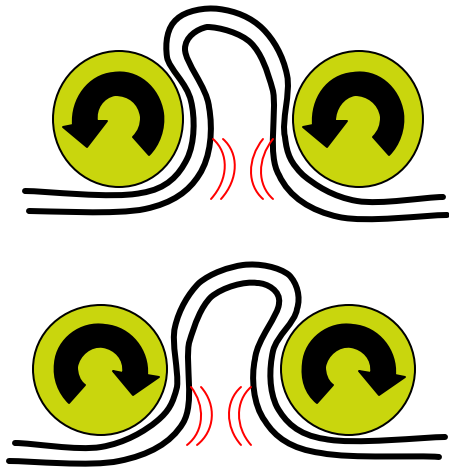


How the Cellulite Smoother™ works



The Cellulite Smoother gently draws a skin fold and rolls it, painlessly and deeply manipulating the underlying tissues to break up pockets of cellulite and stimulate circulation through all the skin layers. The increased blood and lymph flows bring fresh oxygen and nutrients to all the layers of skin and even to the tissues below the skin. This improved circulation then flushes away the excess water, fats and cell wastes freed up by the massage improving the appearance of your cellulite.



www.homecellulitetherapy.com

(877) 299-7372

Home Cellulite Therapy

The most practical way to Smoother Cellulite



The Cellulite Smoother™

Is an exciting, safe, no-pain treatment that can give dramatic improvement in the appearance of your cellulite on your hips, thighs and buttocks.

How to use the Cellulite Smoother™

The First thing that you need to do before using the Cellulite Smoother is to wear some type of tight spandex shorts or pants to cover the area of your body that you will be massaging. We recommend something that is tight and flexible to wear, like gym or bike shorts. It is very important to wear this outfit before you begin to allow the Cellulite Smoother™ to roll smoothly.

Second, attach the Cellulite Smoother to the end of your vacuum cleaner's hose (see figure 1). Most home vacuum cleaners are 12 amp's whether it's an upright or canister vacuum. We don't recommend you using any other vacuum cleaners, such as a shop vac or any other smaller type of vacuum cleaner.

Third, turn your vacuum cleaner on and hold the Cellulite Smoother at the base, then apply it to the back of your thigh (see figure 2). Keep a firm grip on the Cellulite Smoother and begin moving it up and down then side to side. Make sure to massage the surrounding areas of your cellulite. Repeat this several times.

When you first begin this treatment, start off just a few minutes a day.

Depending on how your body responds, it's best to do it for just a few minutes the first couple of days. Then you can begin using it up to 15 to 30 minutes, massaging your cellulite and around the cellulite. Massage all around each area of cellulite a minimum of 10 to 15 minutes. Use it every day for the first couple of days then you can start using it every other day. Do not exceed 30 minutes per area.

- For the first few days, massage for just a few minutes.
- Then massage each area a minimum of 10 - 15 minutes.
- Do not exceed 30 minutes a day.
- Massage your cellulite areas at least every other day.
- Minor bruising may occur but this is only temporary
- Drink plenty of water after massage

Results can start appearing after the first two weeks, depending on the severity of your cellulite. Other factors can increase or decrease the results, such as proper eating habits and proper exercise.

Results that can be seen from using the Cellulite Smoother™

- Dramatically reduces appearance of cellulite
- Increases production of skin collagen and elastin
- Shrinks enlarged cellulite fat cells
- Increases blood and lymph flow in upper and lower layers of skin
- Drains excess water, fats, and toxins
- Exfoliates & Vitalizes for softer skin
- Reduces muscle tension



Figure 1



Figure 2



Canister Vacuum



Upright vacuum

Either style vacuum cleaner will work for this type of therapy.

- Some vacuums have a larger diameter hose, so an external attachment may be required.

