

Cellulite Kit INSTRUCTIONS



The important part of dealing with cellulite is to keep the skin exfoliated and the pores cleaned out. The second most important thing is to drink 2-3 liters of water daily. Eat fresh fruits and vegetables daily.

Scrub daily all over the body using *Aloe Body Wash* and the scrub cloth.

Twice weekly, after a hot shower, towel dry. Apply *Body Wrap Solution Gel* over the cellulite areas. Cover over with plastic film while the gel is still moist. Leave on for a minimum of one hour. Remove the plastic and massage any still-moist gel into the skin. Be sure to drink 2-3 liters of water during the 24-hours following the treatment.

Each morning, rub a small amount *Aloe Heat Crème* into all cellulite areas. This helps stimulate circulation that is very important.

After 3 months you will be rewarded with smooth skin. Maintenance will be required or cellulite ripples will begin to show again 3-4 months later.

www.set-n-me-free.com

For more information call:

800-221-9727 or 503-666-9661