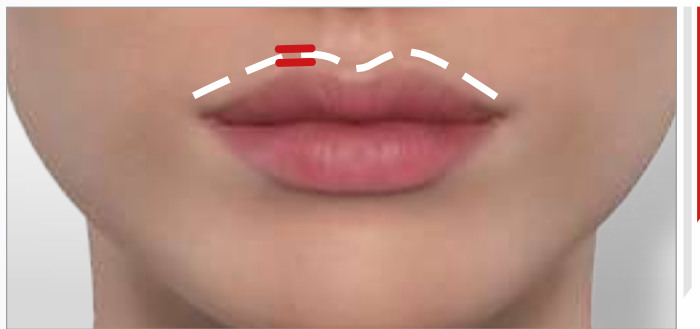
6 min

STEP 1: Remove makeup and cleanse this area of my face with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.



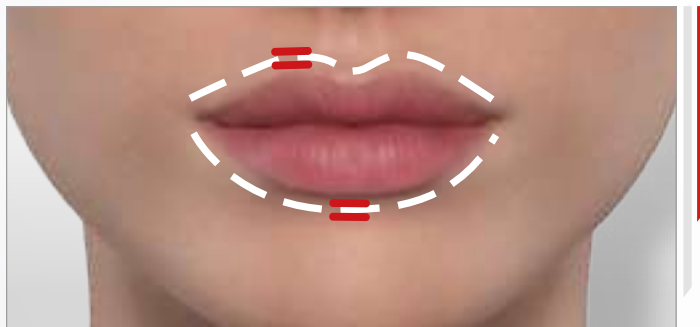
STEP 2: LIP CONTOUR CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



2:00

P7



4:00

STEP 3: Apply the **Replenishing Firming Cream** to restore volume, soothe wrinkles and plump the skin.



MY ANTI-AGING ACTION

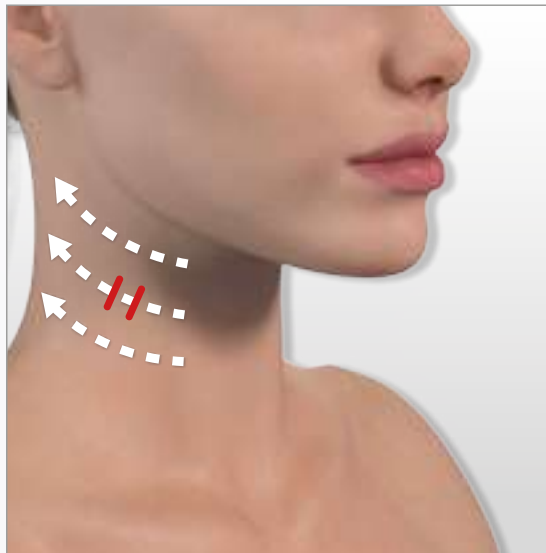
> MY ANTI-AGING NECK ROUTINE **6 min**

STEP 1: Remove makeup and cleanse my neck with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.



STEP 2: ANTI-AGING NECK CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



P 8

STEP 3: Apply the **Intense Hydrating Smoothing Serum** to moisturise the skin and give it back its plump, smooth appearance. Its hyaluronic acid film also protects the skin from external aggressions.



STEP 4: Apply the **Tensing Firming Cream** to firm the skin and smooth wrinkles.



MY ANTI-AGING ACTION

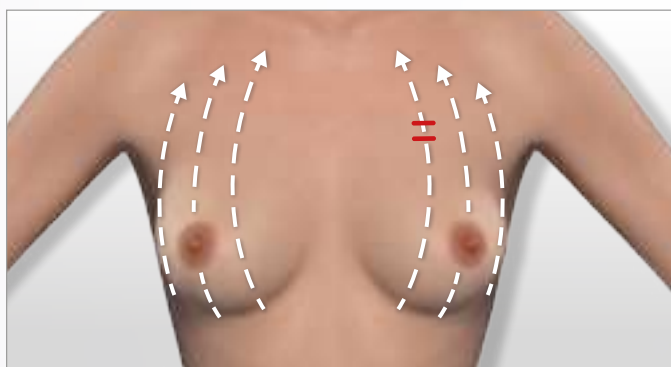
> MY ANTI-AGING DÉCOLLETÉ ROUTINE **6 min**

STEP 1: Remove makeup and cleanse my décolleté with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.



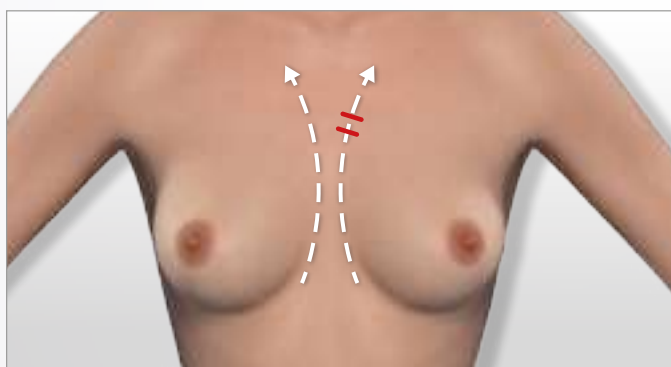
STEP 2: ANTI-AGING DÉCOLLETÉ CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



4:00

P9



2:00

STEP 3: Apply the **Intense Hydrating Smoothing Serum** to moisturise the skin and give it back its plump, smooth appearance. Its hyaluronic acid film also protects the skin from external aggressions.



STEP 4: Apply the **Tensing Firming Cream** to firm the skin and smooth wrinkles.



MY ANTI-AGING ACTION

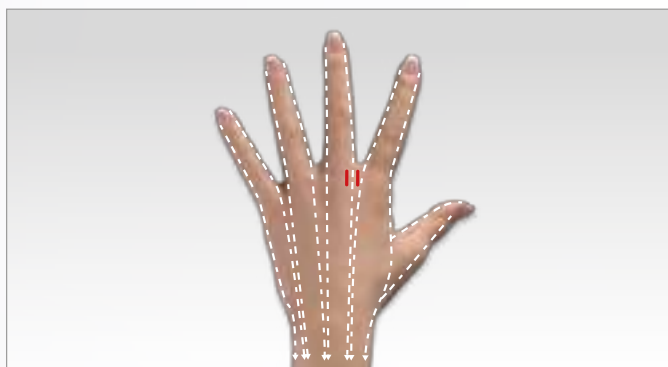
> MY ANTI-AGING HAND ROUTINE **6 min**

STEP 1: Remove makeup and cleanse my hands with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.



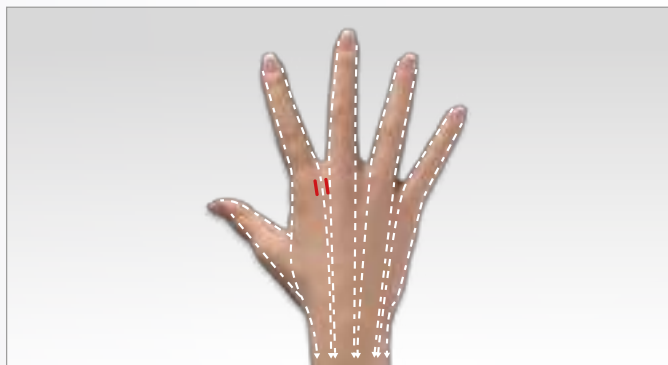
STEP 2: ANTI-AGING HAND CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



3:00

P 10



3:00

STEP 3: Apply the **The Radiance Brightening Serum**, enriched with Vitamin C to illuminate and even out the skin. It can also diminish pigmentation spots.



STEP 4: Apply the **Replenishing Firming Cream** to restore volume, smoothe wrinkles and plump the skin.



MY ANTI-AGING ACTION

> MY ANTI-AGING FACE ROUTINE 12 min

PREMIUM

DISCOVER IT
IN THE VIDEO!

STEP 1: Remove makeup and cleanse my face with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.

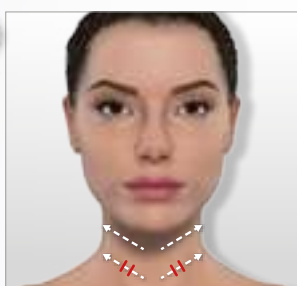


STEP 2: ANTI-AGING FACE CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



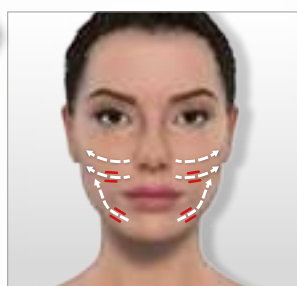
[2]



3:00



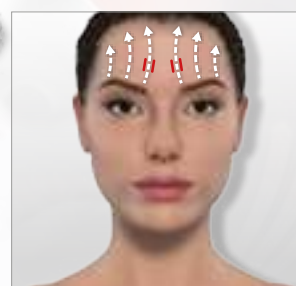
[2]



3:00



[2]

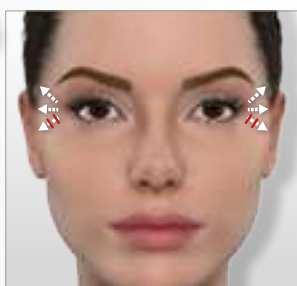


2:00

P 11



[1]



2:00



[1]



2:00

STEP 3 :

Apply the **Total Eye Care** with light tapping motions, from the inner corner outwards. This helps to smooth wrinkles, reduce dark circles and decongest puffiness.



STEP 4: Apply the **Anti-aging Renewal Serum** to refine the skin's texture, activate the complexion's radiance and smooth wrinkles.



STEP 5: Apply the **Replenishing Firming Cream** to restore volume, smoothe wrinkles and plump the skin.



FIRMNESS ACTION

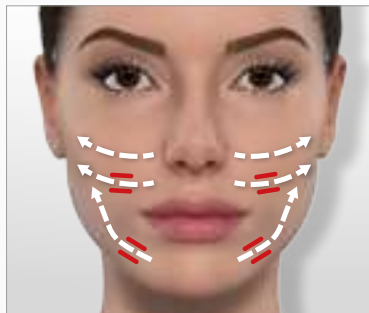
> MY FACE FIRMNESS ROUTINE **6 min**

STEP 1: Remove makeup and cleanse my face with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.



STEP 2: FACE FIRMNESS CARE

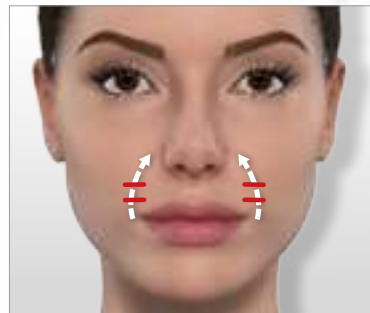
Move the LIFT head with small hops, stopping 4 seconds on each point.



[2]



4:00



[1]



2:00

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STEP 3: Apply the **Intense Hydrating Smoothing Serum** to moisturise the skin and give it back its plump, smooth appearance. Its hyaluronic acid film also protects the skin from external aggressions.



STEP 4: Apply the **Tensing Firming Cream** to firm the skin and reshape the facial contours.



DETOX ACTION

> MY REFRESHED EYES ROUTINE

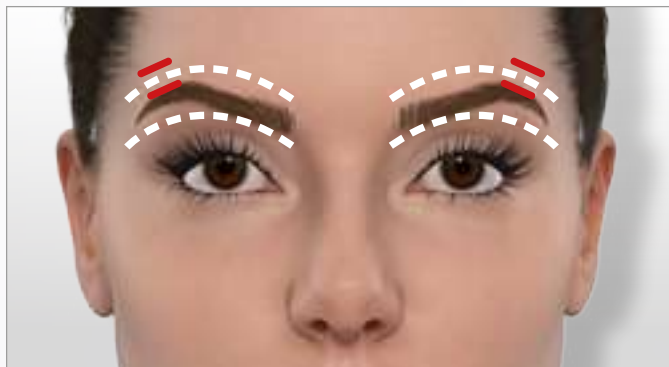
6 min

STEP 1: Remove makeup and cleanse this area of my face with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.



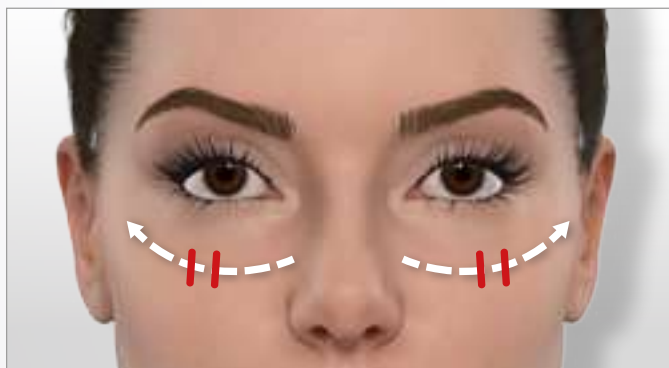
STEP 2: REFRESHED EYES CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



3:00

P 13



3:00

STEP 3: Apply the **Total Eye Care** with light tapping motions, from the inner corner outwards. This helps to smooth wrinkles, reduce dark circles and de-congest puffiness.



DETOX ACTION

> MY DETOX ROUTINE **6 min**



STEP 1: Remove makeup and cleanse the face and neck with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.



STEP 2: DETOX CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



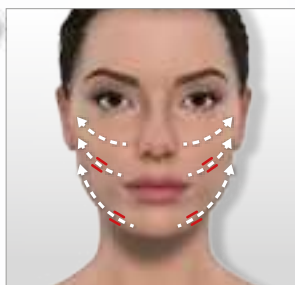
[1]



2:00



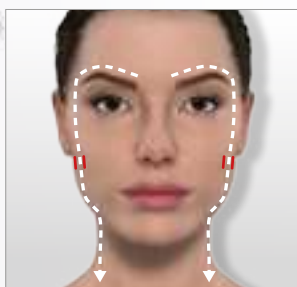
[2]



2:00



[2]



2:00

STEP 3:

Apply the **Total Eye Care** with light tapping motions, from the inner corner outwards. This helps to smooth wrinkles, reduce dark circles and decongest puffiness.



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STEP 4: Apply the **Intense Hydrating Smoothing Serum** to moisturise the skin and give it back its plump, smooth appearance. Its hyaluronic acid film also protects the skin from external aggressions.



STEP 5: Apply the **Replenishing Firming Cream** to restore volume, smooth the wrinkles and plump the skin.



SLIMMING ACTION

> MY FACE RESCULPTING ROUTINE **6 min**

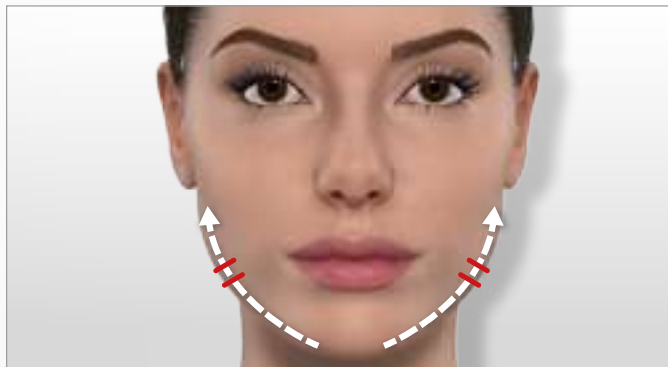
STEP 1: Remove makeup and cleanse my face with the **Preparing Micellar Water**. By soothing and moisturising the skin, it prepares it for the treatment. Then, dry the skin with soft tissues.



STEP 2: FACE RESCULPTING CARE

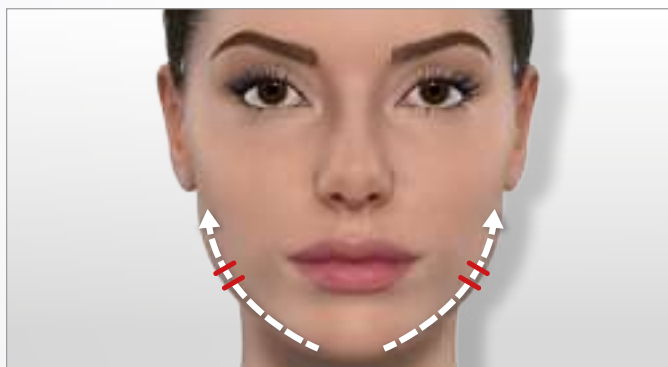
Move the ROLL head with small hops, stopping 4 seconds on each point.

IMPORTANT: use this treatment only on areas of fat storage



4:00

P 15



2:00

STEP 3: Apply the **Firming V-Shaping Cream** to release the double chin fat and firm the facial contours.





BODY ROUTINES

INSTRUCTIONS FOR THE BODY P17

FIRMING ACTION

MY ARM FIRMING ROUTINE P18

MY STOMACH FIRMING ROUTINE P19

MY BUTTOCKS FIRMING ROUTINE P20

MY THIGH FIRMING ROUTINE P21

SLIMMING ACTION

MY TONED ARMS ROUTINE P22

MY FLAT STOMACH ROUTINE P23

MY ANTI-LOVE HANDLES ROUTINE P24

MY SLIMMER THIGHS ROUTINE P25

MY SLIMMER KNEES ROUTINE P26

MY SLIMMER CALVES ROUTINE P27

ANTI-CELLULITE ACTION

MY ANTI-CELLULITE BUTTOCKS ROUTINE P28

MY ANTI-CELLULITE THIGHS ROUTINE P29

MY ANTI-SADDLEBAGS ROUTINE P30

WELLBEING ACTION

MY LIGHT LEGS ROUTINE P31

*Please carefully read the manual
before using your Wellbox[®] [S].*



> INSTRUCTIONS FOR THE **BODY**



-  Fat release, cellulite smoothing
-  Drainage and smoothing of deep wrinkles
-  Smoothing of wrinkles and fine lines
-  Firming, radiance of the face



The suction power must be adjusted depending on how you feel and on your skin quality. Be careful not to increase it too much on sensitive areas, such as your inner arms and inner thighs.

Suction sequentiality is the number of aspirations per second. The higher the suction, the closer to the skin surface will be the action; firmness or radiance.

The white arrows indicate the direction that the treatment head must follow. **When you use the ROLL3 head**, use the trigger to reverse the direction of the rollers. The number of trajectories is to be adapted according to the extent of the zone to be treated.

Be sure to move the treatment head slowly for optimal efficiency.

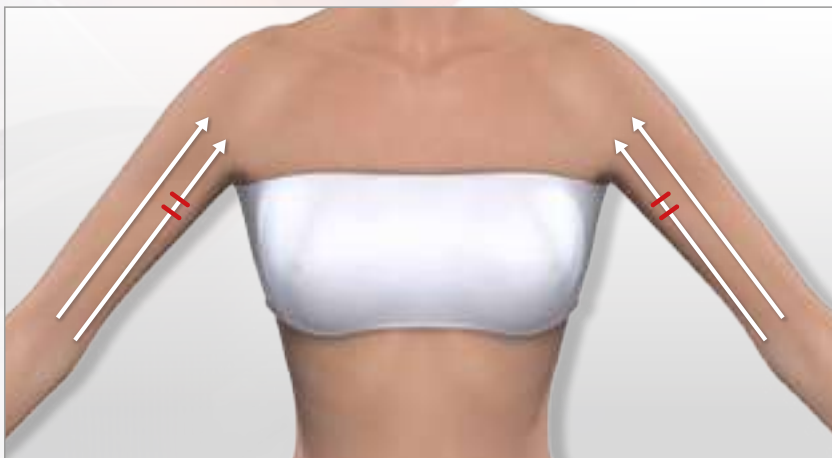
The red lines indicate how to **position the rollers** when moving the treatment head.

endermologie[®] cosmetics help to potentiate Wellbox[®][S]'s action. Once stimulated, the skin becomes more receptive to the active ingredients contained in the cosmetics.

FIRMING ACTION

> MY ARM FIRMING ROUTINE 6 min

STEP 1: ARM FIRMING CARE



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STEP 2: Apply the **Firming Contour Fluid** on the treated area for an immediate and lasting lifting effect.



FIRMING ACTION

> MY STOMACH FIRMING ROUTINE 6 min

STEP 1: STOMACH FIRMING CARE



6:00

P 19

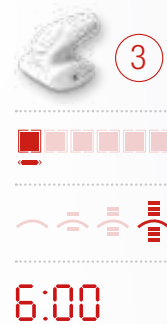
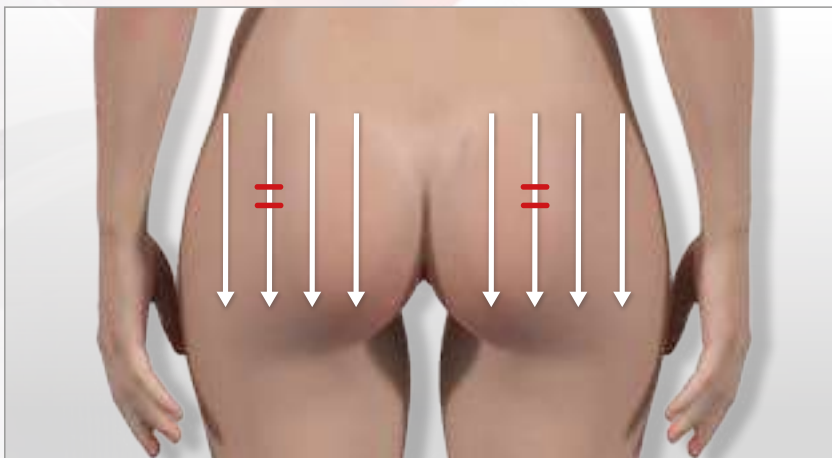
STEP 2: Apply the **Firming Contour Fluid** on the treated area for an immediate and lasting lifting effect.



FIRMING ACTION

> MY BUTTOCKS FIRMING ROUTINE 6 min

STEP 1: BUTTOCKS FIRMING CARE



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STEP 2: Apply the **Firming Contour Fluid** on the treated area for an immediate and lasting lifting effect.



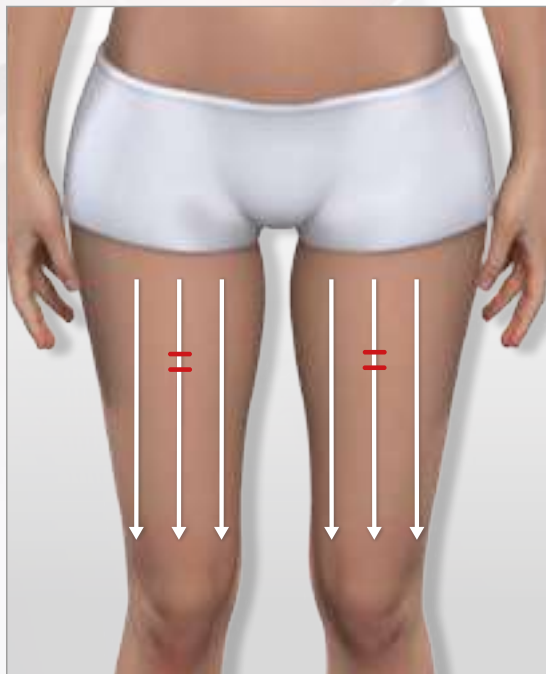
FIRMING ACTION

> MY THIGH FIRMING ROUTINE

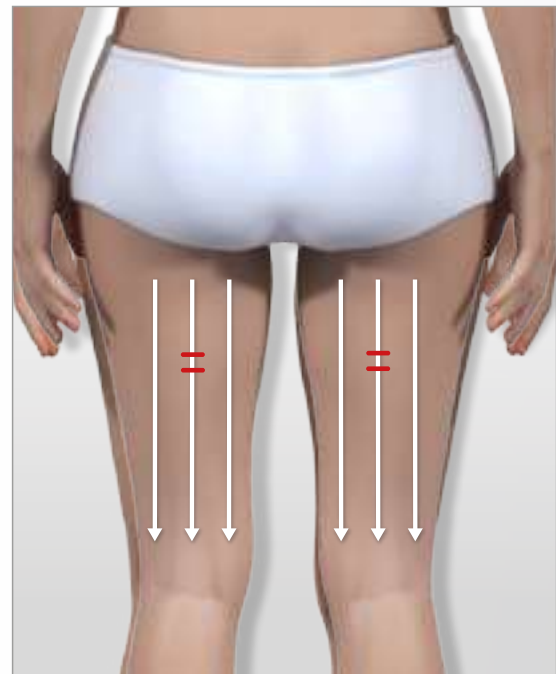
6 min

STEP 1: THIGH FIRMING CARE

FRONT THIGHS



BACK THIGHS



P 21

STEP 2: Apply the **Firming Contour Fluid** on the treated area for an immediate and lasting lifting effect.



SLIMMING ACTION

> MY TONED ARMS ROUTINE 6 min

STEP 1: TONED ARM ROUTINE

For easier use, bend your arm to 90 degrees.



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STEP 2: Apply the **Body-Shaping Gel** or **Body-Shaping Cream** using a kneading movement on the treated area to reduce excess fat.

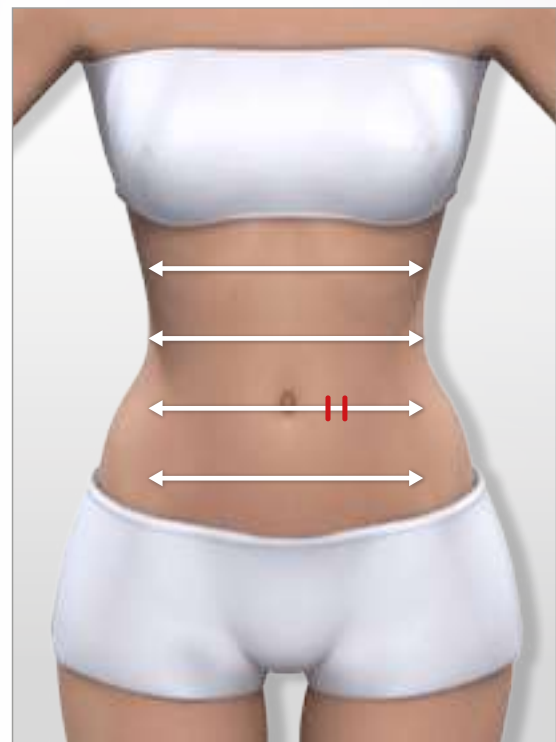


SLIMMING ACTION

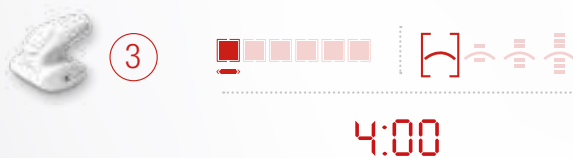
> MY FLAT STOMACH ROUTINE **6 min**



STEP 1: FLAT STOMACH CARE



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STEP 2: Apply the **Body-Shaping Gel** or **Body-Shaping Cream** using a kneading movement on the treated area to reduce excess fat.

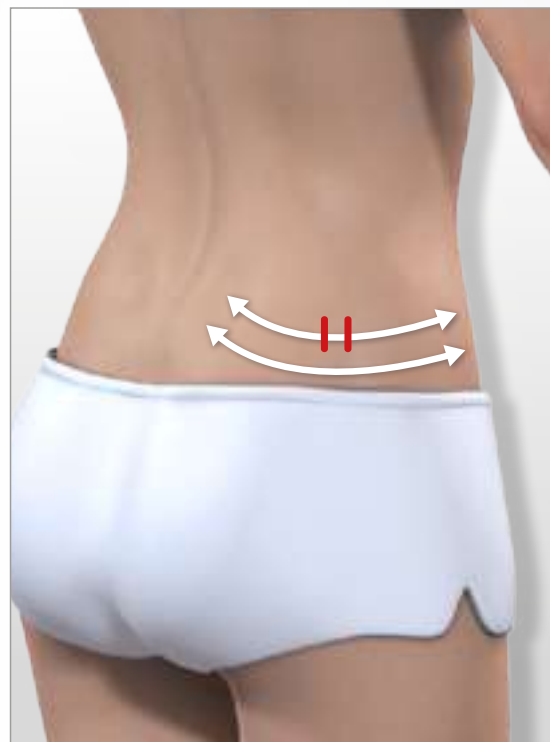


SLIMMING ACTION

> MY ANTI-LOVE HANDLES ROUTINE

6 min

STEP 1: ANTI-LOVE HANDLES CARE



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3



2:00 on each side



3



1:00 on each side

STEP 2: Apply the **Body-Shaping Gel** or **Body-Shaping Cream** using a kneading movement on the treated area to reduce excess fat.



SLIMMING ACTION

> MY SLIMMER THIGHS ROUTINE

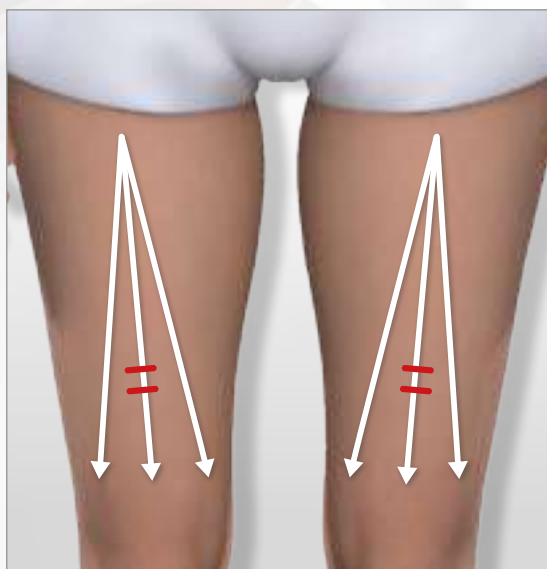
6 min

STEP 1: SLIMMER THIGHS CARE

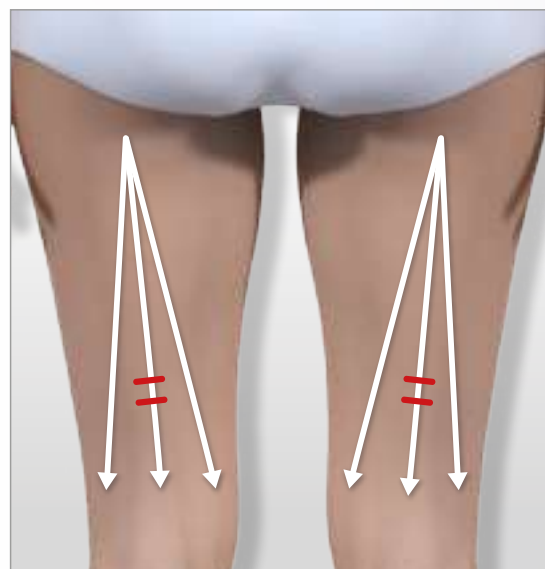
i

Very often slackening skin on the inside of the inner thighs is mistaken for a cellulite problem, when it actually is a lack of firmness. It is therefore not recommended to release fat or smooth this part of the body. You should instead opt for the **Firming Care**.

FRONT THIGHS



BACK THIGHS



P 25



3



3:00 (1:30min / thigh)



3



3:00 (1:30min / thigh)

*It is highly recommended to firm the tissue after releasing fat.
Think about finishing off your session with the **THIGH FIRMING CARE**.*

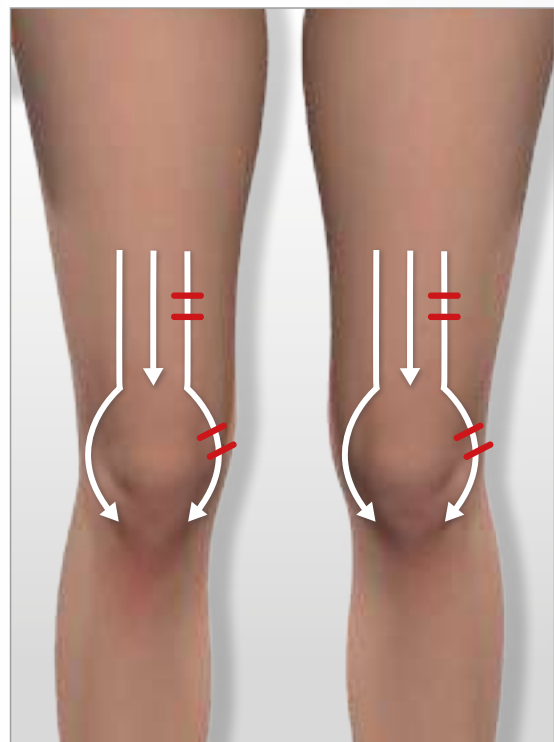
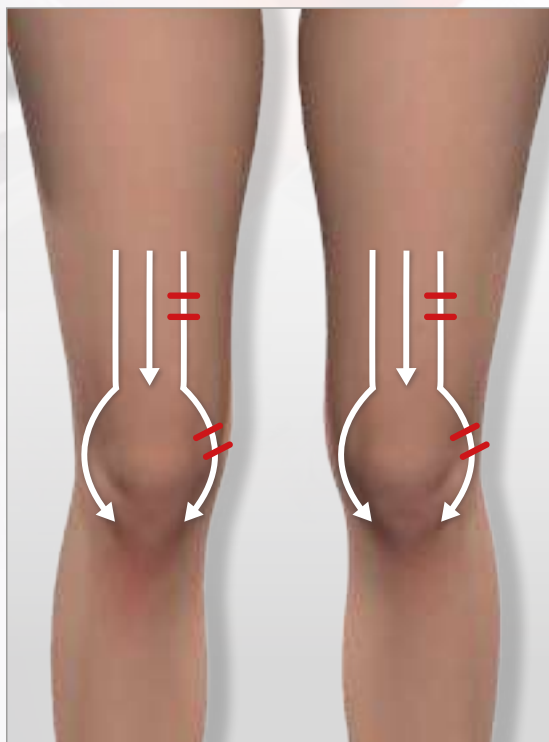
STEP 2: Apply the **Body-Shaping Gel** or **Body-Shaping Cream** using a kneading movement on the treated area to reduce excess fat.



SLIMMING ACTION

> MY SLIMMER KNEES ROUTINE 6 min

STEP 1: SLIMMER KNEES CARE



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4:00 (2min / knee)



2:00 (1min / knee)

STEP 2: Apply the **Body-Shaping Gel** or **Body-Shaping Cream** using a kneading movement on the treated area to reduce excess fat.

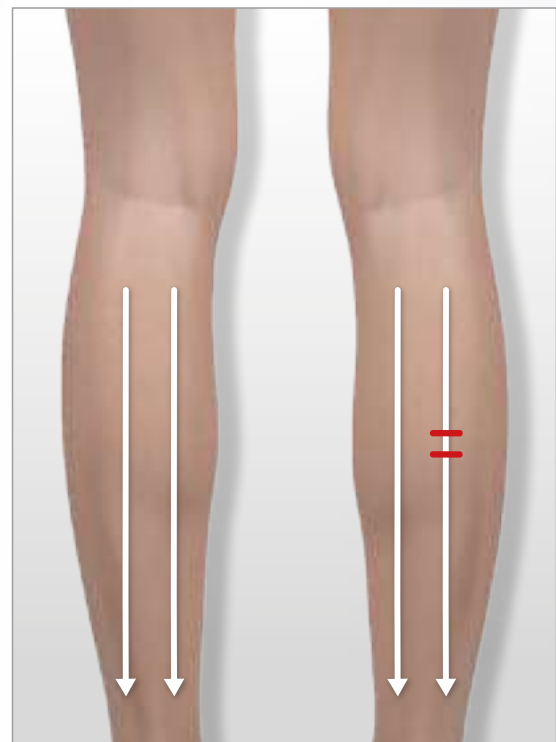
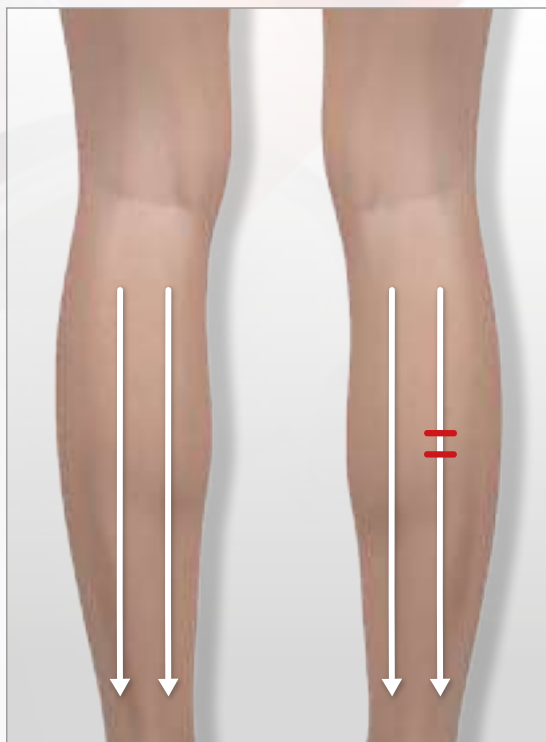


SLIMMING ACTION

> MY SLIMMER CALVES ROUTINE

6 min

STEP 1: SLIMMER CALVES CARE



P 27



4:00 (2min / calve)



2:00 (1min / calve)

STEP 2: Apply the **Body-Shaping Gel** or **Body-Shaping Cream** using a kneading movement on the treated area to reduce excess fat.

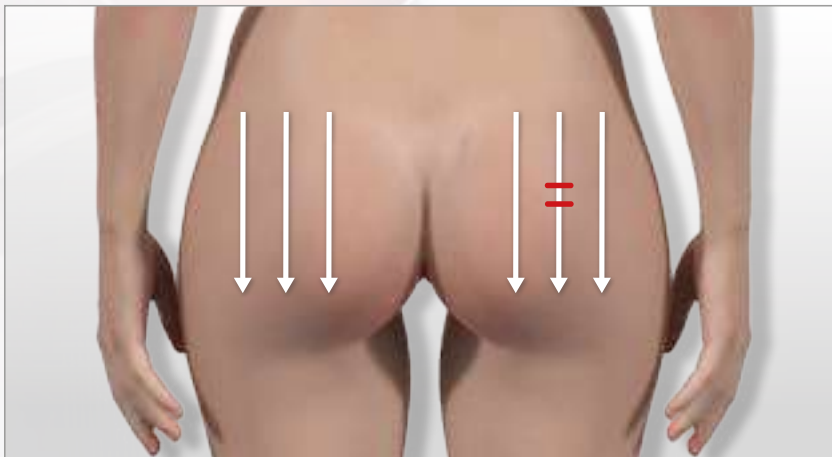


ANTI-CELLULITE ACTION

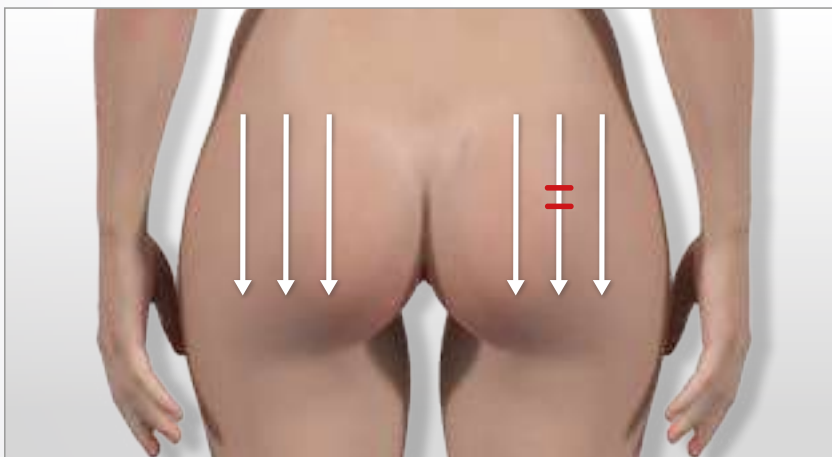
> MY ANTI-CELLULITE BUTTOCKS ROUTINE **6 min**

STEP 1: ANTI-CELLULITE BUTTOCKS CARE

ATTENTION! Take care not to go over the subgluteal fold.



P 28



STEP 2 : Apply the **Orange Peel Smoothing Complex** to the treated area to help eliminate fat and smoothe cellulite.



ANTI-CELLULITE ACTION

> MY ANTI-CELLULITE THIGHS ROUTINE

6 min



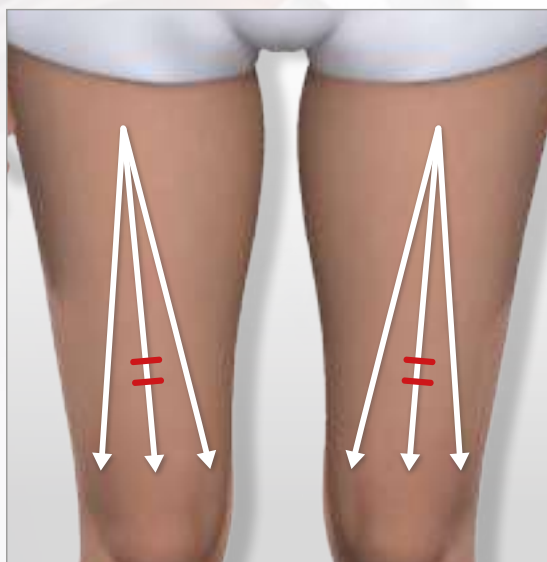
DISCOVER IT
IN THE VIDEO!

STEP 1: ANTI-CELLULITE THIGHS CARE

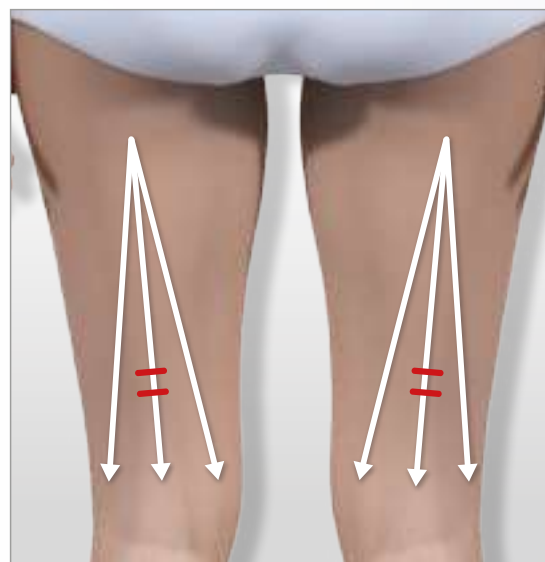
i

Very often sagging skin on the inner thighs is mistaken for a cellulite problem, when it actually is a lack of firmness. It is therefore not recommended to release fat or smooth this part of the body. You should instead opt for the **Firming Care**.

FRONT THIGHS



BACK THIGHS



P 29



3



3:00 (1:30min / thigh)



3



3:00 (1:30min / thigh)

*It is highly recommended to firm the tissue after releasing fat.
Think about finishing off your session with the **THIGH FIRMING CARE**.*

STEP 2: Apply the **Orange Peel Smoothing Complex** (if adipose cellulite) or the **Detox Draining Serum** (if aqueous cellulite, water retention) on the treated area to help eliminate fat and smoothe cellulite.



ANTI-CELLULITE ACTION

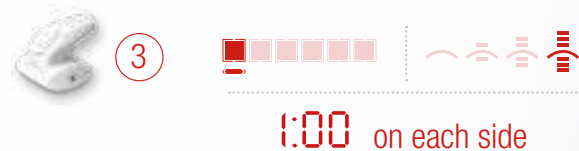
> MY ANTI-SADDLEBAGS ROUTINE

6 min

STEP 1: ANTI-SADDLEBAGS CARE



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STEP 2: Apply the **Orange Peel Smoothing Complex** to the treated area to help remove fat and smoothe cellulite. You can also apply the **Body-Shaping Gel** or the **Body-Shaping Cream**.



WELL-BEING ACTION

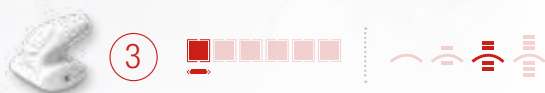
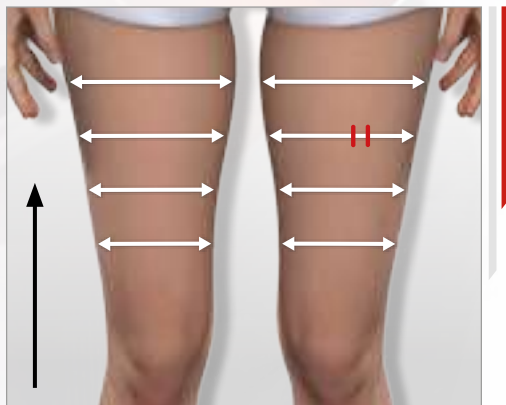
> MY LIGHT LEGS ROUTINE

6 min

DISCOVER IT
IN THE VIDEO!

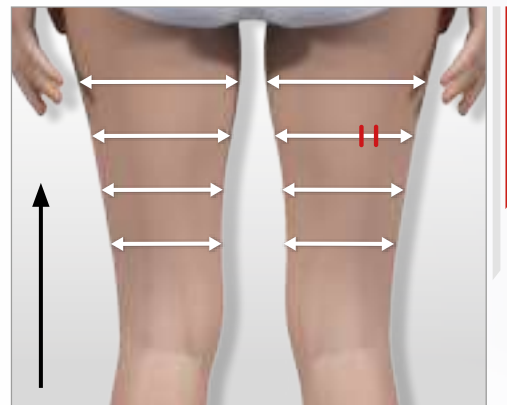
STEP 1: LIGHT LEGS CARE

FRONT THIGHS



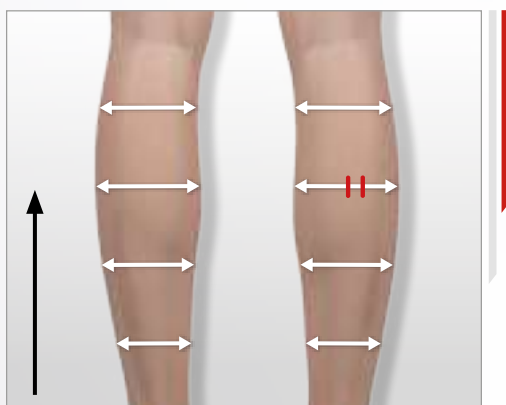
2:00 (1min / thigh)

BACK THIGHS



2:00 (1min / thigh)

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2:00 (1min / calve)

STEP 2: For maximum comfort, I spray the **Light Legs Mist** from the ankles upwards. It promotes stimulates micro-circulation and decongests my legs.





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