

wellbox®  
SLIMMING & ANTI - AGING



**FACE & BODY**  
ROUTINES





## **FACE** ROUTINES

**INSTRUCTIONS FOR THE FACE** ..... P3

### **RADIANCE ACTION**

**MY RADIANCE ROUTINE** ..... P4

### **ANTI-AGING ACTION**

**MY EYES SMOOTHING ROUTINE** ..... P5

**MY ANTI-AGING FOREHEAD ROUTINE** ..... P6

**MY LIP CONTOUR ROUTINE** ..... P7

**MY ANTI-AGING NECK ROUTINE** ..... P8

**MY ANTI-AGING DÉCOLLETÉ ROUTINE** ..... P9

**MY ANTI-AGING HAND ROUTINE** ..... P10

**MY ANTI-AGING FACE ROUTINE** ..... P11

### **FIRMNESS ACTION**

**MY FACE FIRMING ROUTINE** ..... P12

### **DETOX ACTION**

**MY REFRESHED EYES ROUTINE** ..... P13

**MY DETOX ROUTINE** ..... P14

### **SLIMMING ACTION**

**MY FACE RESCULPTING ROUTINE** ..... P15



*Please carefully read the manual  
before using your Wellbox<sup>®</sup> [S].*

## > INSTRUCTIONS FOR THE **FACE**



Fat release, cellulite smoothing



Drainage and smoothing of deep wrinkles



Smoothing of wrinkles and fine lines



Firming, radiance of the face



**The suction power** must be adjusted depending on your skin quality. Take care not to pull on your skin. The treatment **MUST NOT** cause any pinching or pain.

**Suction sequentiality** is the number of aspirations per second. It will be higher or lower depending on the action desired.

**P3**

For better stimulation, **move the LIFT head** with small hops, stopping 4 seconds on each point, while respecting the direction indicated by the white arrow. Please do not press.

The red lines indicate **how to position the flaps** when moving the treatment head. They must always be perpendicular to the wrinkle.

RADIANCE ACTION

> MY RADIANCE ROUTINE

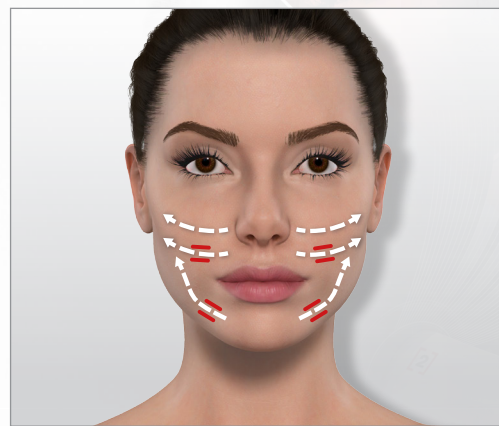
6 min



DISCOVER IT  
IN THE VIDEO!

→ RADIANCE CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



P4

MY ANTI-AGING ACTION

> MY REFRESHED EYES ROUTINE **6 min**

→ REFRESHED EYES ROUTINE

Move the LIFT head with small hops, stopping 4 seconds on each point.



P5

If, despite using minimum intensity, you pull on your eyelid, move a few millimeters away.

[1]     
**3:00** (1:30min each side)

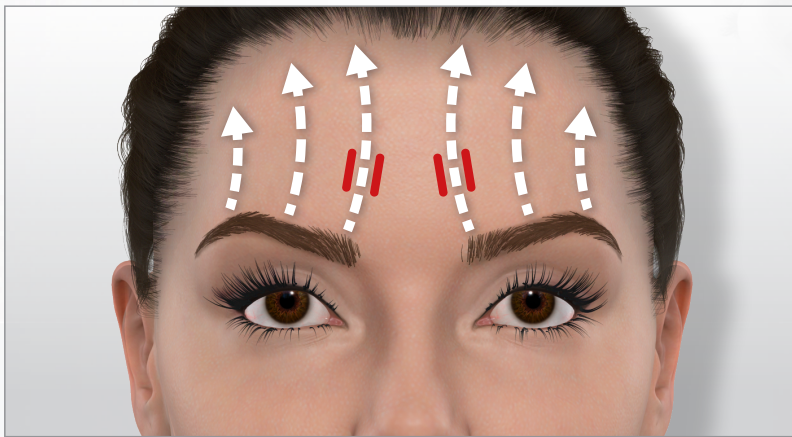
[1]     
**3:00** (1:30min each side)

MY ANTI-AGING ACTION

> MY ANTI-AGING FOREHEAD ROUTINE 6 min

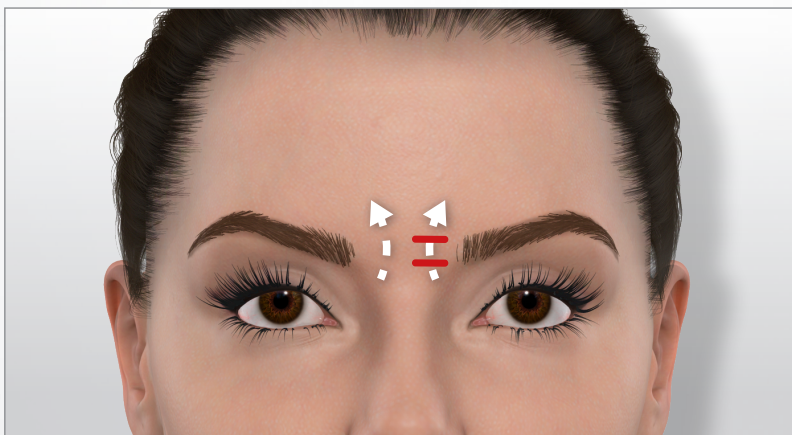
→ ANTI-AGING FOREHEAD CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



4:00

P6



2:00

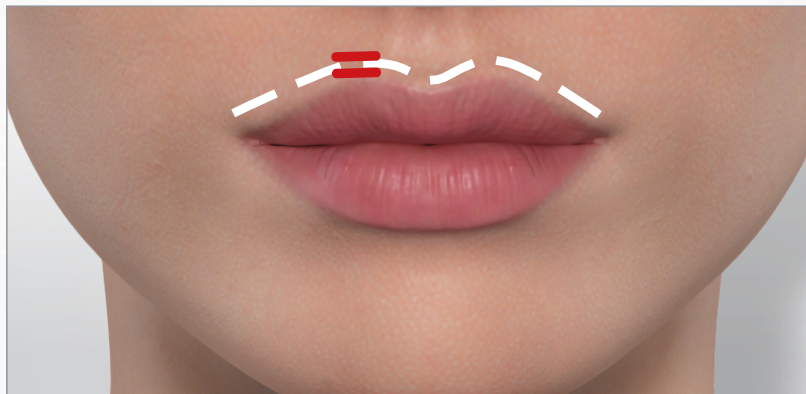
MY ANTI-AGING ACTION

> MY LIP CONTOUR ROUTINE

6 min

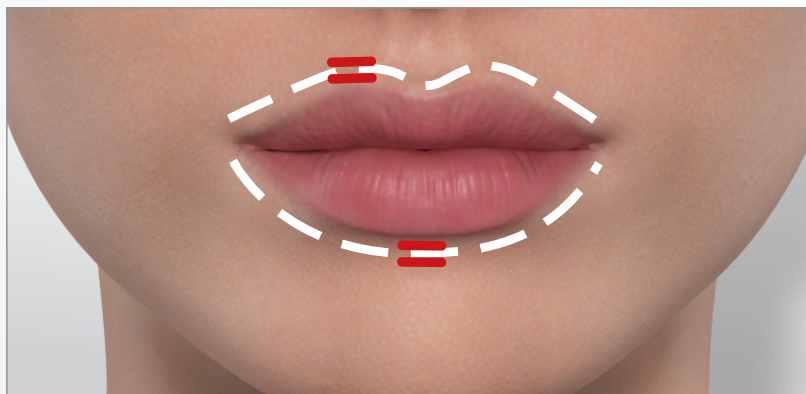
→ LIP CONTOUR CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



2:00

P7



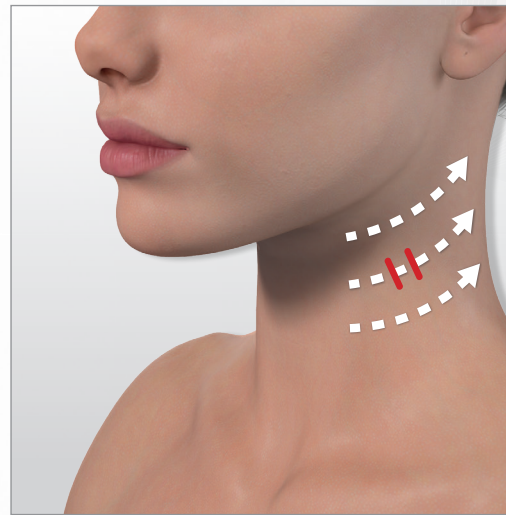
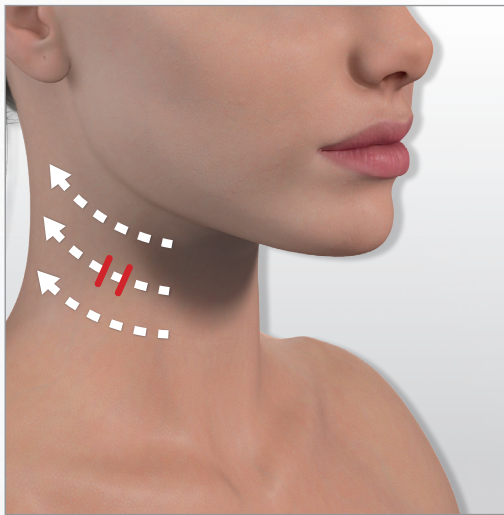
4:00

MY ANTI-AGING ACTION

> MY ANTI-AGING NECK ROUTINE **6 min**

→ ANTI-AGING NECK CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



P8



[2]



3:00



[2]



3:00

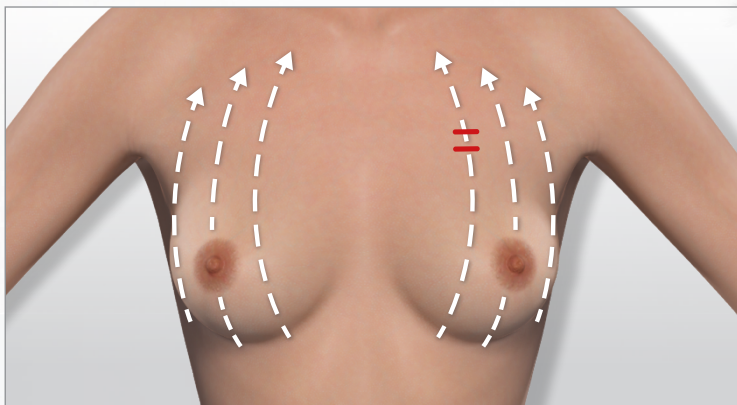


MY ANTI-AGING ACTION

> MY ANTI-AGING DÉCOLLETÉ ROUTINE 6 min

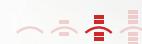
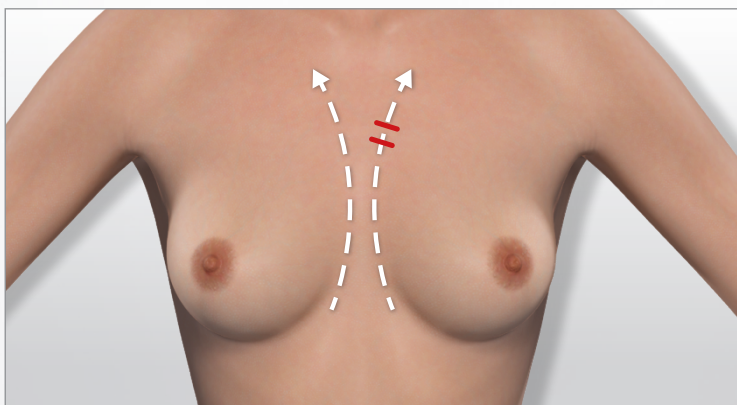
→ ANTI-AGING DÉCOLLETÉ CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



4:00

P9



2:00

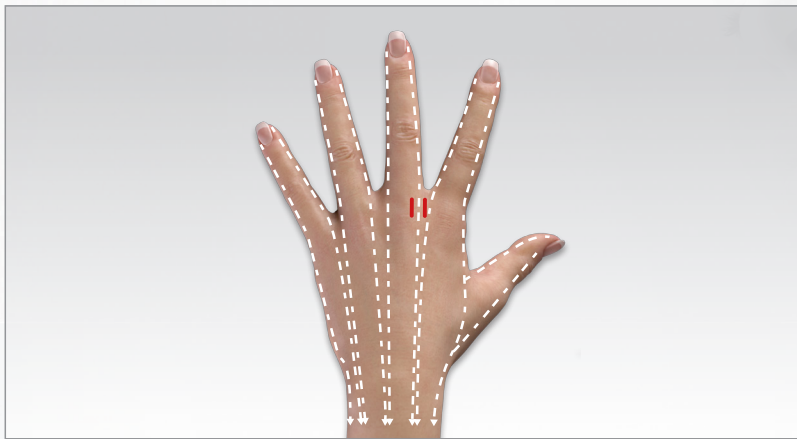
MY ANTI-AGING ACTION

> MY ANTI-AGING HAND ROUTINE

6 min

→ ANTI-AGING HAND CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



3:00

P 10



3:00

MY ANTI-AGING ACTION

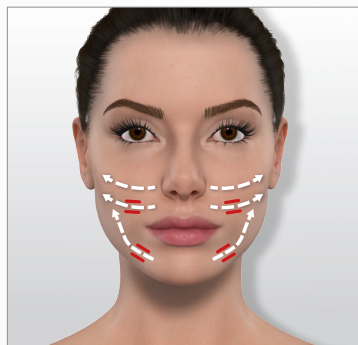
> MY ANTI-AGING FACE ROUTINE **12 min**



PREMIUM

→ ANTI-AGING FACE CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



P 11

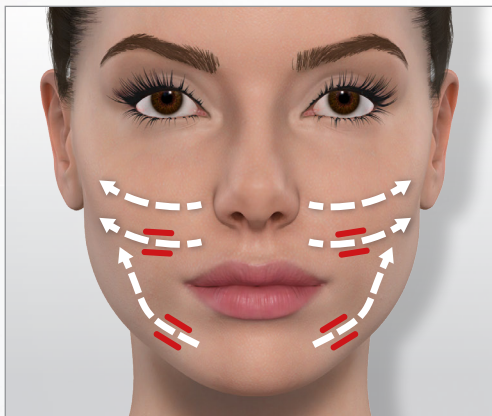




FIRMNESS ACTION

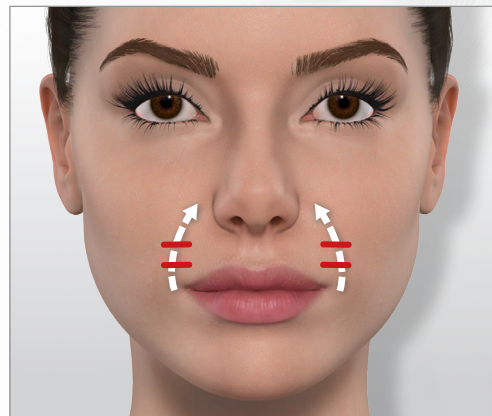
> MY FACE FIRMNESS ROUTINE **6 min**

→ FACE FIRMNESS CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



[2]        
4:00



[1]        
2:00

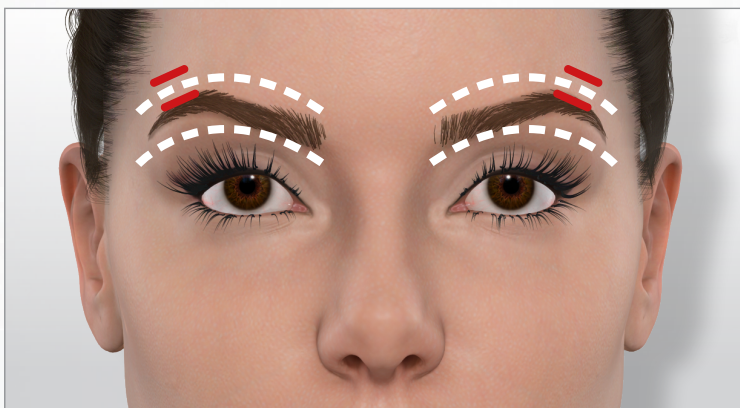
DETOX ACTION

> MY REFRESHED EYES ROUTINE

6 min

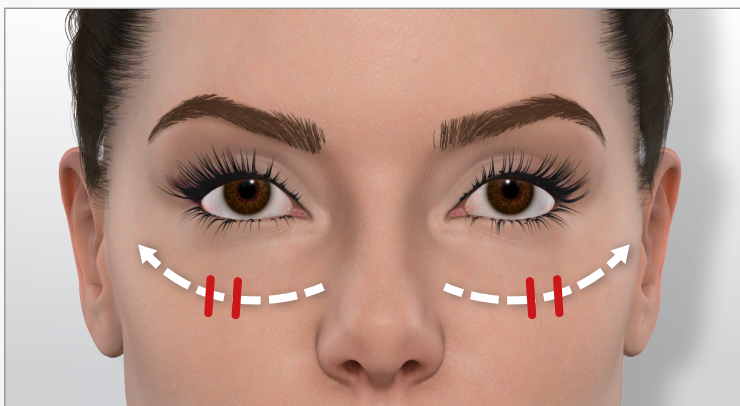
→ REFRESHED EYES CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



3:00

P 13



3:00

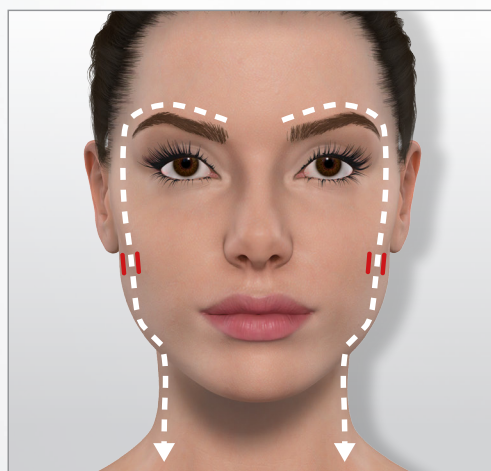
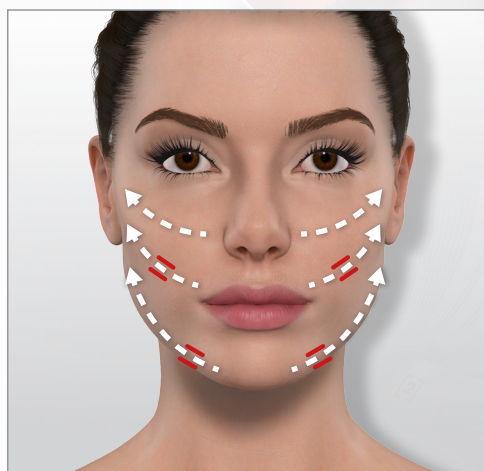
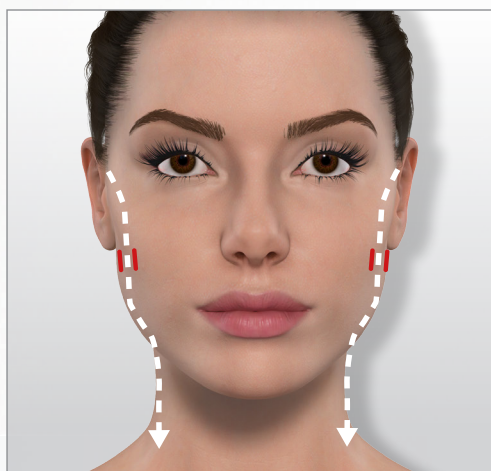
DETOX ACTION

> MY DETOX ROUTINE **6 min**



→ DETOX CARE

Move the LIFT head with small hops, stopping 4 seconds on each point.



P 14

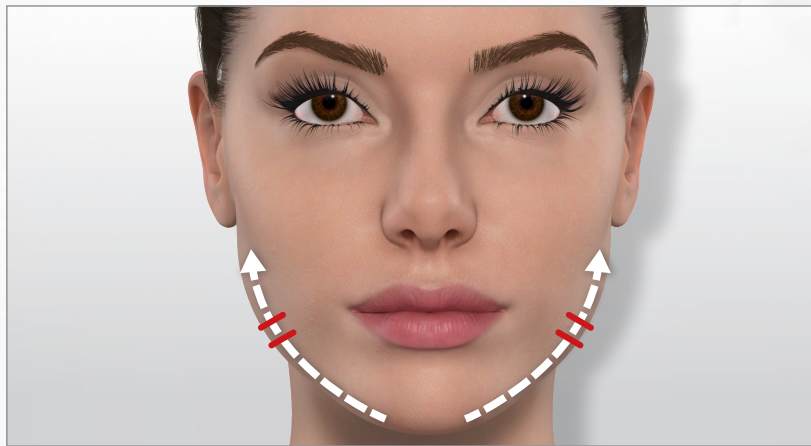
SLIMMING ACTION

> MY FACE RESCULPTING ROUTINE 6 min

→ FACE RESCULPTING CARE

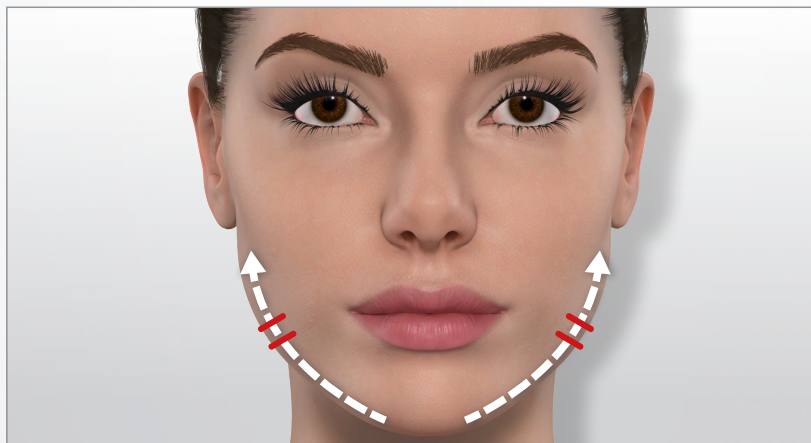
Move the ROLL head with small hops, stopping 4 seconds on each point.

**IMPORTANT:** use this treatment only on areas of fat storage



4:00

P 15



2:00



## BODY ROUTINES

INSTRUCTIONS FOR THE BODY ..... P17

### FIRMING ACTION

MY ARM FIRMING ROUTINE ..... P18

MY STOMACH FIRMING ROUTINE ..... P19

MY BUTTOCKS FIRMING ROUTINE ..... P20

MY THIGH FIRMING ROUTINE ..... P21

### SLIMMING ACTION

MY TONED ARMS ROUTINE ..... P22

MY FLAT STOMACH ROUTINE ..... P23

MY ANTI-LOVE HANDLES ROUTINE ..... P24

MY SLIMMER THIGHS ROUTINE ..... P25

MY SLIMMER KNEES ROUTINE ..... P26

MY SLIMMER CALVES ROUTINE ..... P27

### ANTI-CELLULITE ACTION

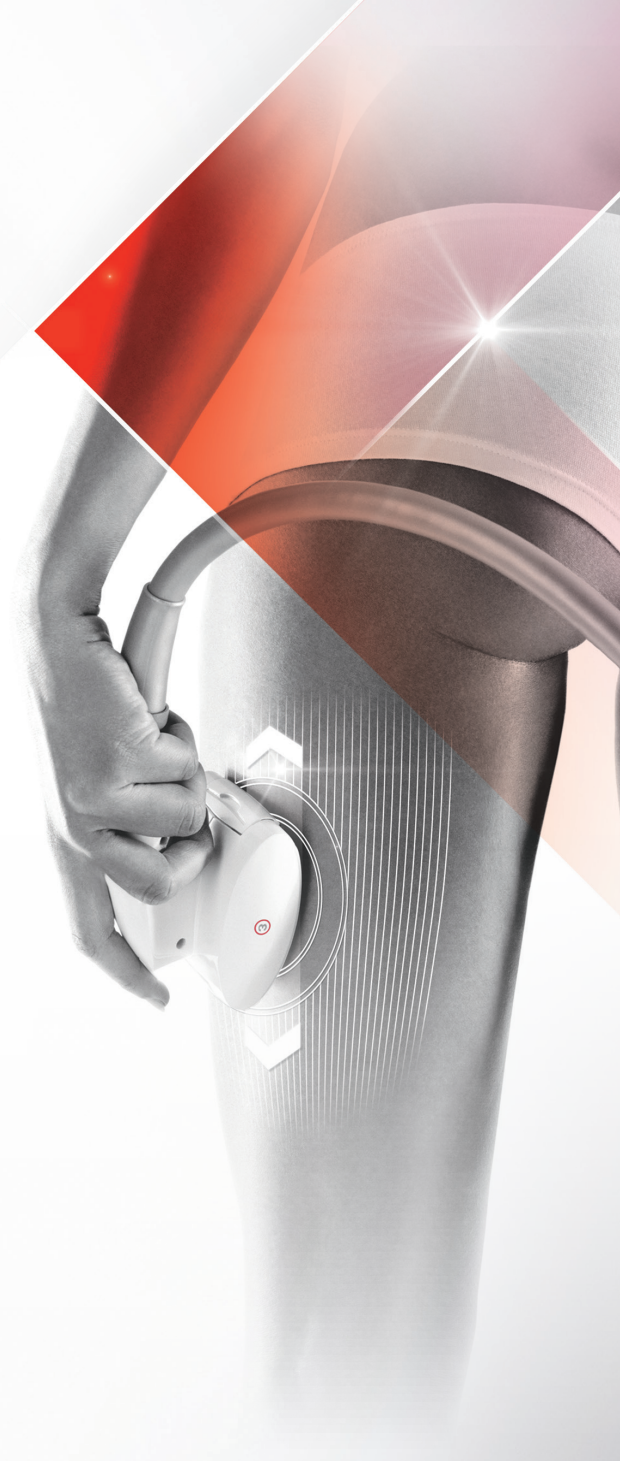
MY ANTI-CELLULITE BUTTOCKS ROUTINE .... P28

MY ANTI-CELLULITE THIGHS ROUTINE ..... P29

MY ANTI-SADDLEBAGS ROUTINE ..... P30

### WELLBEING ACTION

MY LIGHT LEGS ROUTINE ..... P31



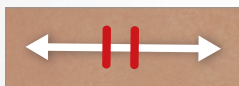
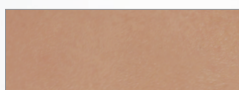
*Please carefully read the manual  
before using your Wellbox® [S].*



## > INSTRUCTIONS FOR THE **BODY**



-  Fat release, cellulite smoothing
-  Drainage and smoothing of deep wrinkles
-  Smoothing of wrinkles and fine lines
-  Firming, radiance of the face



**The suction power** must be adjusted depending on how you feel and on your skin quality. Be careful not to increase it too much on sensitive areas, such as your inner arms and inner thighs.

**Suction sequentiality** is the number of aspirations per second. The higher the suction, the closer to the skin surface will be the action; firmness or radiance.

The white arrows indicate the direction that the treatment head must follow. **When you use the ROLL3 head**, use the trigger to reverse the direction of the rollers. The number of trajectories is to be adapted according to the extent of the zone to be treated.

**Be sure to move the treatment head slowly for optimal efficiency.**

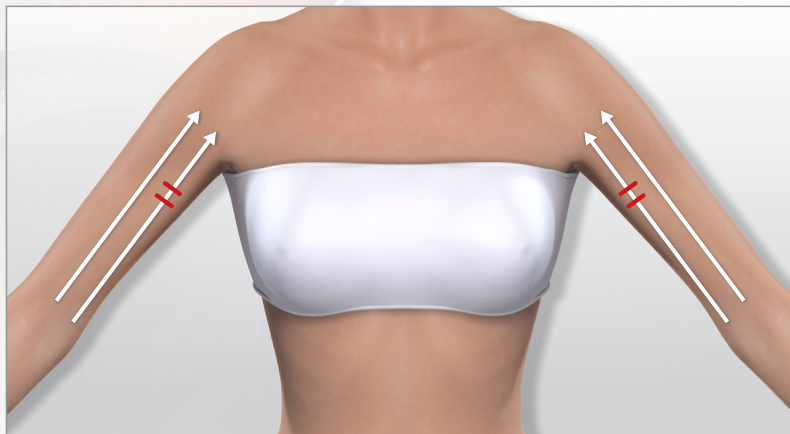
The red lines indicate how to **position the rollers** when moving the treatment head.

FIRMING ACTION

> MY ARM FIRING ROUTINE

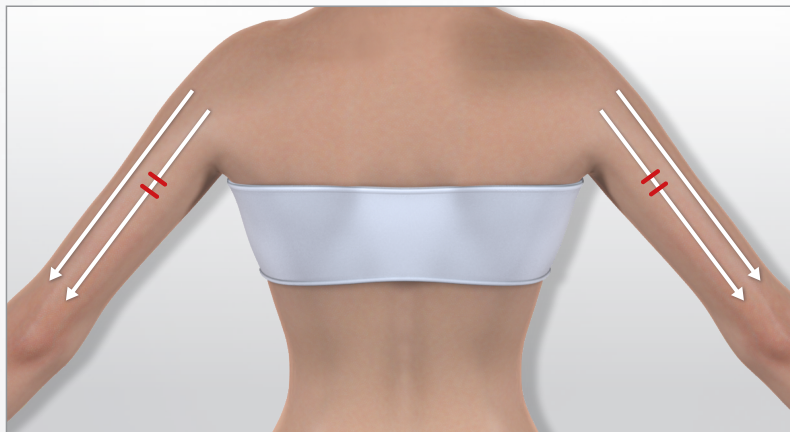
6 min

→ ARM FIRING CARE



3:00

P 18

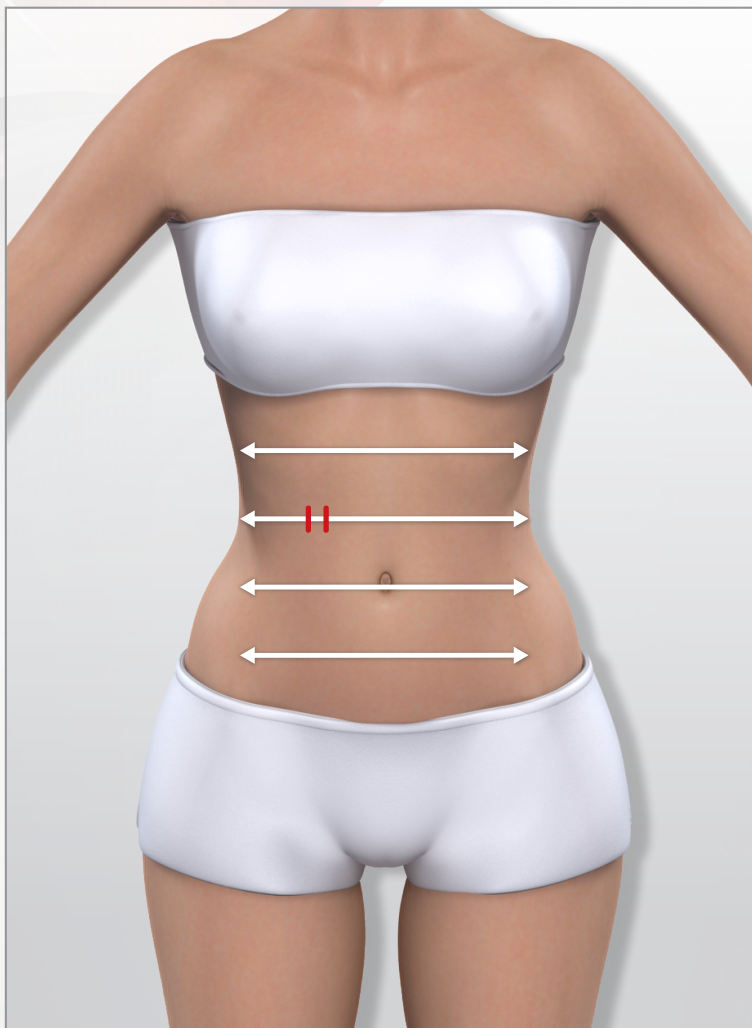


3:00

FIRMING ACTION

> MY STOMACH FIRMING ROUTINE 6 min

→ STOMACH FIRMING CARE



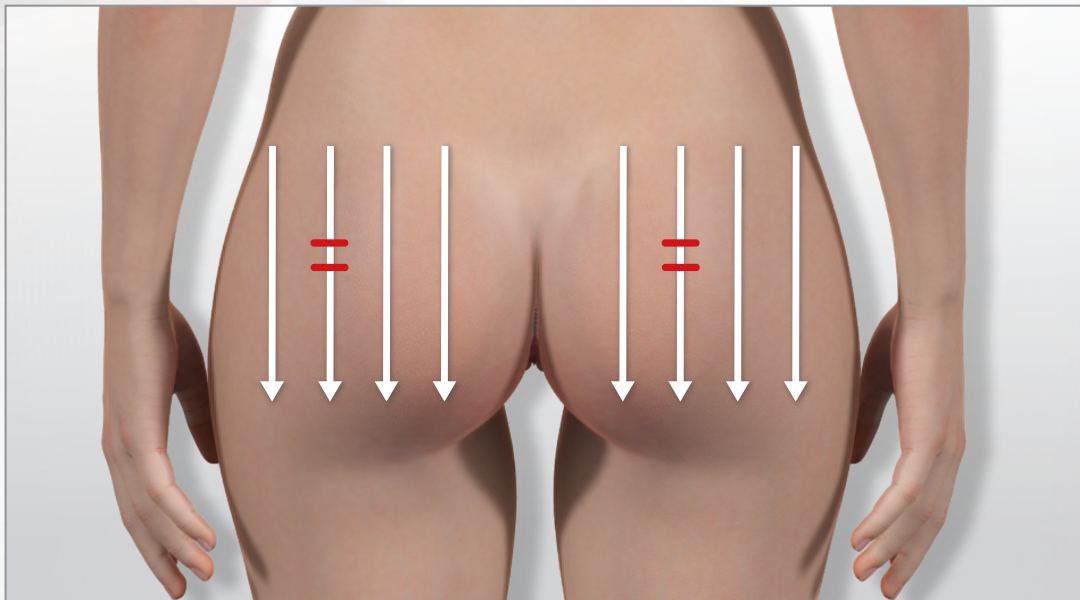
6:00

P 19

FIRMING ACTION

> MY BUTTOCKS FIRMING ROUTINE 6 min

→ BUTTOCKS FIRMING CARE



P 20



3



6:00

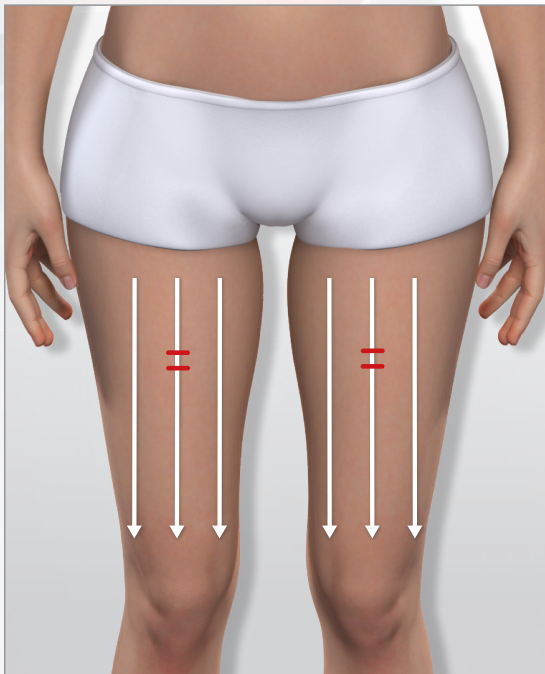
FIRMING ACTION

> MY THIGH FIRMING ROUTINE

6 min

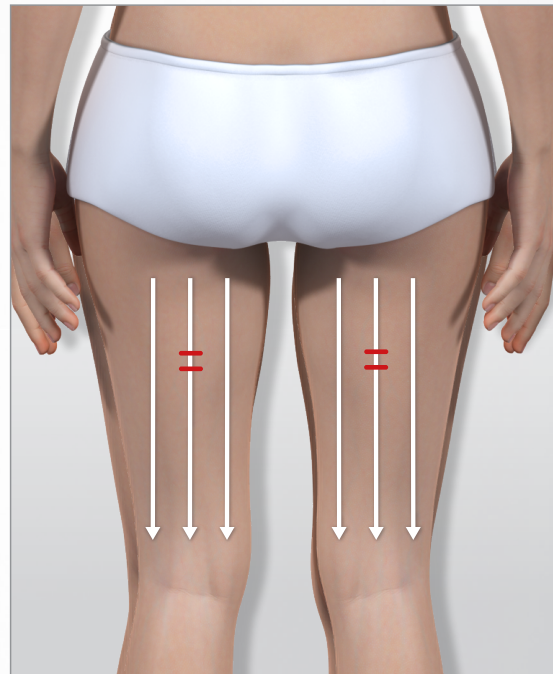
→ THIGH FIRMING CARE

FRONT THIGHS



3:00 (1:30min / thigh)

BACK THIGHS



3:00 (1:30min / thigh)

SLIMMING ACTION

> MY TONED ARMS ROUTINE **6 min**

→ TONED ARM ROUTINE

For easier use, bend your arm to 90 degrees.



4:00

P 22



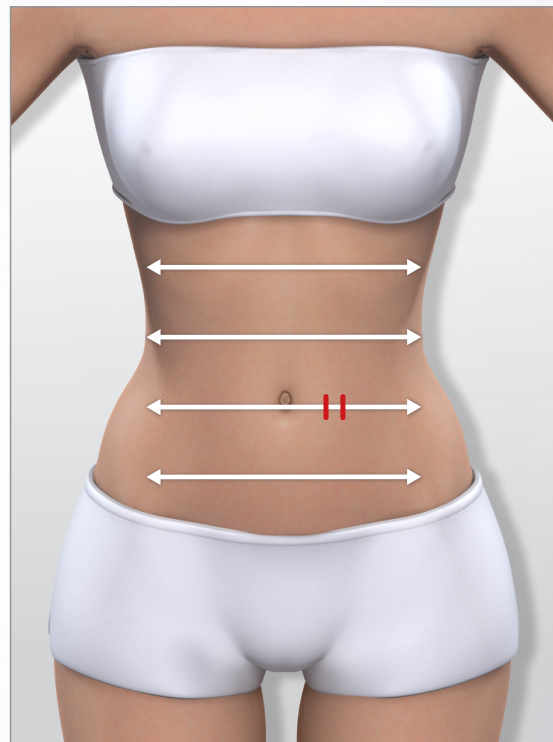
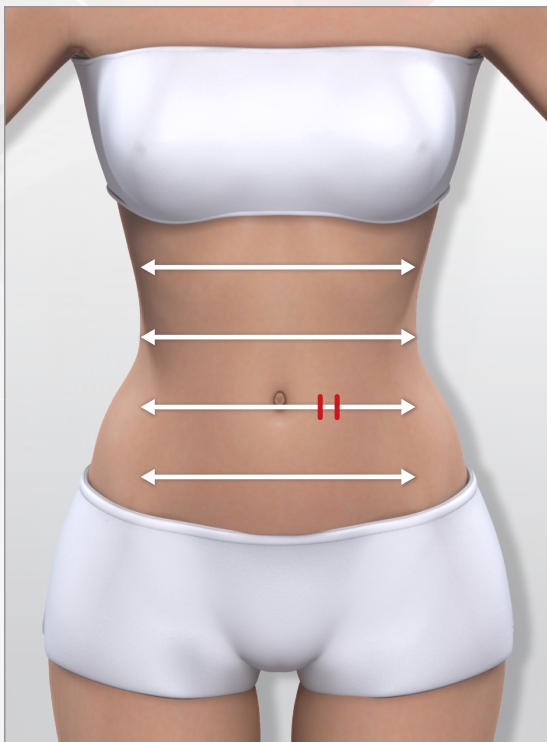
2:00

SLIMMING ACTION

> MY FLAT STOMACH ROUTINE **6 min**



→ FLAT STOMACH CARE



P 23



4:00



2:00

SLIMMING ACTION

> MY ANTI-LOVE HANDLES ROUTINE

6 min

→ ANTI-LOVE HANDLES CARE



P 24



3



2:00 on each side



3



1:00 on each side



SLIMMING ACTION

> MY SLIMMER THIGHS ROUTINE

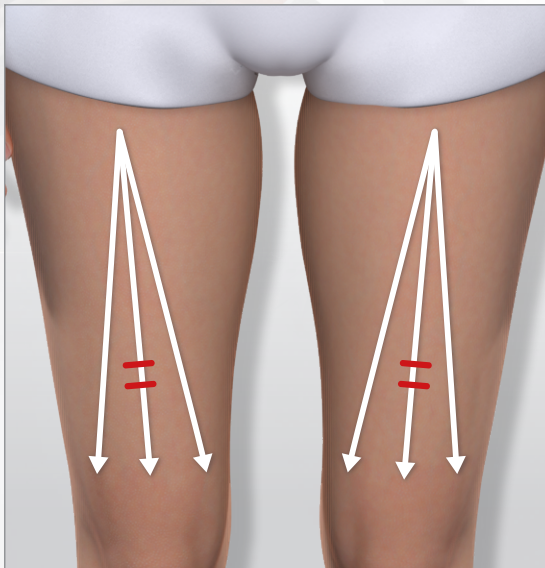
6 min

→ SLIMMER THIGHS CARE

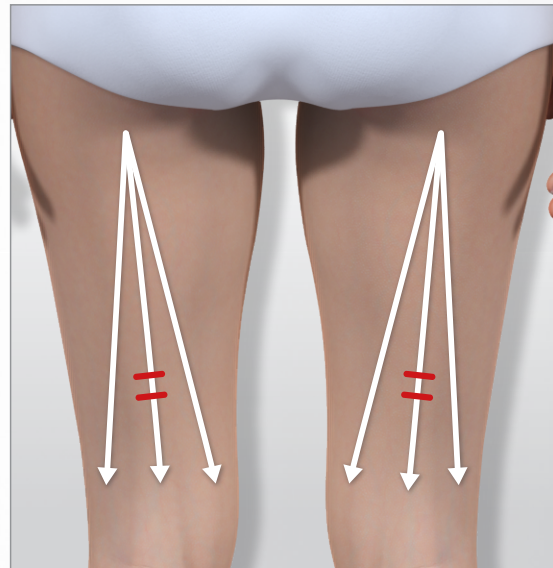


Very often slackening skin on the inside of the inner thighs is mistaken for a cellulite problem, when it actually is a lack of firmness. It is therefore not recommended to release fat or smooth this part of the body. You should instead opt for the **Firming Care**.

FRONT THIGHS



BACK THIGHS



P 25



3



3:00 (1:30min / thigh)



3



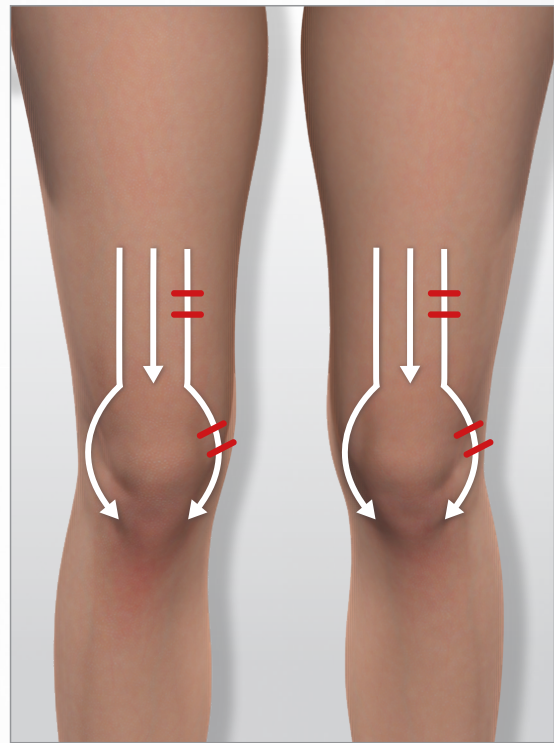
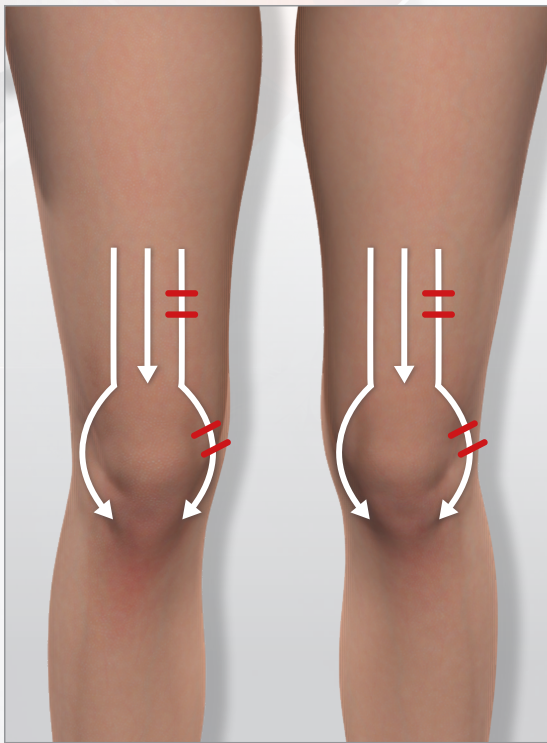
3:00 (1:30min / thigh)

*It is highly recommended to firm the tissue after releasing fat.  
Think about finishing off your session with the **THIGH FIRMING CARE**.*

SLIMMING ACTION

> MY SLIMMER KNEES ROUTINE **6 min**

→ SLIMMER KNEES CARE



P 26



4:00 (2min / knee)

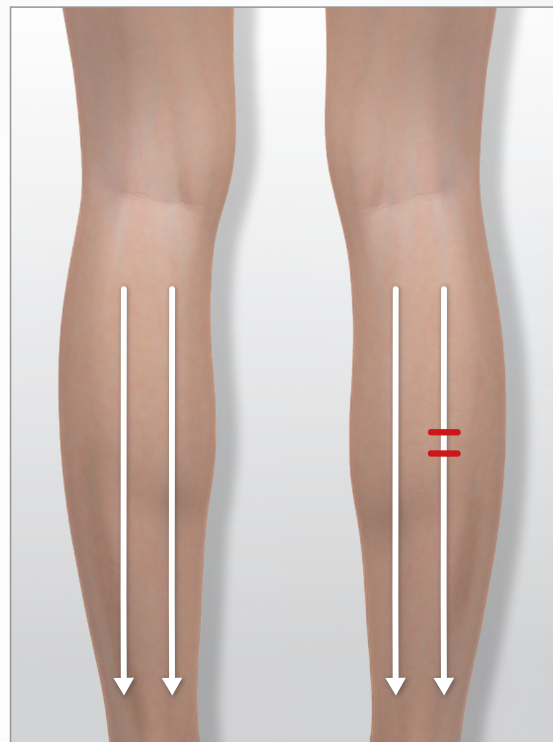
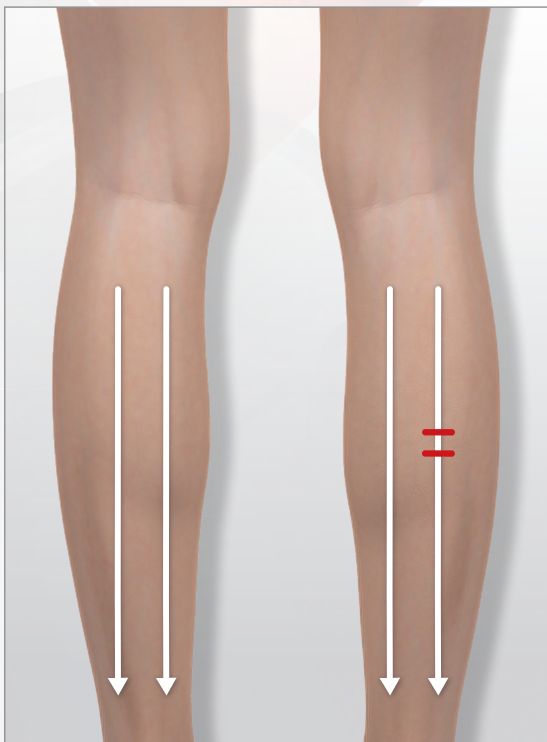


2:00 (1min / knee)

SLIMMING ACTION

> MY SLIMMER CALVES ROUTINE **6 min**

→ SLIMMER CALVES CARE



P 27


② ou ③




  
**4:00** (2min / calve)


② ou ③



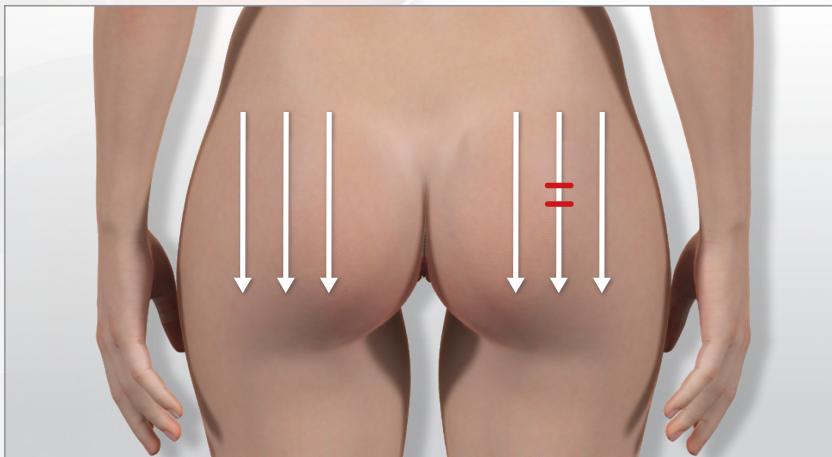

  
**2:00** (1min / calve)

ANTI-CELLULITE ACTION

> MY ANTI-CELLULITE BUTTOCKS ROUTINE 6 min

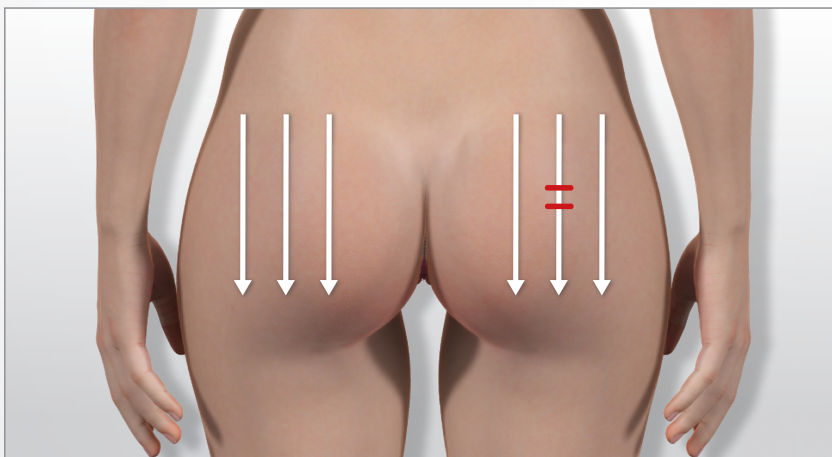
→ ANTI-CELLULITE BUTTOCKS CARE

ATTENTION! Take care not to go over the subgluteal fold.



4:00

P 28



2:00

ANTI-CELLULITE ACTION

> MY ANTI-CELLULITE THIGHS ROUTINE

6 min

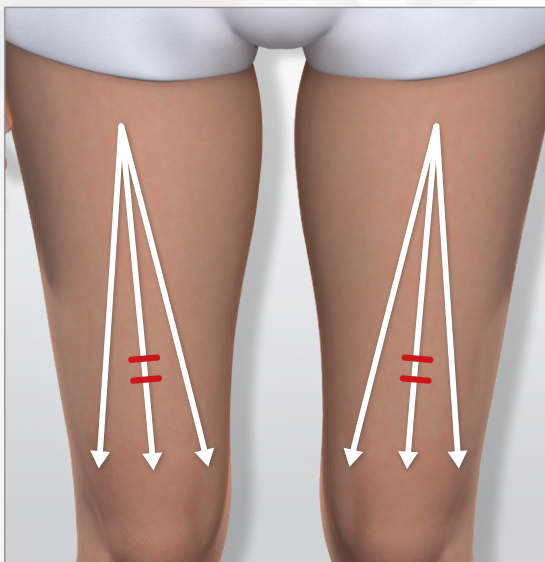


→ ANTI-CELLULITE THIGHS CARE

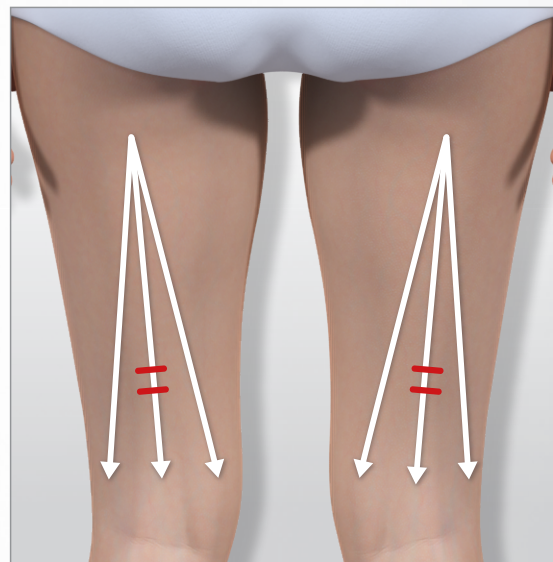


Very often sagging skin on the inner thighs is mistaken for a cellulite problem, when it actually is a lack of firmness. It is therefore not recommended to release fat or smooth this part of the body. You should instead opt for the **Firming Care**.

FRONT THIGHS



BACK THIGHS



P 29



3



3:00 (1:30min / thigh)



3



3:00 (1:30min / thigh)

*It is highly recommended to firm the tissue after releasing fat.  
Think about finishing off your session with the **THIGH FIRMING CARE**.*

ANTI-CELLULITE ACTION

> MY ANTI-SADDLEBAGS ROUTINE

6 min

→ ANTI-SADDLEBAGS CARE



P 30



3



2:00 on each side



3



1:00 on each side

WELL-BEING ACTION

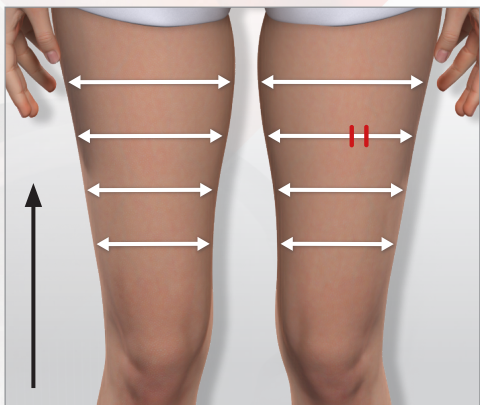
> MY LIGHT LEGS ROUTINE

6 min

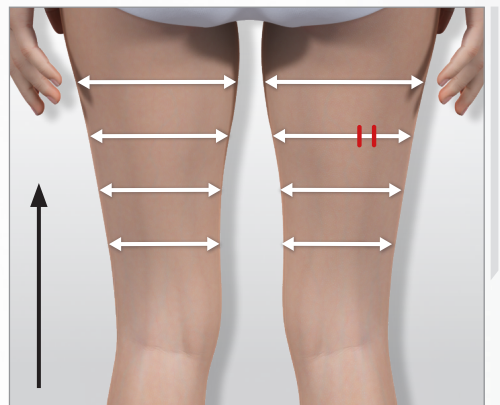
DISCOVER IT  
IN THE VIDEO!

→ LIGHT LEGS CARE

FRONT THIGHS



BACK THIGHS




③






2:00 (1min / cuisse)

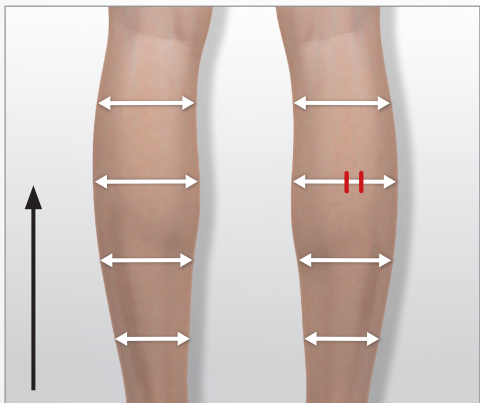


③






2:00 (1min / cuisse)




②  
ou  
③






2:00 (1min / mollet)



Find Wellbox® routines  
and all our scientific evidence on  
[www.wellbox.com](http://www.wellbox.com)

