

The Personal System For Your Best Figure!

The DIY cellulite gels are perfectly suited for treatment at home. The intensive gels for body wraps contain high-quality active plant ingredients and natural essential oils to stimulate the fat cells and collagen fibres in the connective tissue - To bring abdomen and buttocks back into shape!

TIP: Start with the softest gel (Cello Gel Soft) and increase as needed.

1. Apply the Cello Gel evenly from bottom to top.

Start with the right leg, then the left leg - from bottom to top.

2. Then apply clockwise to the abdomen and sides and massage in. Apply to the sides and massage in; then to the buttocks and lower back. Different strength gels can be used within one treatment (e.g. lower legs and knees = Cello Gel soft, thighs, buttocks and abdomen = Cello Gel medium).

3. Wrap the foil like a bandage, starting at the right ankle, tightly from the bottom to the top and from the inside to the outside! This supports the dynamics of the lymphatic system. To increase the pressure, to shape and tighten the thigh, a second layer can be wrapped from the knee. Then the left leg.

4. After the legs, start with the abdomen and buttocks. Start the foil at

the hips and wrap it under the chest.

The belly and buttocks may be wrapped and shaped a little tighter. Make sure that the foil does not constrict your breathing!

5. Wrap up with a bath towel, lie down and relaxed cover up further with a warm blanket. Lie down for 30 to 45 minutes so that the ingredients can take effect. In the first 10 to 15 minutes there will be a feeling of warmth or heat, afterwards, the feeling of warmth is constant, and towards the end it will cool down again.

6. After resting, carefully remove the foil with the foil cutter. **TIP:** Cut along the outside of the right leg from the bottom up to the hip, then across the belly to the chest, and then the left leg from the bottom up. For tight areas, lift the foil a little.

7. If the skin is still damp, dab lightly with a towel. Do not rub!

8. Aftercare: Apply CELLO CREAM Aloe Vera. Begin with the right leg first, then the left leg, and finally on the stomach and buttocks. After applying the cream, you can feel how much softer the skin is, and that your blood circulation is better.

Step by Step Guide



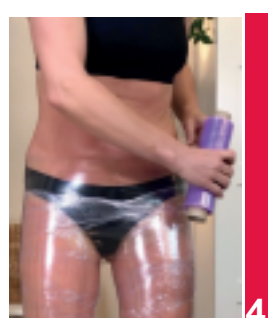
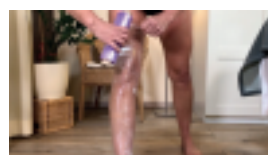
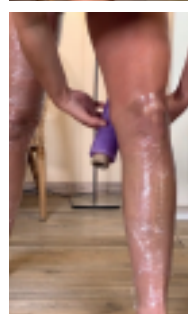
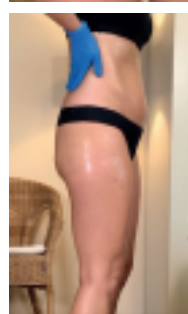
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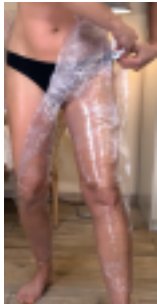
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4.



- ▶ Adjust diet

DO NOT USE IN CASES OF:

(Pay attention to your health!)

- ▶ Sunburn, skin problems (abrasions, eczema, external injuries, etc.)
- ▶ During pregnancy and breastfeeding
- ▶ In febrile diseases
- ▶ In case of thrombosis and severe varicose veins
- ▶ In the case of phlebitis
- ▶ Severely high blood pressure
- ▶ Kidney disease
- ▶ After operations (at the earliest 6 months afterwards)

5. For detailed instructions, we recommend our description video! Simply scan the QR code and off you go!

Instructional

VIDEO



Still have questions?
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Also needed: Body wrap foil, foil cutter, disposable gloves

WHAT IS IMPORTANT FOR THE DIY CELLULITE BODY WRAPS:

- ▶ Be in good general health.
- ▶ Stay hydrated (water, etc.) for detoxification
- ▶ Consider interactions with medication (for example, birth control pills slow down the metabolism).
- ▶ Do NOT shave, resin or epilate the day before the wrap.
- ▶ Avoid laser treatment, IPL treatment, etc. for one week before the wrap,
- ▶ Immediately after the wrap, avoid sauna, sun and solarium.
- ▶ After the wrap take an approximately 3-hour break; then feel free to go swimming, sunbathing, showering or bathing.