



Refine your silhouette and make your cellulite disappear with Cellu-cup® Mini

Do not use Cellu-cup Mini:

- If you have malignant or benign tumor, cancer.
- If you have varicose veins in the treated area.
- If you are suffering with fever and inflammatory state.
- After taking oral and / or injectable anticoagulant.
- In case of high blood pressure.
- If you experience dermatological diseases, skin lesions, sores, burns.
- If you have blood diseases, circulatory diseases.
- If you experience allergic reactions, eczema including contact eczema.
- If you have a large number of moles (beauty spots) on the treatment area.

If in doubt, seek advice from a medical professional.

Areas for use:

- Cellu-cup is particularly shaped to be used at the back of the arms (prevention of the «chicken wings» effect), the inside of the thighs, the calves and the circumference of the knee. However, it can of course be used on all other areas as Cellu-cup Original (legs and thighs, hips, belly, buttocks, cervical area ...) with less intensity (different massage depth).
- Cellu-cup Mini must never be applied on the following areas : breast glands, mucous membranes, eyes and genitals.

Special instructions of use for Cellu-cup Mini:

- Do not use on stomach if pregnant.
- Do not use if under 16 years old.
- Do not use on the injection zones if you have insulin dependent diabetes.
- Do not use after UV or sun exposure.
- Keep out of reach of children or animals.
- Use and store Cellu-cup at room temperature. Do not expose Cellu-cup Mini to temperatures under 0°C-32°F and above 45°C-113°F (risks of damaging the silicone).
- Do not burn, nor puncture Cellu-cup Mini.
- Do not freeze, do not expose to heating appliances.
- Do not clean with abrasive cleaners and /or stripping cleaners. Use only soap or shower gel to clean Cellu-cup Mini.
- Do not ingest any part of the product.

Before you start:

A few minutes of preparation:

To succeed in your massage, you should **NEVER USE** your Cellu-cup Mini **ON DRY SKIN**. To enable it to slide and massage you, you must:

- must either apply oil (like massage oil) or cream (using slimming cream) to the area,
- or, if you prefer, have your massage in the shower taking advantage of the soapy water.

Making the perfect skin fold:

To perform the skin-pinch and roll technique, you have to «pinch» the skin that is to say, the skin fold you will have made will then be moved and rolled. To succeed in creating this skin fold:

- strongly squeeze your Cellu-cup Mini to remove the air it contains. apply Cellu-cup Mini against your skin, on the curved side edges, without releasing it.
- release the Cellu-cup Mini: the fold of skin appears inside, you have done it!

You can also watch the video on www.cellu-cup.com to complete this stage.

Realize the core:

Remember: the skin should never be dry

- Move Cellu-cup Mini (do not leave it on the same spot to avoid the risk of haematoma) over the area to be treated horizontally then vertically.
- On the same area, make movements describing an «S» or little circles.

These movements can be performed regardless of the area to be treated by limiting the massage time to 3 minutes for sensitive areas. This is an indication, to adapt according to the area to be treated and the importance of your cellulite.

You can also watch the video on www.cellu-cup.com to complete this stage.

Warning: Massage can be painful. In this case, reduce the skin fold (suction area) by pinching Cellu-cup less and reduce the time massage. When the massage becomes less painful (after 4-5 sessions), you can pinch a larger fold of skin and gradually increase the massage time.

Cellu-cup Mini or Original : Cellu-cup Mini for small areas difficult to access or to start if you fear pain. Cellu-cup Original for large areas (from the thigh to the hip through the buttocks as well as the belly) or to continue with a deeper massage once accustomed to the sensation with Cellu-cup Mini.

Protocol:



Side effects:

- **Ordinary effects:** redness of the skin - itching sensation, due to the increased vascularity of the treated area. These effects disappear within minutes after the end of the massage.
- **Frequent effects:** occurrence of small haematomas. If they are not painful, you can continue with the treatment as usual. Otherwise, allow more time between sessions so your skin gets used to it.
- **Rare effects:** cutaneous eruptions - redness persists.

We remind you that the loss of your cellulite involves using Cellu-Cup Mini massage combined with a regular balanced diet and adapted exercise.

Cellu-cup disclaims any liability for non-compliance with these instructions of use.

Cellu-cup also declines any liability in the incurrance of varicosities.

Under normal use and cleaning, the lifespan of Cellu-cup is in average of 18 months. You should renew your Cellu-cup when silicone is becoming hard and/or its original color has changed.