

# APPLICATION PROTOCOL

## AESTHETIC DERMATOLOGY TECHNIQUES FOR PROFESSIONAL FAT REDUCTION RESULTS

Application protocol developed in cooperation with Kursal Medical-Beauty Center ([www.kursal.es](http://www.kursal.es)) to enhance fat reduction and anticellulite effects of the innovative glo10 device.

This application protocol helps reproducing similar way of massage procedures done at Specialized Centers achieving professional results on the comfort of your home.

## DRAIN PROGRAM: SWOLLEN LEGS

A leg pain accompanied by swelling is usually due to a problem with fluid retention. Most likely arising from a malfunctioning lymphatic system.

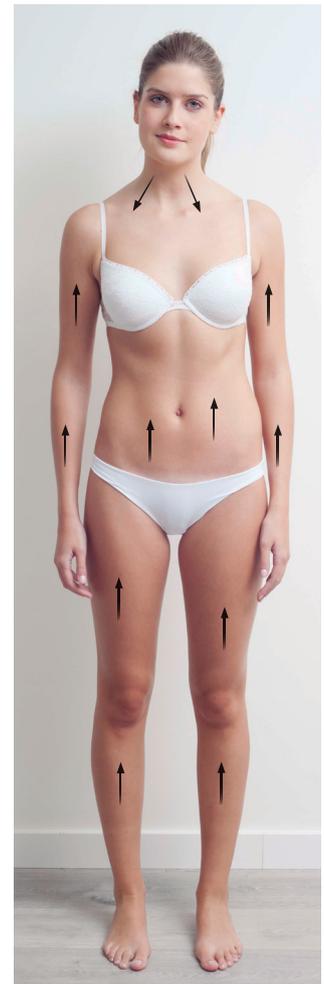
The **lymphatic system** is responsible for moving lymph, a fluid that comes from the blood throughout the whole body. It is very important to keep **the lymphatic system active**, as it does not have a pumping system like the circulatory system and because **it helps to detoxify the body**.

If lymphatic system is stimulated by using massage, it helps the body to eliminate these accumulated fluids and excess toxins.



### PERFORM THE TREATMENT:

- The massage can be performed using different heads: Brushes, rollers or sponges.
- Always start from the bottom up; trying to move the lymph toward the groin area where there are several lymph nodes, this will make it easier to stimulate the draining process and remove of excess fluid. So start from the ankles moving towards the upper area of the groin with an upward circular motion.
- When reaching the knee, press on the inside of it using small circles. Always apply gentle pressure, as this is simply to “unclog” the area.
- Finally, on reaching the thighs use a circular massage to finish in the groin area, where a stronger, circular massage can be applied.
- After finishing the **lymphatic massage** on both legs, it is best to keep the legs raised for about 15 minutes. They should be raised as high as possible, as this helps the lymph flow much better.



The need to go to the bathroom after a massage is a good sign that the massage was performed correctly and that it worked.

