

WHAT'S INCLUDED IN THIS KIT

Anti-Cellulite Lotion:

This lotion assists in the cellulite removal process, toning and tightening the skin. When combined with proper diet and exercise, it accelerates inch loss!

Body Exfoliator:

This one-of-a-kind exfoliator increases circulation to problem areas, encouraging the removal of cellulite. Unlike other exfoliators on the market, this Solutions4 scrub is uniquely formulated to gently remove dead skin cells without cutting or damaging the skin's surface. Each time you use it, all-natural papaya enzymes will peel away dead skin cells while round pumice crystals exfoliate.

Cellulite Cleanse:

This supplement provides a combination of herbs that work together to stimulate the circulatory and lymphatic systems to help detoxify your tissues. It helps remove waste materials from connective tissues, preventing water retention, and promoting the elimination of unwanted substances!

Loofah:

Using the loofah with the body exfoliator enhances the removal of dead skin cells and improves surface circulation.



Contact Us For More Information

CELLULITE KIT

Eliminates that dimpled, lumpy appearance



HOW THIS KIT WILL BENEFIT YOU

Cellulite is a frustrating and common skin issue, caused by toxins in the body, lack of circulation, nutrients, and damage to skin tissue. But there is help available! If you're interested in reducing the appearance of cellulite, the combination of products and dietary guidelines outlined in this kit can diminish its appearance immensely.

Solutions4™
NATURAL CLINICAL HEALTH



CELLULITE KIT

ADDITIONAL PRODUCTS USED IN THIS KIT

(PURCHASED SEPARATELY):

To provide your body with the nutrients it needs, we recommend using our Solutions4 Wellness Kit in conjunction with the Cellulite Kit. The Wellness Kit combines the Solutions4 Daily Essentials and the Solutions4 Nutritional Shake. The packets in the Wellness Kit are full of the essential vitamins, minerals, and anti-inflammatory nutrients that your body needs to stay healthy for the rest of your life.

Solutions4 Nutritional Shake:

This quick-and-easy meal replacement shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar.

Solutions4 Daily Essentials:

These convenient grab-and-go packs provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs.

INSTRUCTIONS

Anti-Cellulite Lotion:

Apply immediately after showering or bathing as an everyday lotion. Apply to dry skin in a circular motion, treating the problem areas of the hips, buttocks, thighs, upper arms, etc. Avoid breasts and bikini areas.

Body Exfoliator:

Apply to the body three times weekly with or without water. May be applied to dry skin before showering, rubbing in a circular motion from feet to shoulders, or

use on wet skin in the shower for less intensity. Not for use on the face.

Cellulite Cleanse:

Take two in the morning, and two in the afternoon.

Solutions4 Nutritional Shake:

Replace one to two meals each day with the shake.

Solutions4 Daily Essentials:

Take one packet daily.

TIPS FOR SUCCESS

Cleanse First:

Before beginning the Cellulite Kit, we recommend you do the Solutions4 7-Day Cleanse Kit. Cleansing will prepare your body for healing by detoxing your system internally, creating an optimal environment for ridding the body of cellulite, and achieving the best results.

OTHER SUGGESTED PRODUCTS:

Solutions4 Exercise Gel:

Prior to exercising, apply to the problem areas of the body, any sore muscles or joints, or anywhere you wish to reduce tissue toxins. It can be used up to three times daily with or without exercise for improved circulation and mobility.

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WHERE TO GO FROM HERE:

Maintain Your Progress with the Solutions4 Wellness Kit:

When you complete the Cellulite Kit, you'll be feeling (and looking) better. To retain your results (and stave off any relapse) be sure that you are getting all of the nutrients your body needs. For this, we recommend using our Solutions4 Wellness Kit comprised of Solutions4 Daily Essentials and the Solutions4 Nutritional Shake.

If you're looking to achieve other results – lose weight, reduce pain, sleep better, reduce stress, etc. – you can also find specific kits or supplements designed to help with these conditions. Talk to your doctor to determine which course of action is right for you.



EATING GUIDELINES

If you're eating foods that cause inflammation or put undue stress on the body, you'll be actively working against the products you're using. To help you get the most out of this kit, we recommend that you follow these dietary guidelines:



RECOMMENDED:

Organic dark leafy greens and brightly colored vegetables
Organic fruits
Organic eggs and poultry
Wild-caught fish
Unrefined, cold-pressed olive oil and coconut oil
Organic butter



ACCEPTABLE:

Whole grains and legumes (rice, quinoa, lentils, beans, etc.)
Non-organic fruits and vegetables
Non-organic poultry and eggs
Farm-raised fish
Organic, grass-fed red meat
Refined olive oil and coconut oil
Unrefined natural sweeteners: (honey, pure maple syrup, agave, etc.)



OFF LIMITS:

Dairy products
Refined vegetable oils
Refined grains, flours, and sugars
Processed foods, fast foods and junk foods
Alcoholic or caffeinated beverages
Artificial sweeteners
Large amounts of red meat