

LANAFORM

## How to use Skin Mass

### Also available

English, Français, Nederlands, Deutsch,  
Español, Italiano, Slovenčina, Slovenščina,  
Hrvatski, Русский Язык, Български:

[www.bit.ly/skinmass](http://www.bit.ly/skinmass)



### ⚠ Warning

If you experience any discomfort, stop using the Skin Mass immediately and consult your doctor.



### Use on the belly and waist

Sit or stand comfortably with your back straight. Put the Skin Mass over the abdomen and gently tense your belly. Perform slow movements over your entire belly, letting the device work on each area. Starting from the middle of your belly, you can also work in a straight line towards either side. To work the tops of the hips, make forward-and-back movements on each side as shown in the diagram.

Repeat one of these movements several times. After several uses, you can also choose the higher intensity for improved results in less time, depending on your skin and your feeling when using the Skin Mass.

### Use on the legs

For an effective massage of the legs, bend over slightly and place the Skin Mass just above the knees. Perform slow movements on the front and back of your thighs until you reach the groin and hips. Alternate between one leg, then the other. The massage should not last longer than 5 minutes per leg.





### Use on 'saddlebags'

More specifically, to work on the sides of your thighs, perform small horizontal and vertical movements. Do not go over 5 minutes per area.



### Use on the buttocks

To tone your buttocks, start using the Skin Mass at the base of the buttocks and work up towards the waist. Let the device pass over the entire area you want to work on. You can also make horizontal outward movements from the middle. The recommended duration of use is 5 minutes on each buttock.



### Use on the arms

To tone your arms, make up-down movements on the front and back of your arms.

