

CharmUP RSII

多效护理按摩霜
为肌肤找回最初的年轻活力

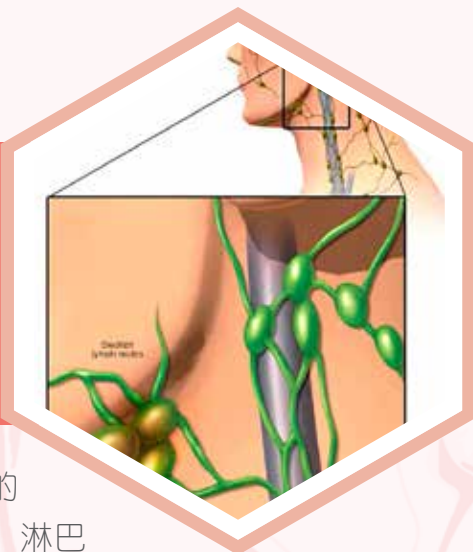




告别深层毒素，还原健康美丽的姿态

您是否总是感觉精疲力尽、身体浮肿或者在经期期间饱受皮肤干燥瘙痒以及乳房胀痛的困扰？身体所发出的信号说明体内积藏着过多的毒素，容易导致疾病的侵袭，所以当务之急就是给您的淋巴系统进行排毒，重新塑造由内至外的健康与美丽。

您对淋巴了解有多少？



您知道吗？淋巴系统是防卫身体的第一线免疫系统。它是由淋巴管、淋巴结与淋巴组织所组成的网络，肩负着过滤代谢物质、毒素及深层净化每一个细胞的责任，是人体主要的清道夫。当我们的淋巴系统堵塞，淋巴液就无法顺畅流通，进而影响身体的排毒机能，导致废物与毒素滞留体内。一旦体内的毒素堆积过多，身体运作就会失调而引发各种健康问题。想要保持健康体魄，美丽肌肤，从排毒开始！

RS II 多效护理按摩霜——轻盈排毒，活力再现

质感柔滑，能够有效的达到身体排毒，让您更健康，更有活力。RS II 搭配淋巴按摩步骤，能有效改善淋巴循环，帮助强化身体清除代谢废物、毒素、多余水份和缓解肿胀的功能，同时可以促进细胞和组织的再生，恢复免疫功能，重拾活力。

*适合所有肤质使用



主要成份：

植物雌激素混合物



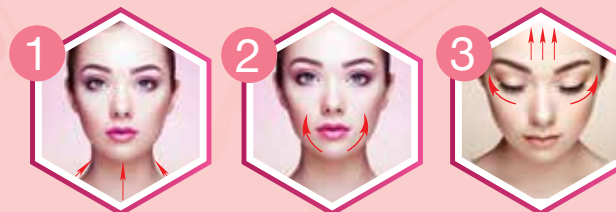
RSII 按摩霜的好处：



淋巴按摩步骤

按照以下步骤进行按摩，每周至少1-2次。

1) 脸部和颈部



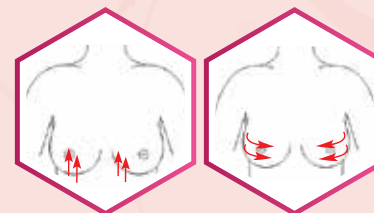
- 1 双手顺着颈部，轻轻从下往上推滑至下巴顶点。
- 2 从下巴往上按摩到耳前。
- 3 从鼻子外缘推压至太阳穴，然后延申至额头。

2) 锁骨



使用拇指于锁骨中央对下的位置反复按揉15次。

3) 乳房



在乳房涂抹 RS II按摩霜，从乳房下侧向上按摩，然后再由外往内推。

4) 腋下



使用拇指于腋下穴位反复按揉15次。

5) 腹部



轻轻揉捏腹部，然后将双手放在骨盆位置，顺时针按摩。(从A点至B点重复来回按摩)。

6) 臀部及大腿



- 以螺旋方式由外至内按摩大腿外侧。
- 从大腿外侧向臀部方向按摩。

CharmUP RSII

Multicare Intensive Cream
Rejuvenating Your Skin's Youthfulness



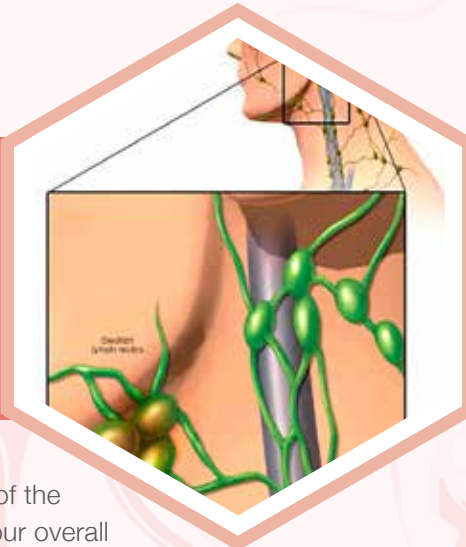


SAY GOODBYE TO THE HIDDEN TOXINS IN YOUR BODY

Have you ever experienced the symptoms such as feeling fatigued, feeling bloated from water retention,

or having to deal with itchy dry skin and sore breasts when your period arrives? These are signs that your lymphatic system needs a detox as the toxins are affecting your health.

LISTEN TO YOUR LYMPHS-WHY YOU SHOULD CARE ABOUT IT?



Have you ever wondered the importance of the lymphatic system and its connection to your overall well-being? As part of your immune system and primary detoxification channel, the lymphatic system is a network of vessels, nodes and tissues that cleanses nearly every cell in your body by removing toxins and metabolic waste. When the lymphatic system become congested, the lymphatic fluid is unable to flow smooth and can lead to the accumulation of waste and toxins. When our body overloaded with toxins, it disrupts the body's functioning processes to maintain optimal health, and thus will leave one vulnerable to health problems.

Therefore, it's important to detoxify our lymphatic system for our wellbeing.

RS II MULTICARE INTENSIVE CREAM-DE-CONGESTING YOUR LYMPH

This soft and smooth massage cream is perfect for detoxifying your body for a healthier, more energetic you. When paired with lymphatic massage steps, RSII is able to improve lymphatic circulation, which can help to boost our body's ability to eliminate metabolic waste, toxins, excess fluid, swelling and stimulate the regeneration of cells and tissues to restore immune function and vitality.

*Suitable for all skin types.



KEY INGREDIENTS:

Phytoestrogens



THE BENEFITS OF USING RSII MASSAGE CREAM:



LYMPHATIC MASSAGE STEPS

Follow the steps below and do it 1-2 times a week.

1) Face and neck portion



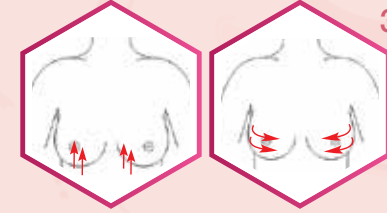
- 1 Massage upwards from the neck towards the jawline.
- 2 Massage upwards from chin towards earlobe.
- 3 Massage from fleshy tip of nose to temple and from eyebrows upward to forehead.

2) Collarbones / Clavicle



Massage the length of your collarbones 15 times, apply gentle pressure while rubbing in circular motions.

3) Chest



Apply RSII Massage Cream on the breast and massage the cream thoroughly into the skin both upwards and inwards on the chest.

4) Under the forearms / armpits



Using your fingers, massage the nook of your armpit 15 times, apply gentle pressure while rubbing in circular motions.

5) Abdomen



Use light kneading motions. From your pelvis bones, knead upwards towards the stomach in a clockwise direction. Repeat from A to B.

6) Butt and thigh area



- Massage the back of your thigh in circular motions.
- Knead upwards from the butt towards the thigh.