



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!

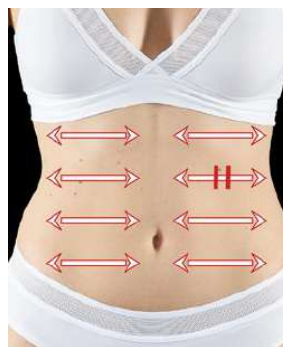
DURATION: 18 MINUTES

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 Fat-Burning Concentrate, 2 capsules per day, preferably in the morning, for two consecutive months for optimal results. Target stubborn fat. Rediscover your shape!



SLIMMING LOWER BODY / SLIMMING

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

DURATION: 24 MINUTES

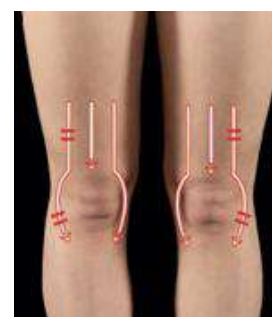
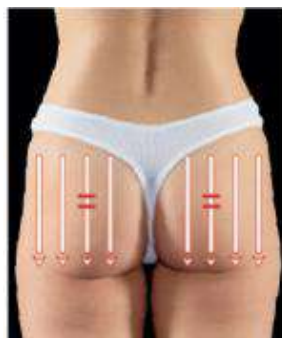
TARGET AREAS

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/and the Anti-Cellulite Gel-Cream morning and evening to the targeted areas. In addition, opt for the Fat-Burning Concentrate, 2 capsules per day, preferably in the morning, for two months in a row for optimal results. Target stubborn fat. Rediscover your shape!



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 Fat-Burning Concentrate, 2 capsules per day, preferably in the morning, for two months in a row for optimal results. Target stubborn fat. Rediscover your shape



FIRMING UPPER BODY / FIRMING

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

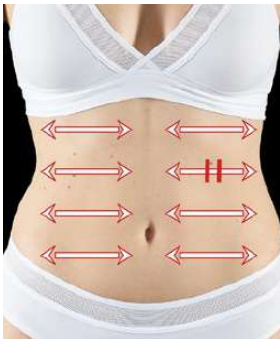
DURATION: 18 MINUTES

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

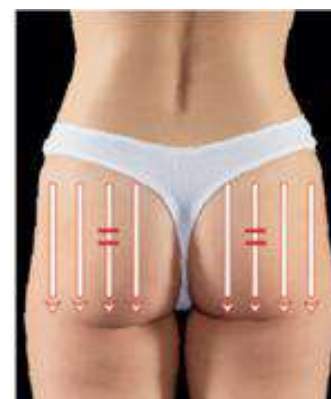
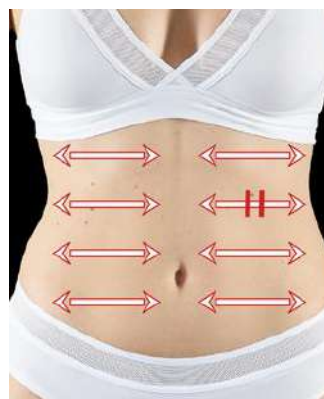
A total firming programme for a sculpted, firmer body. Restore firmness and tone!

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.

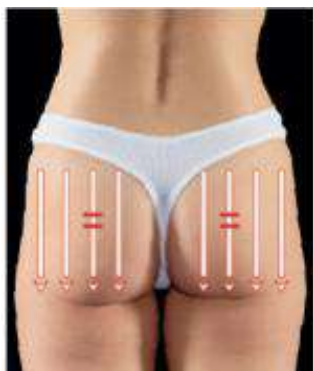
DURATION: 16 MINUTES



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

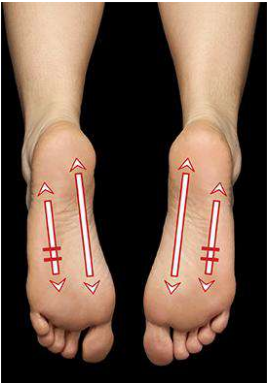
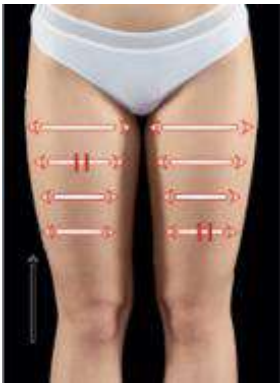
Relieves muscle pain and aches after physical exertion.

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.

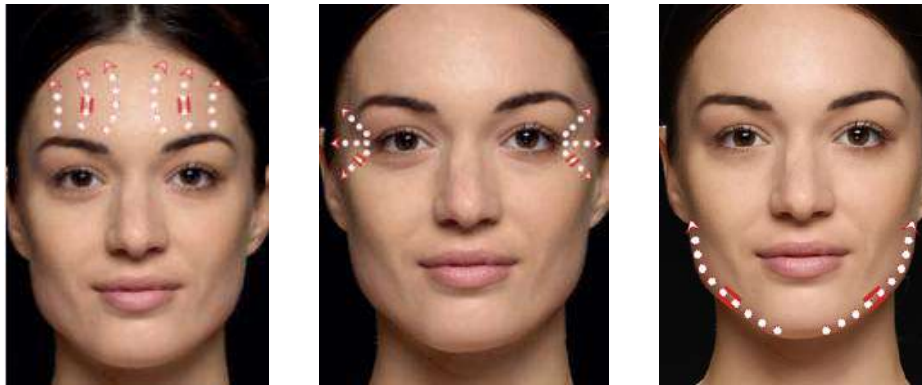
DURATION: 18 MINUTES

TARGET AREAS

Smoothed forehead 6'

Smoothed look 6'

Redefined oval 6'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE & NUTRI RECOMMENDATION:

Apply the Firming Lift Serum by gently patting it in, then apply the Firming Lift Cream in the morning and/or evening to cleansed skin, gently massaging it into the face, neck and décolleté for optimal absorption. Deeply revitalises the skin! Finish by applying the UV+ Cellular Defence Fluid, gently massaging it into the face, neck and décolleté for complete protection against the signs of photoageing. For added benefit, take LPG® Hyaluronic Acid, the star ingredient for plumped skin, 1 capsule a day with a meal. Follow this treatment for 2 consecutive months for optimal results.)



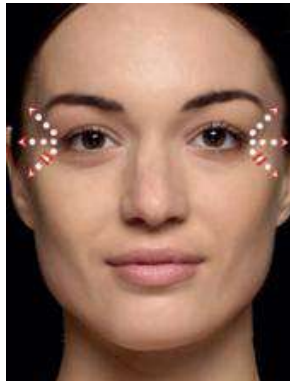
TOTAL EYES / ANTI-AGING

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 Balm or Eye Lift Treatment morning and night to the eye contour area, from the inner corner of the eye outwards. Ideal for visibly reducing signs of fatigue, leaving the eye area looking refreshed and healthy



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 the Eye Lift Treatment morning and/or evening, working from the inner corner of the eye outwards to help lift and refresh the eye area. As a complement, apply the Smoothing Filler Milk Serum followed by the Smoothing Filler Cream morning and/or evening to clean skin, gently massaging into the lips to help restore a more youthful-looking appearance.



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. Next, opt for the Anti-Fatigue Regenerating Night Cream by applying a small amount in the evening and massaging it into your face, neck and décolletage to reduce wrinkles, firm the skin and achieve a rested complexion As a complement, take LPG® Collagen for 2 consecutive months for optimal results. The firming cocoa shot!



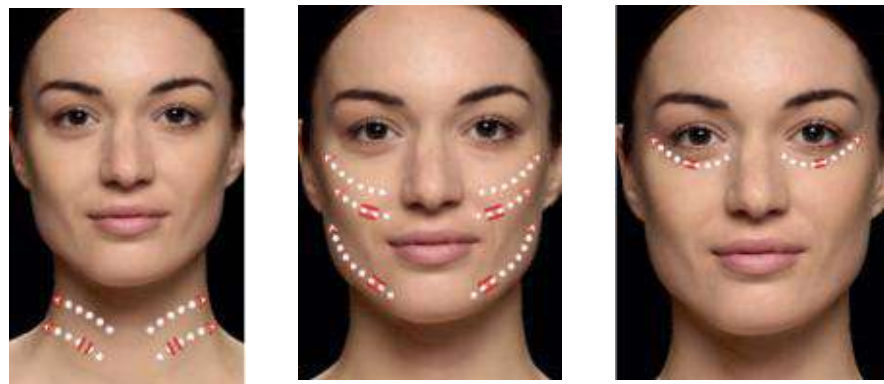
RADIANCE BOOSTER / RADIANCE

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 Eye Balm morning and night to the eye contour area, from the inner corner of the eye outwards. Then apply the Oil-In-Water Replenishing and the Dynamic Replenishing Rich 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!



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3.

WOMAN BODY & FACE PROGRAMMES



TOTAL RELAXATION / WELLBEING

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

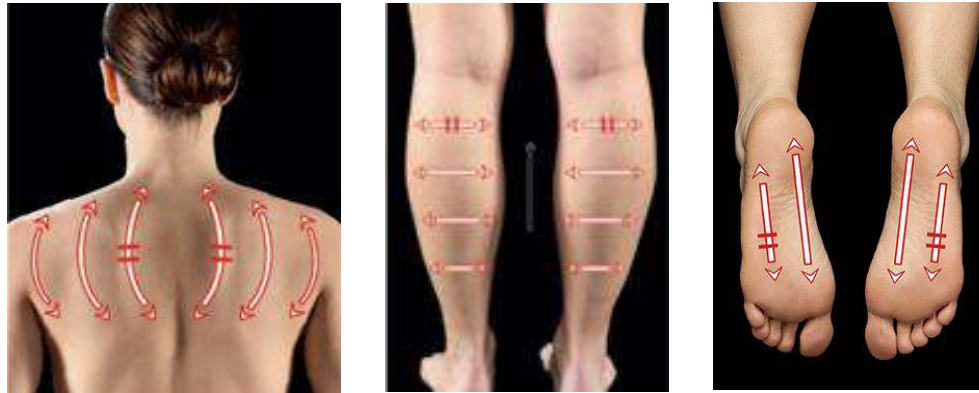
DURATION: 18 MINUTES

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! You can take it alongside the Stress & Sleep Complex by taking 2 capsules a day before bed to help you cope with periods of stress.



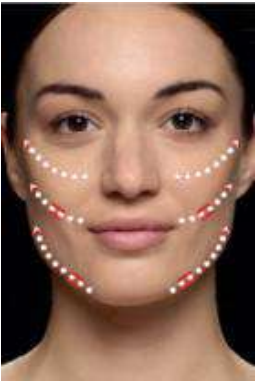
MUM-TO-BE / PARTUM

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!



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NEW MUM/ PARTUM

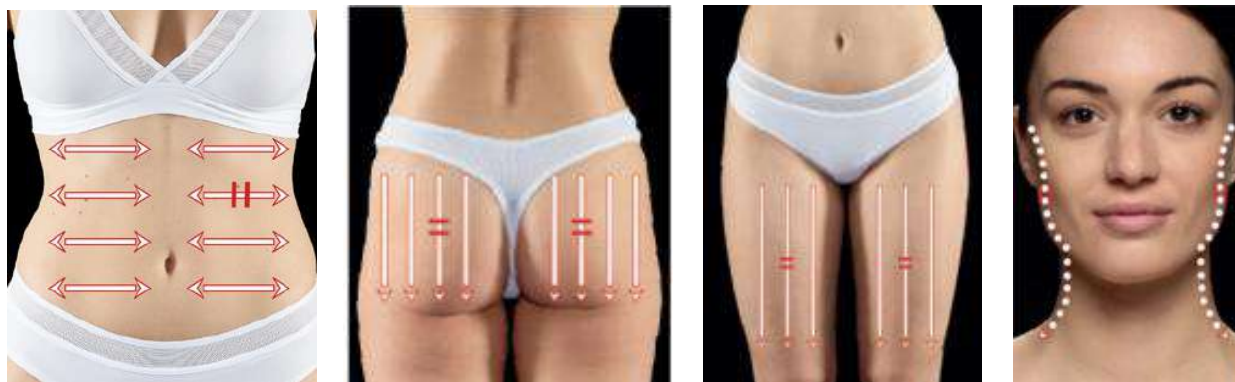
Gradually regain a harmonious figure. Erase signs of fatigue due to short nights for a relaxed face and a healthy glow.

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 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!



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MENO PERFECT / MENOPAUSE

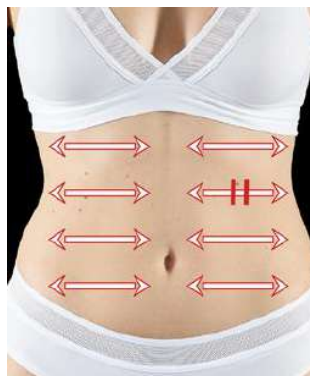
Restores skin's bounce, suppleness and elasticity, smoothes wrinkles and combats fat storage.

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.

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!



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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

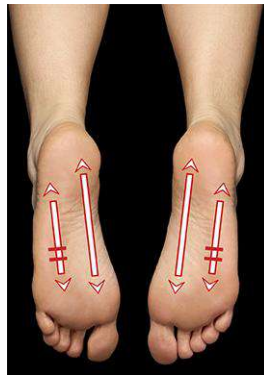
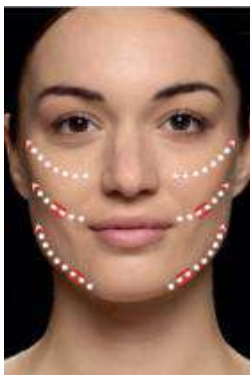
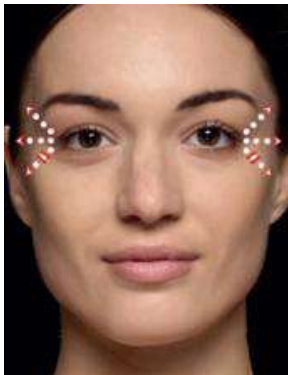
Reenergised eyes 6'

Reenergised face 6'

Smooth lip contour 6'

Light legs 8'

Light feet 4'



RECOMMENDATION: 3 sessions/week for 8 weeks.

SKINCARE & NUTRI RECOMMENDATION:

Apply Smoothing Filler Cream morning and/or evening to clean skin, gently massaging gently into the face, neck and décolleté. Next, opt for the Anti-Fatigue Regenerating Night Cream by applying a small amount in the evening and massaging it into your face, neck and décolletage to reduce wrinkles, firm the skin and achieve a rested complexion. As a complement, opt for the Fluid Mobilising Concentrate: it detoxifies and reduces water retention for a slimmer silhouette! You can take it alongside the Stress & Sleep Complex by taking 2 capsules a day before bed to help you cope with periods of stress.



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). In addition, opt for the Fat-Burning Concentrate, 2 capsules per day, preferably in the morning, for two consecutive months for optimal results. Target stubborn fat. Rediscover your shape!



SPORTS RECOVERY/ WELLBEING

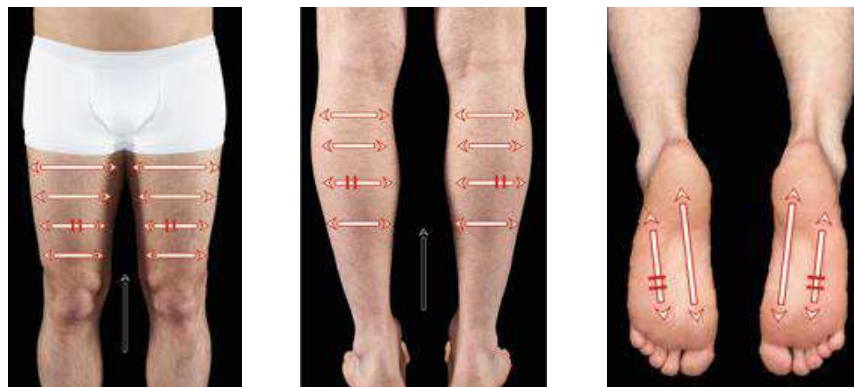
Relieves muscle pain and aches after physical exertion.

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 Firming Lift Serum by gently patting it in, then apply the Firming Lift Cream in the morning and/or evening to cleansed skin, gently massaging it into the face, neck and décolleté for optimal absorption. Deeply revitalises the skin! Finish by applying the UV+ Cellular Defence Fluid, gently massaging it into the face, neck and décolletage for complete protection against the signs of photoageing. For added benefit, take LPG® Hyaluronic Acid, the star ingredient for plumped skin, 1 capsule a day with a meal. Follow this treatment for 2 consecutive months for optimal results.



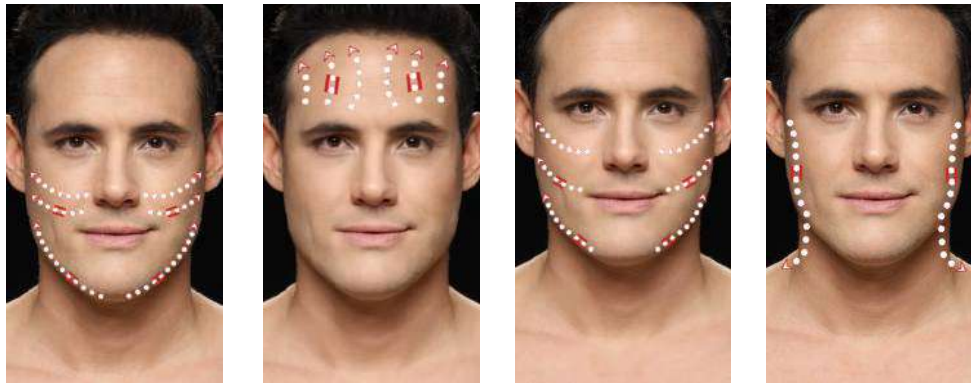
RADIANCE BOOSTER / RADIANCE

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 the Oil-In-Water Replenishing and the Dynamic Replenishing Rich 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!



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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 Dynamic Replenishing Rich 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! You can take it alongside the Stress & Sleep Complex by taking 2 capsules a day before bed to help you cope with periods of stress.



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BUSINESS MAN / FITNESS

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

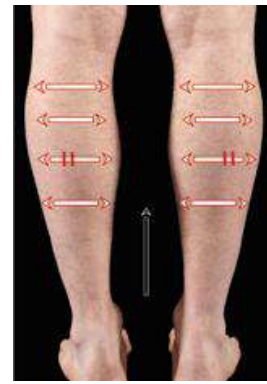
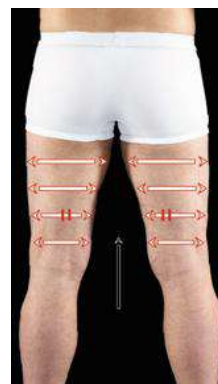
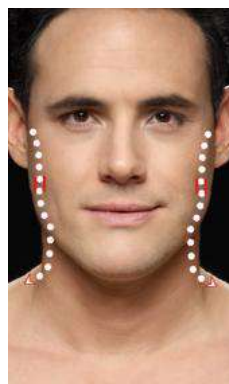
DURATION: 20 MINUTES

TARGET AREAS

Reenergised eyes 6'

Reenergised face 6'

Reenergised legs 8'



RECOMMENDATION: 3 sessions/week for 8 weeks

SKINCARE NUTRI RECOMMENDATION:

Apply the Eye Lift Treatment morning and/or evening, working from the inner corner of the eye outwards to help lift and refresh the eye area. Next opt for the Firming Lift Serum by gently patting it in, then apply the Smoothing Filler Cream in the morning and/or evening to cleansed skin, gently massaging it into the face, neck and décolleté for optimal absorption.

As a complement, opt for the Fluid Mobilising Concentrate: it detoxifies and reduces water retention for a slimmer silhouette! You can take it alongside the Stress & Sleep Complex by taking 2 capsules a day before bed to help you cope with periods of stress.

