

Lotion **SLIMFOREST** for Anti-Cellulite Massage

Premier Products for Salons and Spas At 4REST, we're committed to creating only the safest, most effective, and environmentally-friendly natural cosmetics. That's why our American-made line of cosmetics has won the love and recognition of thousands of beauty masters and is actively used in preeminent beauty salons and spas across the country. By crafting beauty products that care for skin and fill it with health and strength, we make our customers' lives better and infinitely more beautiful

Firm, Tighten, and Tone Skin to Reduce Cellulite

The most requested product in the 4REST line is our Lotion SLIMFOREST for Anti-Cellulite Massage and for good reason.

This mindfully crafted cream is the perfect complement to any anti-cellulite massage, body wrap, or any number of body sculpting procedures. Used during your treatment, the natural ingredients work in harmony to effectively smooth skin, reduce signs of cellulite, and contour the body. At home use of SLIMFOREST enhances and prolongs results for a firmed, lifted, and toned look.

SLIMFOREST IS:

- Premium quality yet priced the same as our mid-tier competitors giving you incredible value
- Made using natural ingredients from South American producers
- Safe for use on all skin types
- Environmentally-friendly
- Comfortable to use, with no annoying skin burning or irritation
- So effective that visible results can be seen from the first application

SLIMFOREST is your most powerful ally in reducing problem areas, including the waist, thighs, and buttocks. It helps rid the body of stubborn fat deposits and cellulite while enhancing collagen production.

This makes SLIMFOREST perfect for those who want to:

- Banish puffiness and break down unwanted fat cells
- Significantly reduce cellulite (at any stage) and keep it away
- Contour the body and firm, lift, and tighten skin to look more youthful
- Maintain a healthy body weight to enhance joint health, function, and mobility as they age



How the lotion works:

SLIMFOREST is made using natural actives that deeply penetrate both the external cell membranes and fat cells in order to work far more effectively and quickly. Unlike other anti-cellulite massage creams that can cause discomfort and irritation, SLIMFOREST has a gentler, yet lasting action.

With SLIMFOREST, you feel a gradual, smooth warming sensation as well as an ICY/HOT effect, all thanks to its unique combination of active ingredients and essential oils. This allows SLIMFOREST to go to work immediately to relax muscles and reduce and tissue congestion, while enhancing lymphatic drainage – the three keys to cellulite reduction.

And, since the warming effect of SLIMFOREST lasts longer than that of other products, it has the power to deliver prolonged results.

ACTIVE INGREDIENTS:

Slimbuster L-3R – A natural oil active to help maintain normal body fat levels and reduce excess deposits as well as the occurrence of primary/repeated cellulite. **California Poppy Extract** - A golden flower extract that soothes and softens skin, evens texture, and reduces the cellular stress of all the epidermal layers.

Supercritical CO2 Green Coffee Extract - A potent antioxidant which stimulates lymph flow to encourage cellulite reduction. It contains up to 11% chlorogenic acid, to aid in the breakdown of fat cell clusters.

Supercritical CO2 Red Pepper Extract, Cinnamon Essential Oil, Ginger Essential Oil – A proprietary combination which significantly supports drainage effect and promotes healthy microcirculation to encourage lipid metabolism and smooth cellulite.

Supercritical CO2 Sea Buckthorn Extract – A natural active to boost skin cell regeneration, for a firmer, tighter look.

Shea Butter – A powerful natural moisturizer to perfectly nourish and calm skin, relieve irritation, and eliminate dryness.

Vitamin E – A supreme antioxidant, which strengthens the epidermal barrier and protects against free radicals damage which can age skin and accelerate the development of cellulite.

Niacinamide (a form of vitamin B3 and vitamin PP) – A vitamin powerhouse that stimulates collagen synthesis, effectively moisturizes and improves elasticity. As an added bonus, it even increases the lipid content in the top layer of the skin to make it look more plump and youthful.

Bee venom - A catalyst for numerous physiological processes, it acts as a conductor to help the active ingredients in the formula deeply penetrate the upper layers of the skin so that they can go to work where they're needed most – the fat cells – to reduce the appearance of cellulite.



Ingredients:

Deionized Water, Linden Hydrosol, Shea Butter, Apricot Kernel Oil, Olive Squalane, Natural Silicone (INCI: PPG-3 Caprylyl Ether), Lecigel, Succinic Acid, Glycerin, Niacinamide, Urea, D-Panthenol, SLIMBUSTER L-3R, Vitamin E, Menthol, Camphor, California Poppy (*Eschscholzia californica*) Organic Extract, Supercritical CO2 Green Coffee Extract, Beeswax, Supercritical CO2 Red Pepper Extract, Supercritical CO2 Sea Buckthorn (Berry) Extract, Supercritical CO2 Complex Arnica Extract, Cinnamon Essential Oil, Ginger Essential Oil, Verbena Essential Oil, Lavender Essential Oil, Wormwood Essential Oil, Thyme Essential Oil, Peppermint Essential Oil, Bee Venom, Silver Citrate (Natural Preservative).



Annex 1

Contraindications for procedures with Lotion SLIMFOREST for Anti-Cellulite Massage

- Skin diseases including eczema and weeping eczema
- Acute pelvic inflammation
- Endometriosis
- Pregnancy and lactation
- Kidney pathologies
- Thrombophlebitis
- Varices with defects of venous valves
- Neoplasms and cancers
- Severe cardiovascular diseases



PROTOCOLS FOR USE

SLIMFOREST Lotion is a cosmetic product formulated for anti-cellulite massage, wrapping and various body sculpting hardware procedures as well as at home use to prolong results. Any massage therapist can work with SLIMFOREST lotion since it's very comfortable and easy to use.

Use SLIMFOREST in:

1. Thermoactive wrapping



2. Anti-cellulite massage with a final wrap



3. Muscle stimulation (electro lipolysis) with thermoactive wrapping



4. Hardware massage (LPG procedure, press therapy, etc.)



Before using SLIMFOREST for any of these protocols, you should:

1. Go over client's medical history before the first procedure to avoid contraindications (see Annex 1).

2. Perform an allergy patch test, if necessary, by applying a small amount of the lotion to client's wrist or inner arm. Do not rinse for 24-48 hours. If there are signs of allergic reaction, stop use of product.

3. Before each treatment, have client drink clean, still water (1 cup). Client may optionally take a shower before the procedure.

4. Take body measurements, including waist, legs and arms before the procedure. We recommend using the table provided to record the results. It also helps to take photos of problem areas while client is upright.

For use of SLIMFOREST in these protocols we recommend:

- Clients drink 2pt. of water per day.
- Clients use SLIMFOREST at home to enhance and prolong the effects of treatment.

VISIBLE RESULTS AFTER THE FIRST APPLICATION:

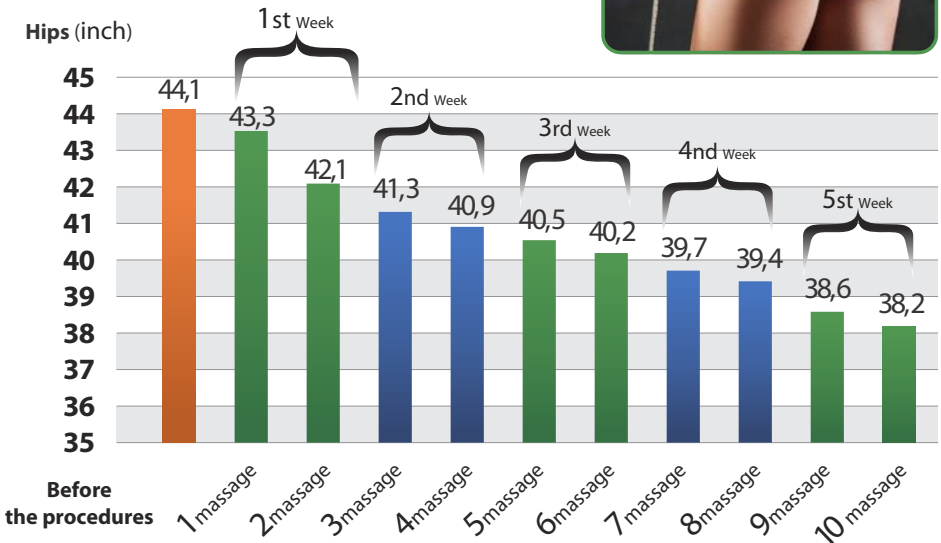
With SLIMFOREST, you'll get the visible results you want, with up to -1,2 in. after just one application as well as firmer, silky smooth skin. SLIMFOREST helps:

- Restore skin firmness and elasticity
- Detoxify and reduce excess fluid and puffiness
- Reduce dimensions of problem areas on stomach, hips, thighs, and buttocks
- Smooth skin texture
- Dramatically reduce the appearance of cellulite
- Protect skin from aggressive environmental influences and free radical damage
- Moisturize and nourish skin and boost collagen production
- Provide long-lasting results With a course of 6-12 sessions, problem areas can be reduced by up to -6 inch!

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ANTI-CELLULITE MASSAGE WITH A FINAL WRAP



THERMOACTIVE WRAPPING

Expenditure rates

Product - Massage Lotion SLIMFOREST

Expenditure rate - 1oz

Recommended repetition rate: 2-3 times a week for a full course of 6-12 procedures

Duration of the procedure: 30-60 minutes.

Stages of the procedure:

1. Take body measurements (waist, legs and arms) before the procedure. We recommend using the table provided to record the results.

2. Apply a thin layer of 1 oz. of Lotion SLIMFOREST for Anti-Cellulite Massage to problem areas (abdomen, thighs, buttocks, forearms) while standing.

3. Wrap with a thin polyethylene film, starting from the feet and excluding the chest and cleavage area.

4. Place the client in one of the options he or she chooses:

- Under a thermal blanket for 40 minutes;
- In an infrared sauna for 30 minutes;
- Under a warm blanket for 60 minutes.

5. Warn the client about possible sensations during the procedure (lotion action is based on a proven ICY/HOT sensation. They will feel moderate cold for 15 minutes, a transition from cool to warm for 5 minutes, warming for 20 minutes*).

6. After removing the film, wipe the client's skin with a dry cotton towel or paper napkin.

7. Dispose of the film in a separate container for further recycling after the procedure.

8. After the last session of the course, take photos of problem areas (important: customer's standing photo), and make a collage to compare the results.

*The warming effect is maintained for about an hour, which ensures a prolonged result





ANTI-CELLULITE MASSAGE WITH A FINAL WRAP

Expenditure rates

Stage of the procedure	Time (min)	Product	Expenditure rate (oz)
Full body massage	60	Lotion SLIMFOREST	0,65
Wrapping	30	Lotion SLIMFOREST	0,35
Total:	90		1

Duration of the procedure: 90 minutes.

Full body massage with lotion SLIMFOREST: 60 minutes

Wrapping: 30 minutes (We recommend leaving for 40 minutes if possible)

Recommended repetition rate: 2-3 times a week, a course of 6-12 procedures.

Stages of the procedure:

1. Take body measurements (waist, legs and arms) before the procedure. We recommend using the table provided to record the results.
2. Apply a thin layer of 0,65 oz. of product SLIMFOREST to the entire body of the client (excluding the chest and cleavage area) while standing.
3. Have client lie on massage table and perform an anti-cellulite body massage for 1 hour, focusing on problem areas (waist, abdomen, buttocks, thighs, forearms)
4. After the massage, apply the remaining product (0,35 oz.) to the problem areas (waist, abdomen, thighs, forearms), and wrap with a thin polyethylene film.
5. Cover with a warm blanket and leave on for 30-40 minutes.
6. Warn the client about possible sensations during the procedure (lotion action is based on a proven ICY/HOT sensation. They will feel moderate cold for 15 minutes, a transition from cool to warm for 5 minutes, warming for 20 minutes*).
7. After removing the film, wipe client's skin with a dry cotton towel or paper napkin.
8. Dispose of the film in a separate container for further recycling after the procedure.
- 9) After the last session of the course, take photos of problem areas (important: customer's standing photo), make a collage to compare the results.

*The warming effect is maintained for about an hour, which ensures a prolonged result





MUSCLE STIMULATION (ELECTRO LIPOLYSIS) WITH THERMOACTIVE WRAPPING

Expenditure rates

Product - Massage Lotion SLIMFOREST

Expenditure rate - 31 oz

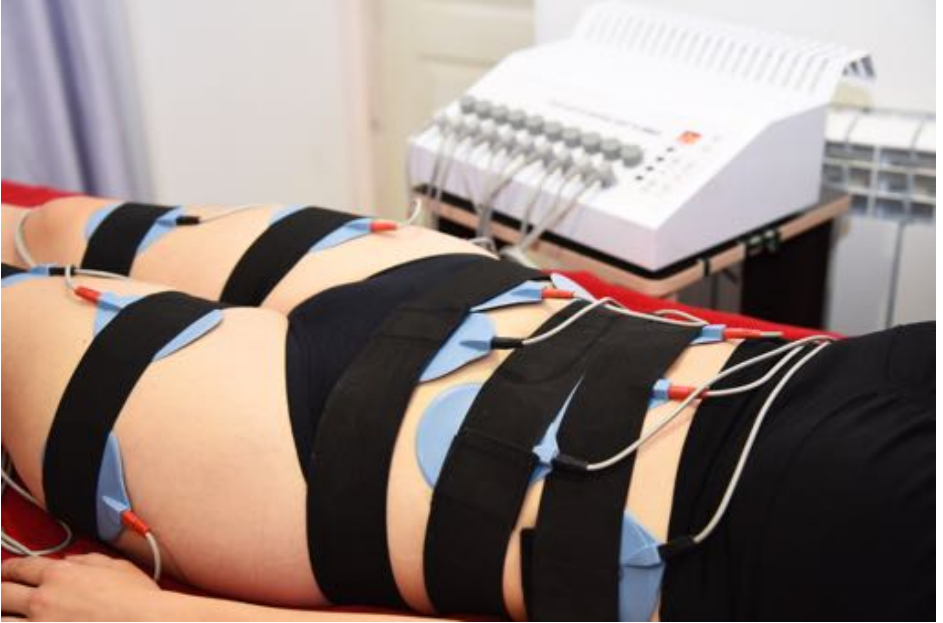
Duration of the procedure: recommended by the muscle stimulator manufacturer.

Recommended repetition rate: 2-3 times a week, a course of 6-12 procedures.

Stages of the procedure:

1. Take body measurements (waist, legs and arms) before the procedure. We recommend using the table provided to record the results.
2. Apply a thin layer of 1 oz. of Lotion SLIMFOREST for Anti-Cellulite Massage to problem areas (waist, abdomen, buttocks, hips, forearms) while standing.
3. Wrap with a thin polyethylene film starting from the feet and excluding the chest area and décolleté.
4. Have client lie down and place the muscle stimulator electrodes under the film (by tearing it off) according to the diagram (following the instructions of the device manufacturer). Connect the muscle stimulation program.
5. Cover the client with a warm or a thermal blanket and leave for the time recommended by the device manufacturer.
6. After the procedure time expires, switch off the device, and remove the electrodes and the film. Wipe client's skin with a dry cotton towel or paper napkins.
7. Dispose of the film in a separate container for further recycling after the procedure.
8. After the last session of the course, take photos of problem areas (important: customer's standing photo), make a collage to compare the results.





HARDWARE MESSAGES

Lotion SLIMFOREST for Anti-Cellulite Massage can be used as a warming, lipolytic "support" prior to hardware massage.

LPG Endermologie

The LPG Endermologie is based on a complex action which consists of mechanical kneading of connective and adipose tissue by self-moving rollers enclosed in a manipulator, vibration and vacuum ventilation.

Expenditure rates

Product - Massage Lotion SLIMFOREST

Expenditure rate - 0,5 oz

Duration of the procedure: 60 minutes.

Wrapping with the lotion SLIMFOREST: 20 minutes

LPG Endermologie: 40 minutes

Recommended repetition rate: 2-3 times a week, a course of 6-12 procedures.

Stages of the procedure:

1. Take body measurements (waist, legs and arms) before the procedure. We recommend using the table provided to record the results.

2. Apply a thin layer of 0,5 oz. of Lotion SLIMFOREST for Anti-Cellulite Massage to problem areas (waist, abdomen, buttocks, hips, forearms) while standing.

3. Wrap with a thin polyethylene film starting from the feet and excluding the chest area and décolleté.

4. Have client lie down and cover with a warm or a thermal blanket. Leave for 20 minutes.

5. Remove the film, wipe client's skin with a dry cotton towel or paper napkins.

6. Wear the LPG suit (following the manufacturer's recommendations). Perform the procedure as directed.

7. Dispose of the film in a separate container for further recycling after the procedure.

8. After the last session of the course, take photos of problem areas (important: customer's standing photo), make a collage to compare the results.





PRESSOTHERAPY

Pressotherapy is a hardware lymphatic drainage that affects the lymphatic system and subcutaneous fat by means of compressed air, which is fed through a special suit

Expenditure rates

Product - Massage Lotion SLIMFOREST

Expenditure rate - 0,5oz

Duration of the procedure: 30-40 minutes.

Recommended repetition rate: 2-3 times a week, a course of 6-12 procedures.

Stages of the procedure:

1. Take body measurements (waist, legs and arms) before the procedure. We recommend using the table provided to record the results.

2. Apply a thin layer of 0,5oz. of Lotion SLIMFOREST to problem areas (waist, abdomen, buttocks, hips, forearms) while standing.

3. Wrap with a thin polyethylene film starting from the feet and excluding the chest area and décolleté.

4. Have client lie down wearing a special suit (cuffs) on the problem areas: for hips and legs or for the upper body.

5. Turn on the press therapy machine (following the manufacturer's instructions). Each section of the suit is filled with air via the device and the pressure starts to change rhythmically. A compression massage takes place.

6. When the procedure time has expired (30-40 minutes depending on recommendations), switch off the device, and remove the cuffs and film.

7. Dispose of the film in a separate container for further recycling after the procedure.

8. After the last session of the course, take photos of problem areas (important: customer's standing photo), make a collage to compare the results.



