The Beauty of A Woman

Audrey Hepburn, the late actress and humanitarian had this to say when asked about her "beauty tips".

**For attractive lips…** Speak with words of kindness.
**For lovely eyes…** Seek out the good in people.
**For a slim figure…** Share your food with the hungry.
**For beautiful hair…** Let a child run his or her fingers through it once a day.
**For poise…** Walk with the knowledge you'll never walk alone.

## Adaptée pour/ suitable for:

✔ Augmente la stabilité passive de la colonne vertébrale.

The waistrainer increases the stability of the spine.

✔ Adaptée pour perte de poids & cm de tour de taille,

Suitable for weight lost and losing inches around the waist.

FR

# Guide Gaines

## INTRO

- Prends les mesures de ta taille actuelle.
- Note les mesures dans tes notes accompagnées d'une photo clichée.
- Fixe-toi un objectif clair (par exemple: dans 1 mois, j'aurai perdu 4 kg & 6 cm de tour de taille).

## DOUCEMENT MAIS SUREMENT

- Commencez progressivement : Commencez par porter votre gaine pendant une heure par jour. Augmentez progressivement à deux heures par jour, puis à trois heures par jour.
- Restez actif : Portez-la TOUJOURS pendant que vous êtes en mouvement — que ce soit en faisant du sport, en faisant ton ménage, en dansant ou simplement en restant actif. Sans être en mouvement, tu ne verras AUCUN résultat.
- Fais des exercices de respiration VACUUM avec et sans la gaine (Inspirer = gonfler le ventre puis expirer, contractez vos abdos) si tu n'as pas compris recherche sur Youtube y a pleins de tuto's.
- Bois QUE de l'eau, stop excès de sel, sucre,... Trouve-un régime qui correspond à ton mode de vie & adieu aux grignotages.
- Oui, j'avoue bcp dinfo mais tu veux un ventre plat ou PAS ? Tu veux une taille de gueppe ? Allez déchire tout et fais parler les mesmoumettes, les INVEJOSAS diront que t'as fais un bbl !!!

EN

# Guide Waistrainer

## INTRO

- Please measure your current size.
- Record the measurements in your notes, along with a sexy photo.
- I know, sounds totally NOT sexy right? It is just to give you a reality check.
- Set yourself a clear goal (e.g. within 2 months, I've lost 6 kg & 8 cm waist).

## SLOWLY YOU'LL GET THERE

- Start Gradually: Begin by wearing your waist trainer for 1 hour a day. Gradually increase to 2 hours a day, then 3 hours a day.
- Stay on the move: Wear it while you're on the go—whether you're working out, cleaning the house, dancing around, or just staying active.
- Do vacuum exercises while wearing the waist trainer! Inhale to inflate your abdomen, then exhale and tighten your abs. Not sure how? Just look it up on YT.
- Work It, Own It: Your waist trainer is your sidekick, but remember, it's your effort that makes the magic happen. Consistent exercise is key to achieving the best results.
- Please drink only water. Cut out (ultra)processed food. Find a diet that fits your lifestyle.
- Do you want a snatched waist and a flat stomach? Ready to melt ? Stay focused and keep disciplined until you get BBL accusations !!

BR

# A guia da cinta

## INTRODUCAO

- Meça sua cintura atual.
- Anote as medidas em suas notas, juntamente com uma foto.
- Defina um objetivo claro (por exemplo: em 2 meses, terei perdido 6 kg & 8 cm de cintura).

## ROTINA

- Use a cinta por 1 hora por dia, depois 2 horas por dia. Depois, 3 horas por dia. SEMPRE enquanto se movimenta, praticando Fitness, limpando a casa, dançando, ... A cinta não é um produto milagroso. Se você não estiver se movimentando, não verá nenhum resultado.
- Faça exercícios de VÁCUO enquanto estiver a usar a cinta (Inspire = infle o abdómen e depois expire apertando o abdómen) se você não entendeu, pesquise na internete amiga.
- Alimente-se de forma saudável, beba somente água, evite sal e açúcar. Acha uma dieta que se adapte à sua vida diária. E pare a sua relação com doCe mulher.
- Nossa essa Bianca é muito exigente né? Sou chata né? Mas você quer uma barriga chapada ou NÃO?