



wellbo X²

DISCOVER WELLBOX[®] 2 PROGRAMMES

MEN'S & WOMEN'S PROGRAMMES

BODY PROGRAMS

GOALS	WOMAN	MEN	DURATION
SLIMMING	Slimming upper body	Sculpted upper body	3 sessions/week for 8 weeks
	Slimming lower body		
	Slimming total body		
FIRMNESS	Firming upper body		3 sessions/week for 8 weeks
	Firming lower body		
	Firming total body		
CELLULITE	Goodbye cellulite		3 sessions/week for 8 weeks
WELLBEING	Sports Recovery	Sports Recovery	3 sessions/week for 4 weeks To be repeated whenever you feel the need.

FACE & BODY PROGRAMS

GOALS	WOMAN	MEN	DURATION
WELLBEING	Total relaxation	Total relaxation	2 sessions/week for 4 weeks (weekend programme) To be repeated whenever you feel the need.
MUM (PARTUM)	Mum-to-be		3 sessions/week for 8 weeks Period to avoid: 1st quarter
	New mum		3 sessions/week for 8 weeks
MENOPAUSE	Meno perfect		3 sessions/week for 8 weeks
BUSINESS	Business woman	Business men	3 sessions/week for 8 weeks

FACE PROGRAMS

GOALS	WOMAN	MEN	DURATION
ANTI-AGING	Youthful face	Youthful face	3 sessions/week for 8 weeks
	Total eyes		
	Eyes & lips		
FIRMNESS	Total lift		3 sessions/week for 8 weeks
RADIANCE	Radiance booster	Radiance booster	3 sessions/week for 8 weeks

1.

WOMAN BODY PROGRAMMES



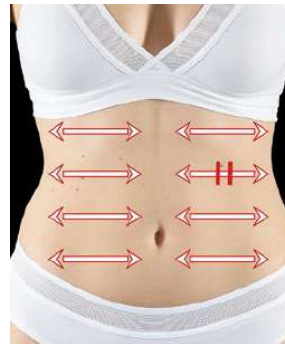
SLIMMING UPPER BODY / SLIMMING

Eliminate arms, stomachs and love handles so you can wear tight tops without complexes and feel good about your body!

DURATION: 18 MINUTES

TARGET AREAS

- Slimmer arms 6'
- Flat stomach 6'
- Slimmer waist 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE & NUTRI RECOMMENDATION:

Apply the Body Shaping Gel or Body Shaping Cream morning and evening to the targeted areas. In addition, opt for the Slimming Concentrate, 2 capsules per day, preferably in the morning, for two consecutive months for optimal results. Also enjoy the Organic Slimming Tea, a delicate blend of plants renowned for their slimming properties! Drink 2 cups per day.



SLIMMING LOWER BODY / SLIMMING

Resculpt, fade orange-peel skin and remove saddlebags for a smoother, more refined lower body.

DURATION: 24 MINUTES

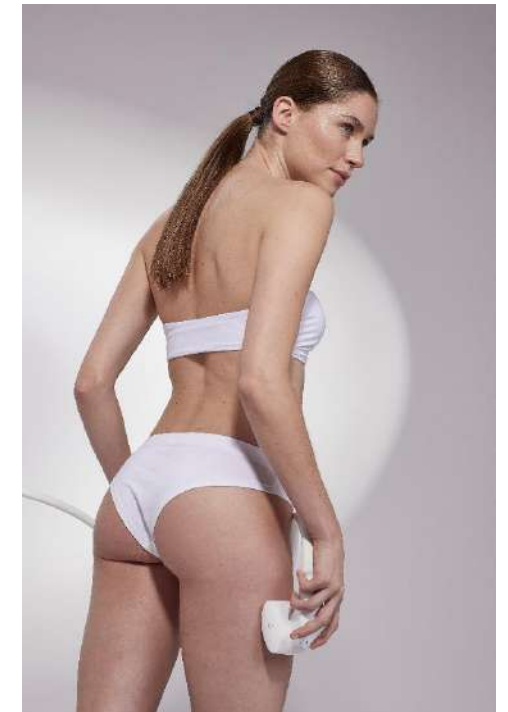
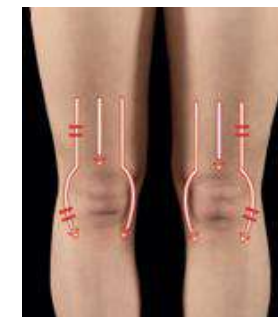
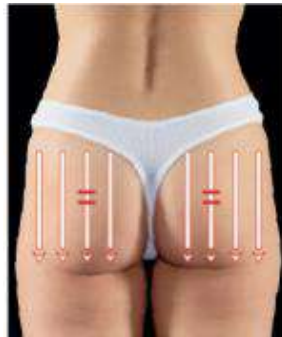
TARGET AREAS

Cellulite buttocks 6'

Anti-saddlebags 6'

Slimmer inn. Thighs 6'

Slimmer knees 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE & NUTRI RECOMMENDATION:

Apply the Body Shaping Gel or Body Shaping Cream or Anti-Cellulite Gel-Cream morning and evening to the targeted areas. In addition, opt for the Slimming Concentrate, 2 capsules per day, preferably in the morning, for two months in a row for optimal results. But also try the Organic Slimming Tea, a subtle blend of plants renowned for their slimming properties! Drink 2 cups per day.



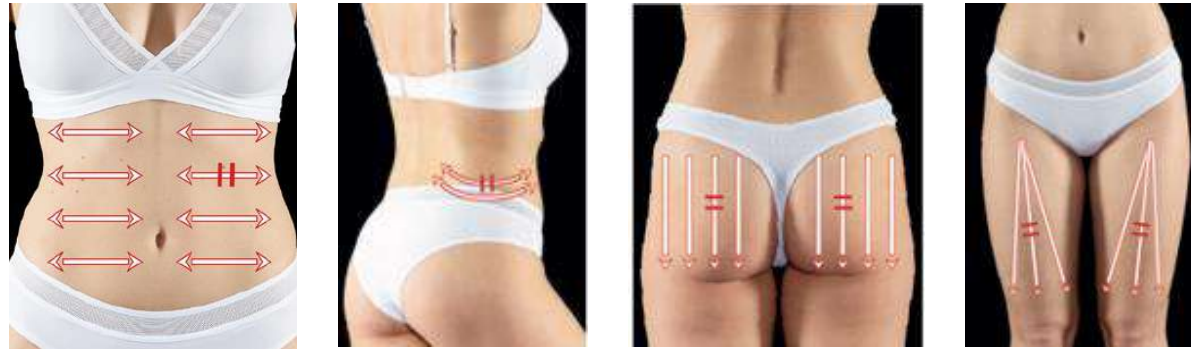
SLIMMING TOTAL BODY / SLIMMING

A total slimming programme: a slimmer stomach, reduced love handles and saddlebags and a contoured buttocks.

DURATION : 28 MINUTES

TARGET AREAS

- Flat stomach 6'
- Slimmer waist 6'
- Shapely buttocks 6'
- Slimmer thighs 10'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE & NUTRI RECOMMENDATION:

Apply the Body Shaping Gel or Body Shaping Cream morning and evening to the targeted areas. In addition, opt for the Slimming Concentrate, 2 capsules per day, preferably in the morning, for two consecutive months for optimal results. Also try the Organic Slimming Tea, a subtle blend of plants renowned for their slimming properties! Drink 2 cups per day.



FIRMING UPPER BODY / FIRMING

Firm the upper body: arms, stomach and décolleté, an often-forgotten area! Fight sagging skin.

DURATION: 18 MINUTES

TARGET AREAS

- Firmed arms 6'
- Smoothed décolleté 6'
- Firmed stomach 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE & NUTRI RECOMMENDATION:

Apply Firming Shaping Cream morning and night to the targeted areas. In addition, take the Omega LPG® supplement, 2 capsules per day with meals, for two consecutive months or LPG® Collagen to be taken for 2 consecutive months for optimal results. Your health and firmness coach for your skin!



FIRMING LOWER BODY / FIRMING

Firm the lower body: lift the buttocks and firm the thighs.
Restore firmness and tone!

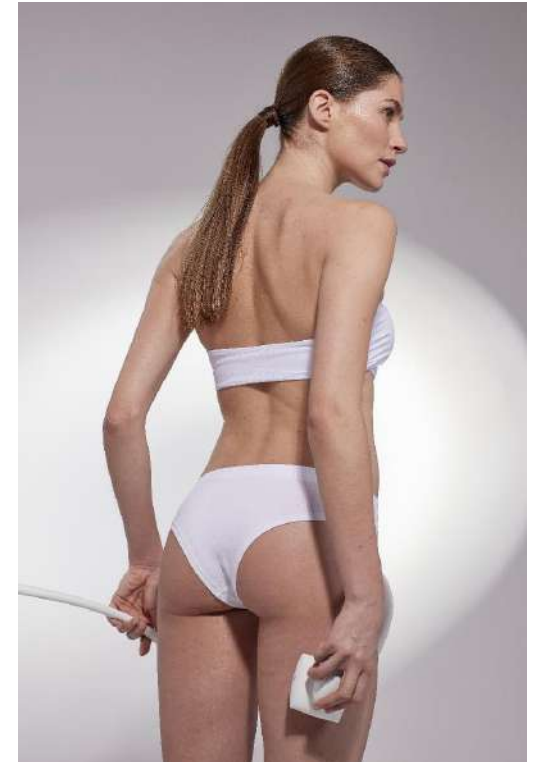
DURATION: 18 MINUTES

TARGET AREAS

Shapely buttocks 6'

Firmed thighs 6'

Firmed inn. thighs 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE & NUTRI RECOMMENDATION:

Apply Firming Shaping Cream morning and night to the targeted areas. In addition, take the Omega LPG® supplement, 2 capsules per day with meals, or LPG® Collagen, for two consecutive months for optimal results. Your health and firmness coach for your skin!



FIRMING TOTAL BODY / FIRMING

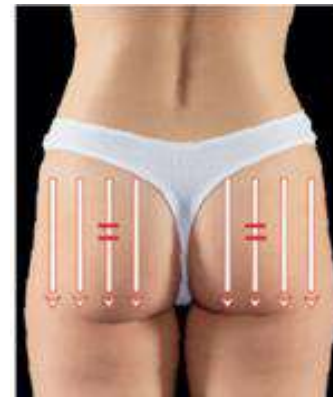
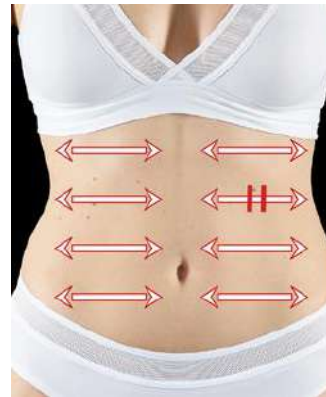
A total firming programme for a sculpted, firmer body. Restore firmness and tone!

DURATION: 30 MINUTES



TARGET AREAS

- Firmed arms 6'
- Firmed stomach 6'
- Shapely buttocks 6'
- Firmed thighs 6'
- Firmed inn. thighs 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE & NUTRI RECOMMENDATION:

Apply Firming Shaping Cream morning and night to the targeted areas. In addition, take the Omega LPG® supplement, 2 capsules per day with meals, or LPG® Collagen, for two consecutive months for optimal results. Your health and firmness coach for your skin!



GOODBYE CELLULITE / CELLULITE

Reshape, exfoliate and smooth the lower body. Smooths orange-peel skin and dimpled skin while improving lymphatic circulation.

DURATION: 16 MINUTES



TARGET AREAS

Cellulite buttocks 6'
Cellulite thighs 10'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE & NUTRI RECOMMENDATION:

Apply the Anti-Cellulite Cream-in-Gel and/or the Anti-Cellulite Intensive Serum with a circular massage to the concerned areas. In addition, use Orange Peel No More, preferably in the morning, every month for optimal results. Your essential ally against cellulite.



SPORTS RECOVERY / WELLBEING

Relieves muscle pain and aches after physical exertion.

DURATION: 12 MINUTES

TARGET AREAS

Light legs 8'

Light feet 4'



RECOMMENDATION: 3 sessions/week for 8 weeks.

To be repeated whenever you feel the need.

FOOD SUPPLEMENTS RECOMMENDATION:

As a complement, use Fluid Mobilising Concentrate to detoxify and reduce water retention for a slimmer figure.





2.

WOMAN FACE PROGRAMMES

YOUTHFUL FACE / ANTI-AGING

Fills the main facial wrinkles (forehead, frown lines, bitterness lines, crow's feet) and redefines contours for a smooth, firm face, naturally.

DURATION: 18 MINUTES

TARGET AREAS

Smoothed forehead 6'

Smoothed look 6'

Redefined oval 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE & NUTRI RECOMMENDATION:

Apply the Anti-Aging Renewal Serum to clean skin, then apply the Anti-Aging Renewal Cream morning and/or evening to clean skin, gently massaging the face, neck and décolleté. Corrects all signs of ageing! For added benefit, take LPG® Hyaluronic Acid, the star molecule for plumped skin, 1 capsule per day with a meal. Follow this treatment for 2 consecutive months for optimal results.



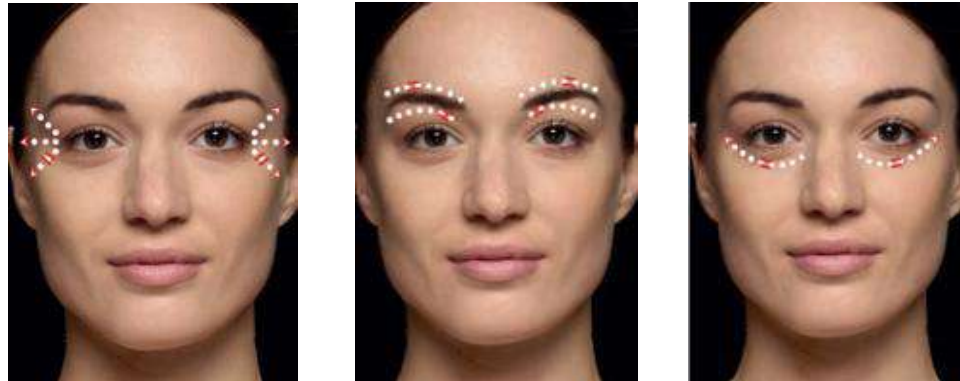
TOTAL EYES / ANTI-AGING

Smooths expression lines, dark circles and puffiness. Opens the eyes and resculpts the eyelids.

DURATION: 12 MINUTES

TARGET AREAS

Smoothed look 6'
Reenergised eyes 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE RECOMMENDATION:

Apply Eye Cream or Eye Lift Treatment morning and night to the eye contour area, from the inner corner of the eye outwards. In addition, apply the Post-care Eye Contour Mask for 10 minutes for an instantly smoothed, refreshed and revitalised look.



EYES & LIPS / ANTI-AGING

Specifically targets the delicate areas around the eyes and lips to smooth these fragile areas and firm the appearance of the skin.

DURATION: 18 MINUTES

TARGET AREAS

Smoothed look 6'
Smooth lip contour 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE RECOMMENDATION:

Apply Eye & Lip Contour Cream morning and night to the eye and lip contours.
As a complement, apply the Post-care Eye Contour Mask and the Post-care Bio-Cellulose Lip Mask for sublimated lips in 10 minutes!



TOTAL LIFT / FIRMNESS

Firms those particularly fragile and delicate areas: oval, jowls, neck, décolleté.

DURATION: 18 MINUTES

TARGET AREAS

Redefined oval 6'
Smoothed neck 6'
Smoothed décolleté 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE & NUTRI RECOMMENDATION:

Apply the Firming Lift Serum followed by the Firming Lift Cream morning and evening to the face, neck and décolleté. You can also apply the Post-care V-Lift Mask for a redefined oval and a lifting effect in just 10 minutes. As a complement, take LPG® Collagen for 2 consecutive months for optimal results. The firming cocoa shot!



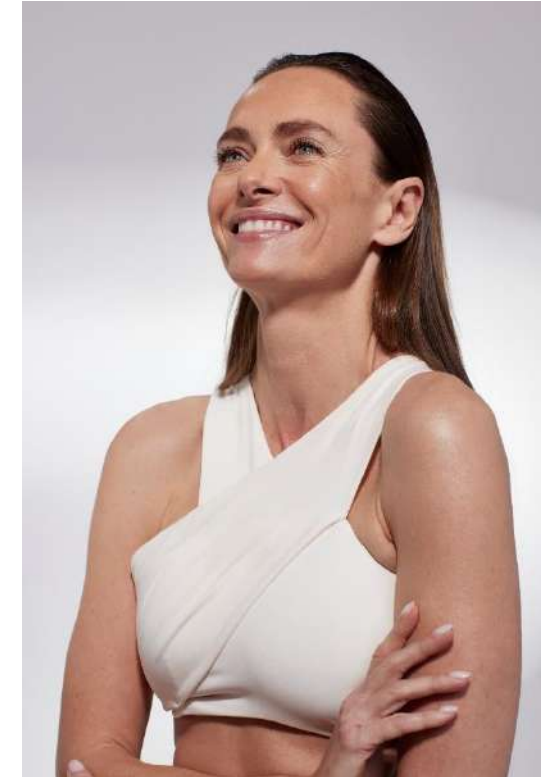
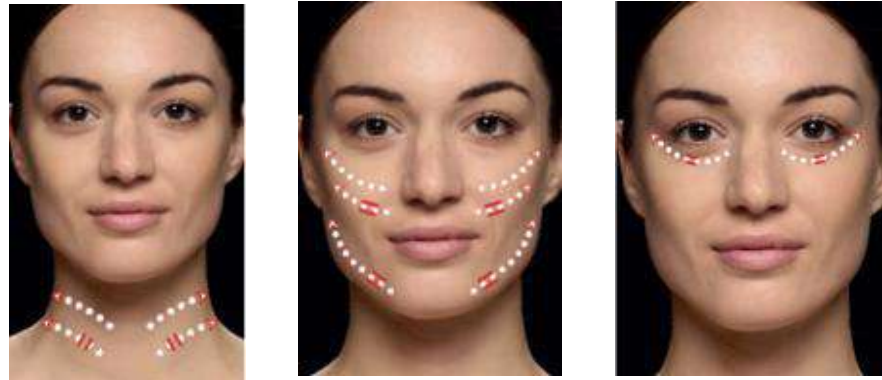
RADIANCE BOOSTER / RADIANCE

Restores luminosity to the skin by boosting microcirculation while fading signs of fatigue.

DURATION: 12 MINUTES

TARGET AREAS

Radiance action 6'
Reenergised face 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

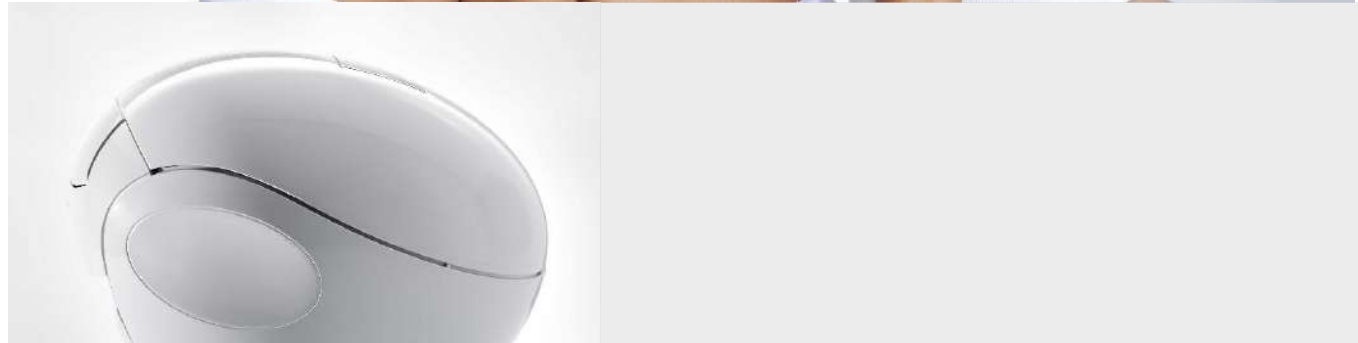
SKINCARE RECOMMENDATION:

Apply Oil-in-Water Replenishing Serum to clean skin morning and evening. Then apply Dynamic Replenishing Rich Cream or Dynamic Replenishing Gel-Cream morning and/or evening, massaging gently into the face, neck and décolleté. In addition, use the Dynamic Replenishing Cryo Mask once or twice a week for 10 minutes. Instant healthy-glow effect!



3.

WOMAN BODY & FACE PROGRAMMES



TOTAL RELAXATION / WELLBEING

Relax after a busy week, release tension, relieve stress and detoxify the body.

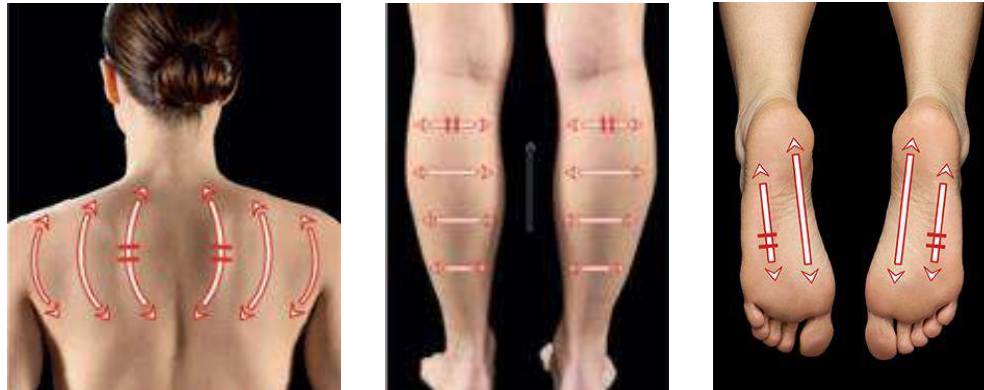
DURATION: 18 MINUTES

TARGET AREAS

Relaxed shoulders 6'

Light legs 8'

Light feet 4'



RECOMMENDATION: 2 sessions/week for 4 weeks (weekend programme).
To be repeated whenever you feel the need.

FOOD SUPPLEMENTS RECOMMENDATION:

As a complete treatment, opt for Fluid Mobilising Concentrate. It detoxifies and reduces water retention for a slimmer figure!



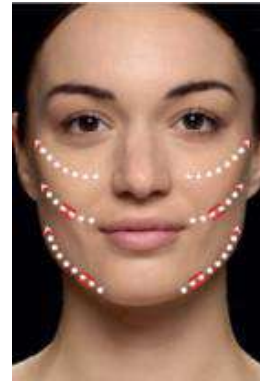
MUM-TO-BE / PARTUM

Relieves heavy legs that are often put to the test and erases signs of fatigue for a healthy glow and refreshed eyes.

DURATION: 20 MINUTES

TARGET AREAS

Light legs 8'
Reenergised eyes 6'
Reenergised face 6'



RECOMMENDATION: 3 sessions/week for 8 weeks. Period to avoid: 1st quarter

SKINCARE & NUTRI RECOMMENDATION:

Apply Expert Stretch Mark Oil morning and evening, massaging gently into stretch mark-prone areas in circular motions. Apply Eye Balm morning and evening from the inner eye area to the outer eye area. Then apply Dynamic Replenishing Rich Cream morning and/or evening to clean skin, massaging gently into the face, neck and décolleté. In addition, take the Omega LPG® supplement, 2 capsules per day with meals, for two consecutive months for optimal results. Your health and firmness coach for your skin!



NEW MUM/ PARTUM

Gradually regain a harmonious figure. Erase signs of fatigue due to short nights for a relaxed face and a healthy glow.



DURATION: 28 MINUTES

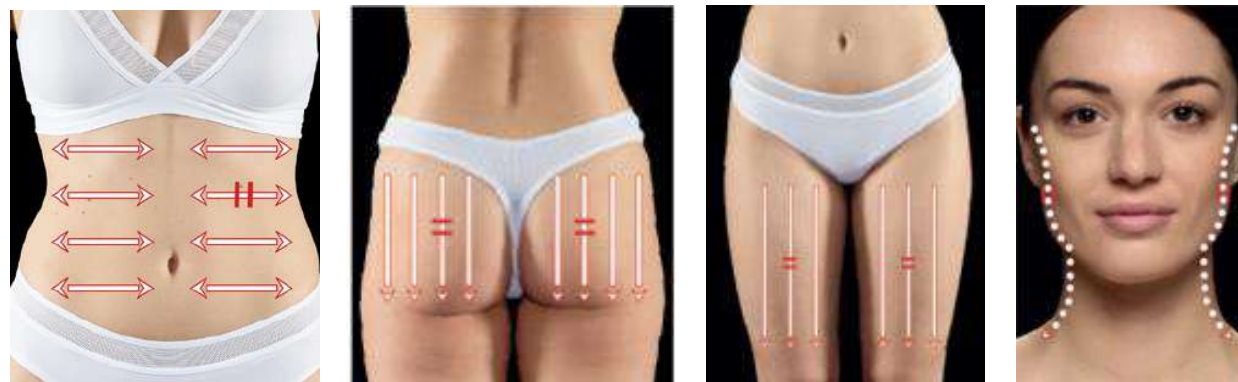
ZONES CIBLÉES

Ventre raffermi 6'

Cellulite fesses 6'

Cuisses affinées 10'

Visage défatigué 8'



RECOMMENDATION: 3 sessions/week for 8 weeks. Wait until your menstrual cycle has resumed to ensure hormonal stability.

SKINCARE RECOMMENDATION:

Apply Anti-Cellulite Cream-in-Gel and/or Anti-Cellulite Intensive Serum with a circular massage to the areas concerned. Alternatively, apply Body Shaping Gel or Body Shaping Cream morning and night to targeted areas of the thighs.

For the face, apply Smoothing Filler Cream or Smoothing Filler Gel-Cream morning and/or evening to clean skin, massaging gently into the face, neck and décolleté. In addition, take the Omega LPG® supplement, 2 capsules per day with meals, for two consecutive months for optimal results. Your health and firmness coach for your skin!



MENO PERFECT / MENOPAUSE

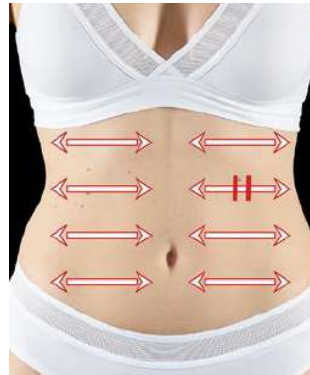
Restores skin's bounce, suppleness and elasticity, smoothes wrinkles and combats fat storage.

DURATION: 24 MINUTES



TARGET AREAS

- Redefined oval 6'
- Flat stomach 6'
- Slimmer waist 6'
- Slimmer thighs 8'



RECOMMENDATION: 3 sessions/week for 8 weeks.

SKINCARE & NUTRI RECOMMENDATION:

Apply Smoothing Filler Cream or Smoothing Filler Gel-Cream morning and/or evening to clean skin, massaging gently into the face, neck and décolleté.

Apply Body Shaping Gel or Body Shaping Cream morning and night to targeted areas.

As a complement, enjoy the LPG® Organic Slimming Tea, a subtle blend of plants recognized for their slimming virtues.



BUSINESS WOMAN / FITNESS

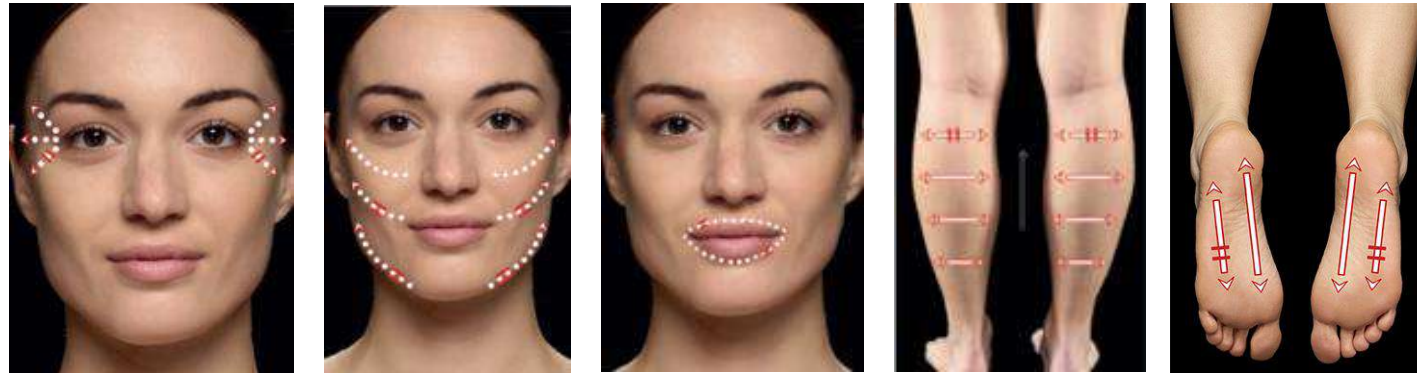
Erases signs of fatigue due to busy days and stress, for a healthy, fresh complexion. Relieves heavy legs after a day in high heels.



DURATION: 30 MINUTES

TARGET AREAS

- Reenergised eyes 6'
- Reenergised face 6'
- Smooth lip contour 6'
- Light legs 8'
- Light feet 4'



RECOMMENDATION: 3 sessions/week for 8 weeks.

SKINCARE & NUTRI RECOMMENDATION:

Apply Eye & Lip Contour Cream morning and evening to the eye and lip contours. Then apply Smoothing Filler Cream or Smoothing Filler Gel-Cream morning and/or evening to clean skin, massaging gently into the face, neck and décolleté.

As a complement, opt for the Fluid Mobilising Concentrate: it detoxifies and reduces water retention for a slimmer silhouette!



4.

MEN BODY PROGRAMMES



SCULPTED UPPER BODY / SLIMMING

Eliminates localized fat on the upper body.

DURATION: **12** MINUTES

TARGET AREAS

Resculpted stomach 6'

Redefined waist 6'



RECOMMENDATION: 3 sessions/week for 8 weeks.

SKINCARE RECOMMENDATION:

Apply Body Shaping Gel or Body Shaping Cream morning and night to the targeted areas (stomach and waist).



SPORTS RECOVERY/ WELLBEING

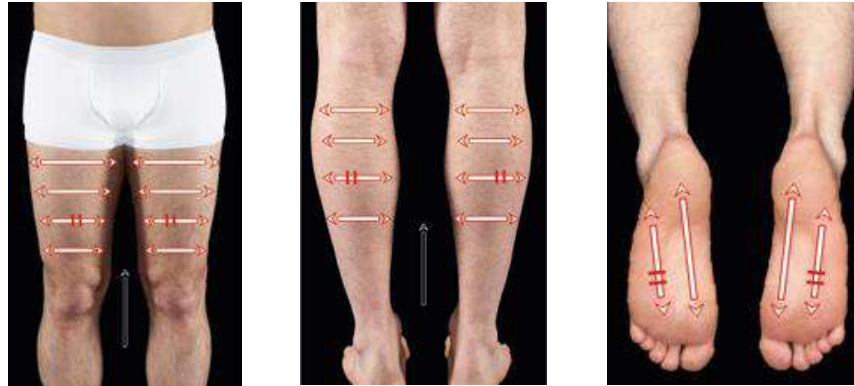
Relieves muscle pain and aches after physical exertion.

DURATION: **12** MINUTES

ZONES CIBLÉES

Jambes défatiguées 8'

Pieds défatigués 4'



RECOMMENDATION: 3 sessions/week for 8 weeks.
To be repeated whenever you feel the need.

NUTRICOSMETICS RECOMMENDATIONS:

As a complement, use Fluid Mobilising Concentrate to detoxify and reduce water retention for a slimmer figure.





5.

MEN FACE PROGRAMMES

YOUTHFUL FACE / ANTI-AGING

Fills the main facial wrinkles (forehead, frown lines, bitterness lines, crow's feet) and redefines contours for a naturally smooth, firm face.

DURATION: 18 MINUTES

TARGET AREAS

Smoothed forehead 6'
Smoothed look 6'
Redefined oval 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE & NUTRI RECOMMENDATION:

Apply the Anti-Aging Renewal Serum to clean skin, then apply the Anti-Aging Renewal Cream morning and/or evening to clean skin, gently massaging the face, neck and décolleté. Corrects all signs of ageing! For added benefit, take LPG® Hyaluronic Acid, the star molecule for plumped skin, 1 capsule per day with a meal. Follow this treatment for 2 consecutive months for optimal results.



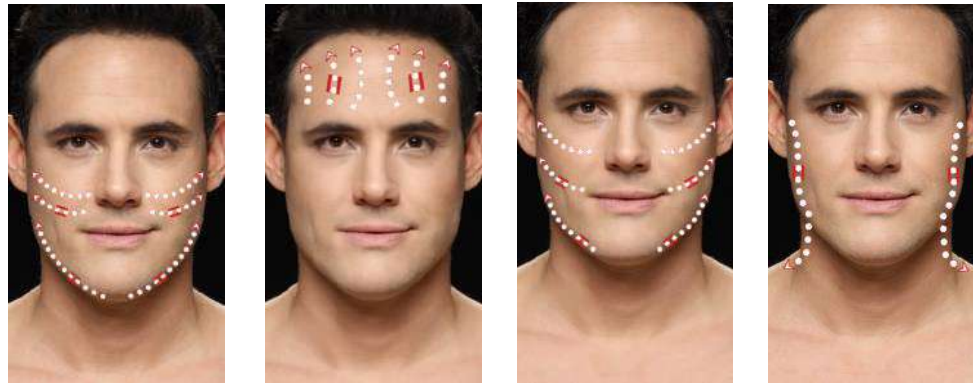
RADIANCE BOOSTER / RADIANCE

Restores luminosity to the skin by boosting microcirculation while fading signs of fatigue.

DURATION: 12 MINUTES

TARGET AREAS

Radiance action 6'
Reenergised face 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE RECOMMENDATION:

Apply Oil-in-Water Replenishing Serum morning and evening to clean skin. Then apply Dynamic Replenishing Rich Cream or Dynamic Replenishing Gel-Cream morning and/or evening to clean skin, massaging gently into the face, neck and décolleté. In addition, apply the Dynamic Replenishing Cryo Mask once or twice a week for 10 minutes. Instant healthy-glow effect!



6.

MEN BODY & FACE PROGRAMMES



TOTAL RELAXATION / WELLBEING

Relax after a busy week, release tension, relieve stress and detoxify the body.

DURATION: 20 MINUTES



TARGET AREAS

- Relaxed shoulders 6'
- Reenergised legs 8'
- Reenergised face 6'



RECOMMENDATION: 2 sessions/week for 4 weeks (weekend programme).

To be repeated whenever you feel the need.

SKINCARE & NUTRI RECOMMENDATION:

Apply Oil-in-Water Replenishing Serum morning and evening to clean skin. Then apply Dynamic Replenishing Rich Cream or Dynamic Replenishing Gel-Cream morning and/or evening to clean skin, massaging gently into the face and neck.

As a complete treatment, opt for the Fluid Mobilising Concentrate. It detoxifies and reduces water retention for a slimmer figure!



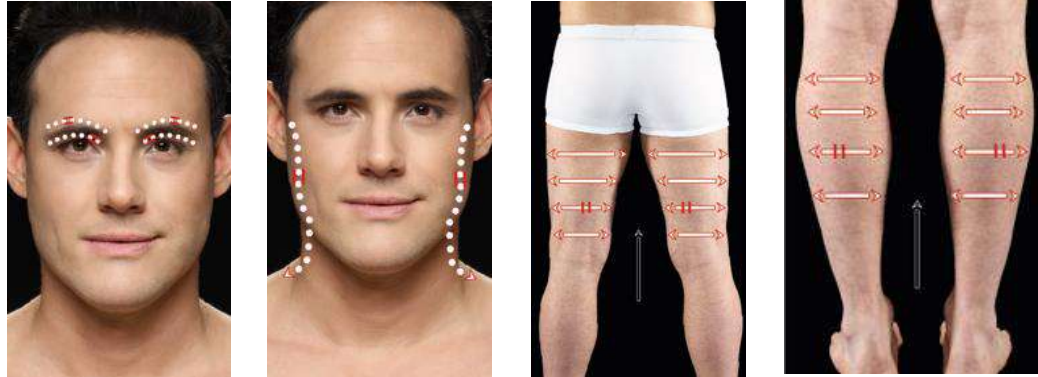
BUSINESS MAN / FITNESS

Eliminates signs of fatigue due to busy days and stress, so you always look good.

DURATION: 20 MINUTES

TARGET AREAS

- Reenergised eyes 6'
- Reenergised face 6'
- Reenergised legs 8'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE NUTRI RECOMMENDATION:

Apply Eye & Lip Contour Cream morning and evening to the eye and lip contours. Then apply Smoothing Filler Cream or Smoothing Filler Gel-Cream morning and/or evening to clean skin, massaging gently into the face, neck and décolleté.

As a complement, opt for the Fluid Mobilising Concentrate: it detoxifies and reduces water retention for a slimmer silhouette!

