

# SUMMER READY SKIN

## Cellulite

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### What?

Cellulite can be every woman's arch nemesis! It is a result of bulging fat deposits between connective tissue in the skin, causing a rippled effect.

### How?

Although there is no miracle cure for cellulite, there are ways to reduce the appearance with massage. This works to break up fat deposits away from the connective tissue. It also helps stimulate the tissue surrounding the cellulite, boosting blood circulation and lymphatic functions.

### Directions

After applying Anti-Cellulite Cream, try these different massage methods. You will see results after 1 treatment. Best results after 3+ weeks. Can be used twice a day, morning and night.

*\*This product is very stimulating, and you will experience activity in the area it is applied.*

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#### Kneading Massage

This involves a combination of squeezing and lifting alternatively - just like kneading dough. Fingers are used on delicate areas like upper arms, inner knees and calves; while thighs, stomach, hips and buttock are done with the palm of the hand.



#### Wringing Massage

This uses a wringing motion - the same one we use when we're wringing out a wet towel - but grasps portions of skin instead. This is a brilliant method for flabbier areas such as the buttocks, hips and thighs.



#### Knuckle Massage

Fists can be great tools for crushing the lumps and bumps brought on by cellulite. Knuckles are used to pummel and break down stubborn fat deposits that sit beneath the skin; causing them to dissolve faster and flushed out by your metabolic system.



#### 'S' Massage

Placing the thumbs at right angles to grasp as much of the cellulite-affected area as possible, this technique then uses a twisting motion in opposite directions to apply pressure to fat deposits. This twisting in opposite directions forms an 'S', hence the name.



#### Dry Brushing

Instead of using the hands, this popular massage uses a special brush which stimulate the circulation of blood in the areas cellulite has taken to. It's made up of firm bristles which stimulate blood flow and release blocked vessels.

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