

Anti-Cellulite Device



MODEL NO.: SR-12A

**BEFORE USING THIS DEVICE, PLEASE READ
OPERATING INSTRUCTIONS CAREFULLY**

ABOUT CELLULITE

Cellulite is a dimpling of the skin that mainly affects the thighs, upper arms and buttocks. Cellulite primarily occurs in women, as the collagen fibres in the connective tissue of women's bodies are arranged in parallel. Cellulite is present when the fat cells expand and therefore bulge upwards, causing the typical dimpling on the surface of the skin.

There are several kinds of treatment for cellulite, but above all it is essential concept that cellulite is a chronic condition and despite responding to treatment. It tends to reappear. It is therefore important to be wary of treatments presented as "final solutions". There is NO single, immediate solution.

The only real way to treat cellulite is by continuous treatment and by observing certain rules in daily life.

- * Food. It is important to follow a low fat, low carbohydrate diet.
- * Exercise. Moderate, but regular.
- * Avoid stress.

Together with the basic measures outlined above, **massage is the best therapy** for detaining the process of cellulite, restoring correct venous and lymphatic circulation and eliminating the fatty nodules which produce orange peel skin.

INTENDED USAGE

The Anti-Cellulite Device offers you the chance to enjoy a circulation-enhancing massage, particularly for cellulite, orange peel skin and loose connective tissue on the legs, upper arms and bottom.

The powerful motor ensures a strong kneading massage. This complex movement allows the subcutaneous connective to be massaged, promoting circulation and the lymphatic flow.

With the kneading function, the device imitates the hand movements used during a professional massage. Thanks to its ergonomic design, the device enables comfortable use at home.

15 minutes a day with this device is a real aid to keeping fit and enjoying your wellness!

PROPER USAGE

This device is intended only for the massaging of individual parts of the human body. The device is for private use only and is not intended for medical or commercial purposes. It cannot replace medical

treatment. Do not use the massage device if any of the following warnings apply to you. Please consult your doctor if you are unsure whether or not the massage device is suitable for you.

SAFETY INFORMATION

Keep the unit and its packaging materials away from children.

Only work with the supplied power supply.

Do not use the device if damage to the device itself or any of its accessories is evident.

Keep the unit, power supply and the cable away from water, damp or other liquids. Never use in bath, sauna, etc.

Never try to retrieve the device if it falls into water. Disconnect the plug immediately from the mains outlet.

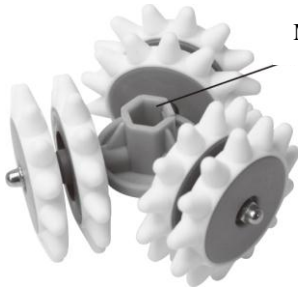
Repairs to electrical appliances must only be carried out by qualified persons. Incorrect repairs can lead to considerable danger for the user.

Switch the device off and disconnect the power supply after every use and before every cleaning.

Follow local regulations regarding the disposal of materials. In case of queries, contact related authorities responsible for waste disposal in your area.

PARTS DESCRIPTION





Massage Rollers

APPLICATIONS

There are several effective manual movements. This device was designed to duplicate them. But it is much quicker and safely than manual massage.

■ General Treatment

Massaging the lymphatic system helps recuperate lymphatic circulation, transport fats and toxins, thus avoiding their building up into fat nodules.

It gives a deep massage throughout the whole lymphatic system, reactivating lymphatic circulation.

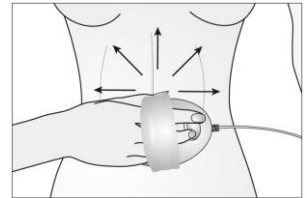
But most importantly: it works locally on those points that neither exercise nor diet can improve, for example, fat thighs or “spare tires”.

■ Localized Treatment

However, we insist: One massage is NOT enough. You need constancy in the massages as well as following our recommendations: healthy eating habits, exercise and avoiding stress.

Tighten up your abdomen and trim your waist, for a perfect waist

Lay comfortably. Hold in your abdomen as if holding your breath. Keep your back straight and your knees bent. Starting from your navel, apply this device with Low Setting all over your abdomen and then towards the sides, letting it work for a couple of minutes on each side of your waist.



Or you can start from the middle of the abdomen towards the sides in straight lines. Repeat this movement several times, choosing a different starting point each time.

This massage should be brief, never more than 5 minutes. Your skin will let you know when it has had enough by reddening.

After about a month of this massage, you can also use High Setting for more results in less time, depending on your skin and after consulting our Personalized Advisory Service.

You could say that this massage sculpts your waistline. It breaks down the fat nodules and helps eliminate them through the lymph ducts, while irrigating and toning the muscles.

Legs, Knees. For slender, shapely legs

To massage your knees, use it in an upwards direction.

Sit or semi-recline and, let this device work for a couple of minutes on the inner and outer parts of your knees.

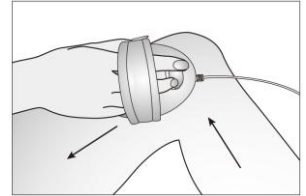
Continue on both sides of your thighs till you reach the groin and hips. The hips tend to accumulate cellulite.

Let it work for 5 minutes on each hip, always moving slowly upwards.

This massage has visible effects in just a few days. This is one of its greatest successes.

Thanks to the deep, localized massage, this area recovers its normal lymphatic circulation which helps to eliminate toxins and fats in the most natural way.

Hold it firmly, but without pressing down. Move slowly and decisively, avoiding fast, vague movements.



Buttocks and hips. For firm, shapely buttocks

To shape your buttocks, use this device from the base of the buttocks to the waist. On reaching the hips, let the machine work for three minutes.

The best position for this is laying on your back, leaving enough space between the floor and your hips to apply it, by bending your knees.

Sit or semi-recline. Stretch out your legs. Roll over onto one side, resting on your hip and you can massage one buttock. When you've finished, roll over to the other side and massage the other.



MAINTENANCE

This device takes up very little space and requires no special maintenance. Just clean it occasionally with a cloth dampened in alcohol.

The massage rollers can be detached easily and be cleaned with hot water and soap.

Never put wet massage rollers back into the machine. Do not leave the massage rollers in the sun.

WARRANTY

This unit is under warranty to be free of defects in material & workmanship for period of one year from the date of original purchase.

This warranty does not cover finishes, nor does it cover damages resulting from accident, misuse, neglect, dirt, water, temperature, unreasonable usage, servicing performed or attempted by unauthorized service agencies or units that have been modified.