

## ANTI-CELLULITE PROGRAM

### Contributors to Cellulite

- Certain foods
- Hormonal activity
- Various drugs
- Excess weight
- Crash dieting – followed by weight gain
- Constipation
- Inadequate water intake – fluid retention
- Lack of exercise
- Cigarettes
- Nutrient deficiency
- Excess stress

With the presence of several of the above-listed contributors, the body's circulation and elimination systems eventually become impaired. When this occurs, toxins and waste materials become trapped in the vulnerable fat cells of the connective tissue. Over a period of time, these waste materials harden and form cellulite, causing undesirable misshaping of the body.

### M'LIS Program Highlights

- Combines detoxification and an anti-cellulite lifestyle with lymphatic body cleansing wraps for inch loss and the elimination and prevention of cellulite.
- Aids in the removal of cellulite by softening, breaking down and freeing trapped toxins and waste materials in the connective tissues.
- Wraps use circulation and gentle pressure to achieve inch loss and cleanse the lymphatic waste system through natural ingredients rather than chemicals, poultice-effects or a loss of water.
- Take home products have the ability to maximize results with wraps done in a series, and prevent future cellulite accumulation.
- Products and services use holistic methods of body cleansing for cellulite removal.

### Components

#### *Body Contour Wrap*

The M'LIS wrap helps to reverse the cellulite formation cycle by stimulating the body's own natural lymph elimination functions, which are often inhibited due to poor habits or unhealthy living. The program is designed to use circulation and cleansing herbs to break up and help rid the body of trapped waste. A series of 4-6 wraps is recommended as part of the anti-cellulite program. (For more information on wraps, see the "[contour wrap](#)" section on the mlis website).

#### *Detoxification*

To permanently eliminate existing cellulite and prevent its future formation, cleansing wraps are combined with total body cleansing through Detoxification. This natural process flushes the internal solid waste system and strengthens body function. The 3-day cleanse is done twice during the month-long anti-cellulite program, and is recommended 3-4 times a year thereafter.

#### *Home Care*

- CELL-U-RID Herbal Detoxifier is taken orally to help stimulate elimination from soft tissue and reduce water retention.
- MAINTAIN Anti-Cellulite Lotion uses natural ingredients to continue the cleansing process and increase circulation in problem areas.
- Adequate water consumption, an easily digested diet, and exercise are all important elements of the M'LIS anti-cellulite program.

For more information or to find a M'LIS representative near you, [click here](#).