

P.R. Cell^{2G}

INSTRUCTION MANUAL



SILHOUET-TONE®

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Important Safeguards

Read the following instructions before using this unit

1. This unit should only be used for applications described in this manual.
Use only compatible attachments recommended by the manufacturer.
2. Never operate this unit if it has a damaged cord, is not working properly, or has been dropped or damaged.
3. Keep the cord away from heated surfaces.
4. Connect this unit to a properly grounded outlet.
5. This unit is not for household use and must be used only by qualified and licensed personnel.
6. All servicing must be performed by SILHOUET-TONE or by an authorized service representative.
7. **Grounding instructions.** This unit should be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This product is equipped with a cord having a grounding wire and a grounding plug. It must be plugged in a properly installed and grounded electrical outlet.

Danger. Improper use of the grounding plug can result in risk of electric shock

If repair or replacement of the cord or plug is necessary, do not connect the grounding wire to either flat blade terminal. The wire with insulation having an outer surface that is green with or without yellow stripes is the grounding wire. Check with a qualified electrician or serviceman if the grounding instructions are not completely understood, or if in doubt as to whether the unit is properly grounded.

8. No adapter should be used with this product. Do not modify the plug provided if it does not fit the outlet. Have a qualified electrician install it. If the product must be reconnected for use on a different type of electrical circuit, qualified service personnel should make the reconnection.
9. If it is necessary to use an extension cord, use only a 3-wire extension cord with a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the product. Replace damaged cord.

Caution. Risk of electric shock. Do not remove top cover. Refer servicing to qualified service personnel.

Warning. For continued protection against risk of fire, replace fuse only with same type and rating as the one provided with product.

Save these instructions

01. Introduction

We appreciate your confidence in our products and value your decision to purchase the P.R. Cell 2G, body contouring system.

The purpose of this instruction manual is to familiarize the operator with the features, maintenance and operation of the P.R. Cell 2G.

Even though the unit is relatively easy to use, we recommend that you read this manual in its entirety.

The P.R. Cell 2G is a remarkably effective body sculpting system combining deep subdermal suction massage with the French technique of “Palper-Rouler”. It draws the skin up and gently rolls it to release lymphatic blockage and soften the connective tissue that causes the dimpled appearance of cellulite.

P.R. Cell 2G's action is on the skin's fat cells, lymphatic fluids and reticular fibres. It releases trapped fat and restores the skin's smooth appearance.

The P.R. Cell 2G is ideal for:

- **Spas** offering body contouring and cellulite treatments
- **Massage therapist** to perform deep subdermal massage
- **Physiotherapists** offering sport massage and treatments for impaired mobility caused by traumas (leading to formation of fibrous adhesions).
- **Plastic-surgery clinics** for post liposuction treatments

P.R. Cell 2G also complements and increases the benefit of other technologies targeting fat cells, such as Ultrasound Cavitation, Mesotherapy and Radio Frequency

P.R. Cell 2G is the perfect combination to other Spa treatments such as body wrap and balneotherapy/hydro tub...

This P.R. Cell 2G user guide outlines use and treatment applications. Technical terms and practical operations are clearly defined. P.R. Cell 2G is a professional unit designed exclusively for qualified and trained technicians. Training is provided and mandatory. To enjoy the full potential of this remarkable body sculpting system, please read all the following instructions.

Thank you for choosing the P.R. Cell 2G.

02. Contraindications

- Serious vascular problems such as venous embolism or Thrombus: Deep tissue massage is contraindicated because of the risk of dislodging clots.
- Phlebitis: same risk as for 'embolism or thrombus'
- Protruding varicose veins
- Cancer or HIV (AIDS)
- Pregnancy
- Heart problems (Uncontrolled high blood pressure)
- Recent injury
- Skin lesions or inflammation
- Ganglionic inflammation
- Clients with gastric or duodenal ulcers should not be massaged on the stomach or thorax area
- Inflammatory conditions (tendinites, bursites, etc.)

Never use the PR-Cell on breasts. Avoid areas with varicose veins.

CAUTION: PR Cell 2G treatments are completely safe for most people but caution should be exercised in the presence of certain illness or conditions.

- During menstruation (avoid the abdominal area)
- I.U.D, intra uterine devices (avoid deep abdominal massaging)
- Circulatory or vascular diseases (obtain medical clearance)
- Client using prescription blood thinners such as Coumadin and Warfaring (obtain medical clearance)

03. P.R. Cell 2G Body Sculpting Massage

During deep sub dermal skin fold massage, the treatment heads produce a gentle suction over the cellulite areas. While rolling over the body, they fold the top-most layer of fat into the rollers, stretching the connective tissue of the area being treated.

This causes forced trauma to the fat cells. As the fat cells rebuild, they are redistributed throughout the body, creating an improved contour and shape.

Though the rollers massage and suction is strong enough to reach the top layer of body fat, it is not strong enough to cause damage to the skin, bones or muscles.

The treatment heads simulate deep tissue massage and skin fold techniques. The pneumatic treatment heads enable body sculpting treatments to be performed on the entire body.

Results obtained will be:

- Reduction of pitting effect (orange peel skin)
- Softening of fibrous tissues
- Improved blood and lymphatic circulation
- Fat redistribution (body shaping)

The treatment provides anti-stress and relaxation effects. It regenerates tissue, revitalizes cells, and rejuvenates the body.



Results

A study appearing in the Aesthetic Plastic Surgery periodical in Austin, Texas, reports that results using the P.R. Cell were seen after seven treatments when using the deep sub dermal sculpting massage. Ideal results were achieved after 14 treatments

Treatment duration

P.R. Cell 2G treatments are 30 minutes. Initial visits require one or two sessions per week for approximately 14 weeks. One visit per month is required for maintaining optimal results.

04. What you must know about cellulite

Heredity, a lack of physical activity, poor nutrition, stress and lifestyle are all contributing factors.

Cellulite appears when adipose cells directly below the skin enlarge as a result of hormonal triggers. These types of fat cells are embedded with collagen fibres', functioning as a padded protective layer. The widening fat cells pull and tug the collagen septae, and because they are joined to the skin layer from below, they can disrupt the contour of the skin forming an uneven texture.

PR-Cell can smooth the bumpy look of cellulite. This rhythmic skin fold massage produces a variation of massage techniques such as drainage, mesoderm and deep tissue, which is utilized to mobilize fibrotic tissue parts of cellulite, smooth the skin, and increase lymph circulation in the tissue.

PR-Cell 2G is a unique multi-program system that kneads the skin to roll and fold fatty tissue using two specially designed rollers. The treatment head uses various programs and sculpting techniques to effectively reduce the unpleasant appearance of cellulite.

Pr-Cell can also prevent cellulite from evolving into complicated and unhealthy stages.

Along with regular exercise and healthy eating habits PR-Cell 2G is an effective way to prolong and maintain a youthful body appearance.

Skin care professionals know that to successfully treat cellulite, you must first understand the problems associated with cellulite.

Cellulite – or lipodystrophia – is defined as an imbalance between the lipogenesis (formation

and storage of fat) and lipolysis (fat elimination) process. This imbalance results in hypertrophy that impacts the adipose tissue of the hypodermis as well as the dermis and sets in motion the physiological chain reaction that will ultimately lead to cellulite's signature mark: The "orange peel" appearance.

The following sequence – interstitial fluid retention in the tissues, lymphatic blockage, added pressure to the venous system, circulatory troubles and Hyperviscosity of the lymph fluid – cause adipocytes to become fat-engorged, modifying skin tissue to create what is called cellulite. Almost all women have cellulite, especially on thighs.

The culprits are:

1. Hormonal changes – Estrogen levels vary according to different circumstances and age:
 Puberty- Pregnancy- Menopause
2. Genetics (heredity and ethnic origin)
3. Impaired circulation
4. Unhealthy diets disturbing basal metabolism causing weight gain instead of loss

In the case of cellulite, we can divide hormonal activity into two very specific groups:

- action on adipocyte tissue
- action on fat distribution

Adipocytes contain two different hormonal receptors – Alpha and Beta.

Alpha beta-receptors

Alpha receptors are responsible for adipogenesis, they transform free fatty acids from the blood into triglycerides (fat) to be stored in the adipocyte cells.

Beta receptors

Release fat from adipocytes to be used as energy for muscle movement and to regulate body temperature. When the lipolytic action of the beta receptors is activated by exercise or other activity, fat is depleted from the cells, ultimately inducing circumference reduction.

Cellulite stage 1

At this stage, the skin appears normal; cellulite is visible only when the skin is pinched revealing the “orange peel” sign, the first symptom of cellulite.

Cellulite stage 2

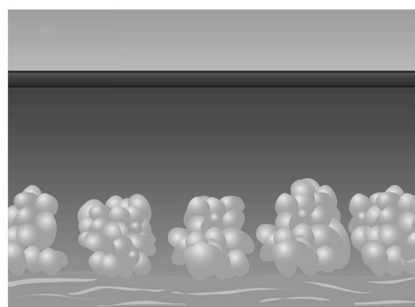
Blood and lymphatic circulation is further impaired, the “orange peel” appearance is now visible without pinching. Reticular fibres’ hardens and pull on the epidermis, dimples start to appear.

Cellulite stage 3

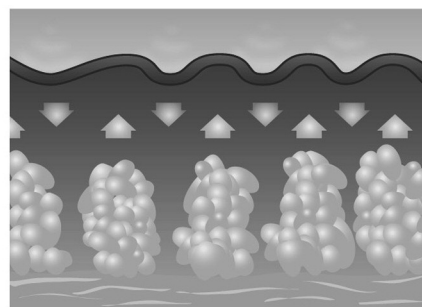
The skin loses its elasticity causing fat cells to bulge into the dermis. The skin surface becomes clearly marked, with alternating horizontal indentations, nodules and dimples. Broken capillaries and varicose veins are often present.

Cellulite stage 4

The adipocytes have a tendency to group together in compartments and form clusters of fat. Nodules tend to grow and fibrotic tissue becomes denser, aggravating vascular problems. The skin loses its elasticity causing waves in the inner thighs. This is the most advanced stage of cellulite.



Healthy connective tissue



Congested connective tissue

05. Important Information about Body Treatments

Before starting a treatment

- It is important to understand that it is not and should not be considered a cure nor a means of treating any disease.
- In the presence of a medical condition, a written physician's authorization should be requested from your client.
- All clients must fill out and sign a consent form before proceeding with the treatment.
- Treatments should always be performed on healthy skin. If the treatment area shows signs of lesion, dermatitis or injury, the area should be avoided or the appointment should be rescheduled.
- Treating women during menstruation may increase menstrual flow. Clients can choose to proceed or reschedule an appointment. Do not treat the abdomen area during menstruation.

Misconception

A common PR-Cell 2G treatment misconception is that it is a noninvasive form of liposuction.

Liposuction is invasive, removing fat deposits from the body.

PR-Cell 2G, does not remove but redistributes fat deposits.

P.R. Cell 2G Treatment program

Treatments are usually twice weekly, painless and very relaxing. Some people see results in just several weeks depending on the body area being treated and if complimentary treatments are included. Factors that may affect the results are diet, exercise, age and general health. P.R. Cell can be used for reduction of cellulite, body contouring and to improve circulation. It can be used by sport centers to reduce muscle soreness and increase flexibility. It also will increase blood flow and facilitate lymphatic circulation.

- A broad variety of treatment protocols are available with the P.R. Cell 2G
- Treatments can be performed combined with other procedures or technologies such as body wraps, Mesotherapy, RF skin tightening or Ultrasound cavitations.
- The P.R. Cell 2G cellulite protocol is based on a series of treatment procedures
- For optimal results, treatments should be scheduled twice weekly at 2 to 3-day intervals.
- A Cellulite treatment program will usually require 12 to 24 treatments depending on the client's age and severity of the problem.
- Each treatment should last 30 to 45 minutes, 60 minutes when combined with other treatments or procedures.
- To maintain results one or two treatments per month are recommended

Treatment objectives

- Body sculpting
- Reducing dimples and orange peel appearance
- Improving skin tone
- Improving blood and lymphatic circulation
- Eliminating waste
- Improving cellular metabolism
- Encouraging cellular exchange and nutritive process
- The P.R. Cell treatments are holistic in nature, eliminating muscular and vascular tension, and releasing vital energies (circulatory, draining and nutritive).
- For best results, all treatments should start with a brief manual massage using P.R. Cell massage oil
- When doing a complete body treatment, you should always end with a manual back massage.
- Treatments can be tailored to your client's needs. They can be short (15 to 20 minutes) when targeting a specific area, or longer (30 to 60 minutes) when working on larger areas or if you wish to combine it with a body wrap or other treatments.

Client preparation

Room set up

- Cover bed with large towel, cotton or disposable sheet
- Make sure bedding is secure on bed since client will be repositioning herself during the treatment
- Room temperature should be comfortable.
- Lighting should be soft; appropriate music will encourage relaxation
- We recommended performing a body exfoliation for the first treatment, it will eliminate dead surface cells, refine skin texture and warm-up skin tissue.

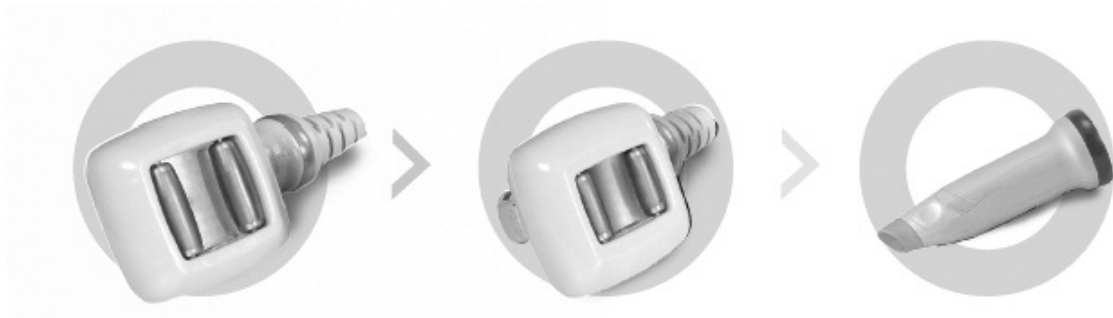
06. P.R. Cell pneumatic treatment heads

Three types of treatment heads are currently offered with the P.R. Cell 2G

TREATMENT HEADS:

Lightweight and ergonomically designed, P.R. Cell 2G treatment heads eliminate undue stress and strain on the technician performing the procedure. They are designed to slide smoothly over the body contour, eliminating the need for expensive body stockings.

- Large pneumatic treatment head (For deeper problems and larger areas)
- Medium pneumatic treatment head (For milder problems)
- Small treatment head (For smaller areas)



It is important for the technician to use both hands during treatments: one hand on the treatment head, and the other on the client to stabilize the skin and/or muscle tissue. This will reassure the client and encourage total relaxation.

07. Treatment Head Maintenance

Treatment heads are not covered by the warranty. Regular maintenance will ensure optimal, long term performance.

Roller inserts must be cleaned using an antibacterial soap or gentle disinfecting solution, then rinsed and placed in a UV sterilizer for 20 minutes. This simple hygienic procedure will prevent transmission of skin disease such as mycosis

Note: This cleansing procedure should only be applied to the “roller insert” component.

Note: To disassemble the treatment head, use the accessory holder located on the side of the unit.

Casing Maintenance

Periodically wipe surface of your P.R. Cell using a damp cloth and small amount of gentle soap.

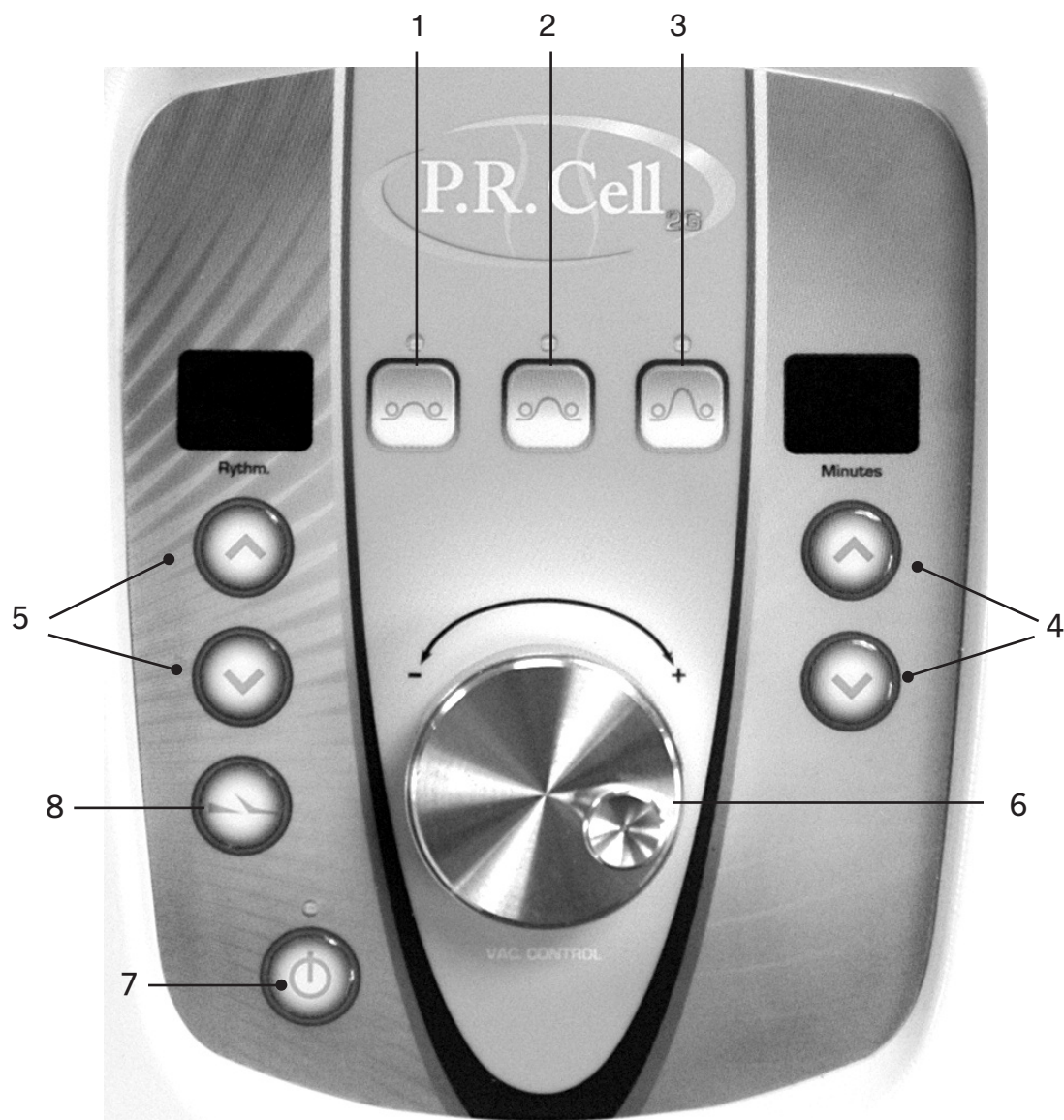
- Never spray any products onto any part of the unit
- Never spill any liquids on unit
- Never use any harsh detergents or solvents on any part of the unit

Warning:

You must use Cabine Exclusive's Specific Body Oil (code 377512). This product contains draining and slimming essential oils and is formulated to prevent any damage to the treatment head.

The P.R. Cell 2G warranty does not cover the use of other products, which can negatively affect the treatment heads.

08. Control Panel



Description of the control panel

1. Circulation/Drainage” access key
2. “Skin Fold/Connective tissue” access key
3. “Deep sub dermal” access key
4. “Minutes” key to select treatment time
5. “Rhythm Key”, regulates suction duration
6. Pressure Control Valve
7. “Start and stop” key
8. “Pedal Key”

Back of unit

1. ON / OFF switch
2. Power cord outlet
3. Parker Filter
4. Accessory holder also used to dismantle treatment head for maintenance



09. Three Tier Sculpting Protocol

Suction will increase circulation, reducing oedema in the interstitial space of the dermis. The skin fold massage breaks down water pockets responsible for the “orange peel” appearance.

Using the deep sub dermal program will alter fat cell structures by breaking apart the septae (fibrous bands). Most women package fat in these fibrous bands. A redistribution of this material produces a smoother and more attractive skin.

Preprogrammed Sculpting keys



1.Circulation/Drainage program

(Epidermal/Dermal Level)

Releases lymphatic blockage, reduces oedema, increases circulation, oxygenation and cell nutrition.



2.Connective Tissue/ Skin Fold program

(Dermal /Hypodermal Level)

Softens fibrous connective tissue, breaks down water pockets, tones and energises



3.Deep Subdermal Program

(Subcutaneous Tissue and Fatty Layers)

Deep tissue mobilisation, localised fat deposits, releases fibrous and myofascial adhesions

To begin “Sculpting” program

1. Turn the power ON at the **back** of the unit
2. Select Sculpting key # 1, follow treatment chart for drainage and circulation
Purpose: increase & restore proper circulation and soften tissues.
- 3.Select Sculpting key # 2, follow treatment chart for Skin fold massage
Purpose: To break down water pockets responsible for orange peel
- 4.Select Sculpting key # 3, follow treatment chart for Deep subdermal massage
Purpose: To break down fibrous adhesions responsible for dimpling and for working on fatty tissue.

Note: Sculpting treatments can be tailored to your schedule. They can be short, 15-20 minutes if combined with other treatment procedures (Wraps or other technologies: RF, Ultrasound Cavitations.....). They can be longer 30-45 minutes when used alone.

The four (4) Sculpting techniques used during treatment

There are 4 basic sculpting techniques that we recommend for cellulite treatment.

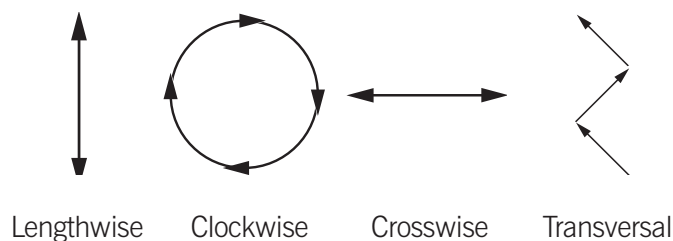
If you are a licensed massage therapist you can also create your own.

Lengthwise: Increases circulation

Clockwise: Gentle movement for abdominal area

Transversal: For toning and revascularization

Crosswise: Increases circulation and oxygenation releases muscular tension and fibrous adhesions, softens fibrous connective tissue and decongests localized fatty masses



- Each of these techniques may be performed separately on specific body areas or combined for an entire body treatment.
- The appropriate treatment head should be chosen depending on the desired procedure, and client's body shape.
- Please consult the various "Sculpting" protocols found in the following pages.

10. Start-Up Procedures

- Turn the power switch on at the back of the unit; the three sculpting keys will blink. Select gentle suction using “Circulation/Drainage” key
- Select treatment duration using the “minutes” key. The timer will count down to zero with an alarm alerting you at the end of treatment without interrupting suction.
- When the “Control” valve is turned clockwise, suction is stronger; to reduce suction, turn to the left (counter-clockwise).
- The “Rhythm” key* displays suction duration at 0.5 Second intervals and can be increased if desired
- Push Start key O/I to begin treatment. The unit will produce 3 suction sounds, indicating that the unit is now ready to use.

Sculpting Keys

3 levels of suction depth

The P.R. Cell offers a choice of 3 suction levels (Light, medium, strong) to accommodate different client needs. The choice of a suction level will be made according to two criteria:

- Client sensitivity
- Desired massage depth

Minute Key

The P.R. Cell timer counts down to zero in a True Time fashion. Setting of the timer is through the “Minutes” key.

- Use **UP / DOWN** arrows to adjust desired treatment time.
- Up arrow increases time by 5 minute increments
- Down arrow decreases time by 1 minute increments

Note: Timer countdown begins when activating the “Start” key

Suction “rhythm”

Suction rhythm is the time suction is active.

This rhythm is measured in seconds and is adjustable from 1 to 10 seconds.

- **increasing rhythm duration will influence massage depth. A longer “rhythm” produces a deeper suction.**

Pedal key



A constant suction is available through the “Pd” mode*



Important:

- When using “Pd” mode, suction can only be interrupted manually.
- To avoid pain when releasing suction, use the release button located at the top of the treatment head.

The pedal is optional and needs to be ordered separately. This accessory is indicated for physiotherapists treating muscle injuries.

11. Treatment Protocols For thighs, hips & buttocks

Total treatment time: 30 to 45 minutes

These settings are recommendations and should be adjusted according to client sensitivity. Although clients should not experience pain, they should experience a deep kneading sensation.

TREATMENT PROCEDURE FRONT OF LEGS

Step 1: Circulation and Drainage key

Work on inner and outer thigh using upward movements

Rhythm: between 0.5 and 1.5

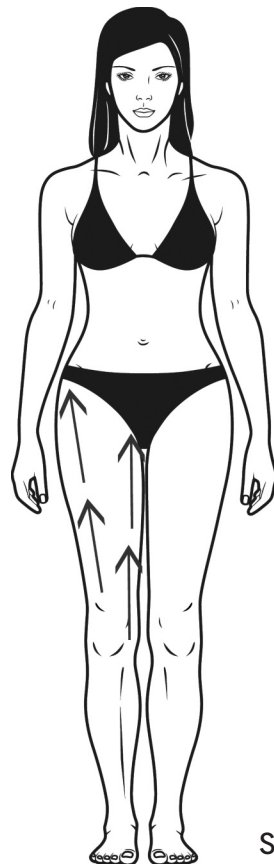
Intensity: If necessary, adjust the pressure valve to accommodate client sensitivity

Step 2: Skin Fold / Connective Tissue Key

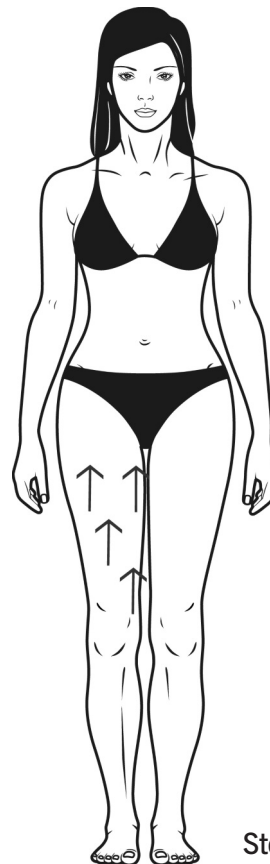
Use lengthwise technique

Rhythm: between 1 and 2.5

Intensity: If necessary, adjust the pressure valve to accommodate client sensitivity. Treatments must always remain comfortable.



Step 1



Step 2

Step 3: Skin Fold / Connective Tissue Key

When working on the inner thigh, use the crosswise technique without releasing suction. Should treatment be painful, decrease suction by using the pressure control valve.

Rhythm: between 1 and 2.5

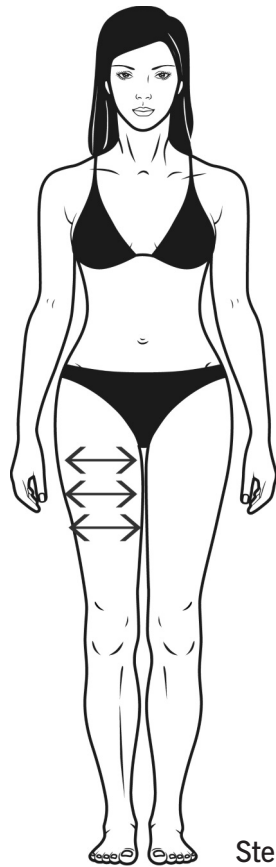
Intensity: If necessary, adjust the pressure control valve to insure client's comfort

Step 4: Skin Fold / Connective Tissue Key

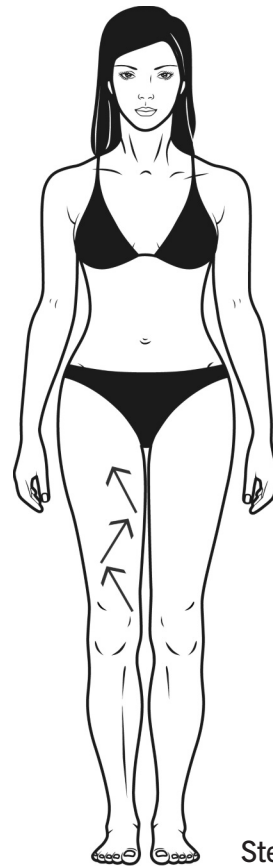
Use transversal technique (for inner thigh)

Rhythm: between 1 and 2.5

Intensity: If necessary, adjust the pressure control valve to insure client's comfort



Step 3



Step 4

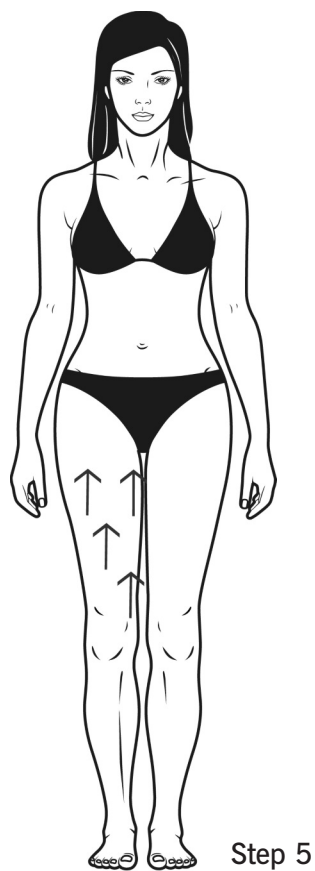
Step 5: Deep subdermal access Key

This program is designed to work on deeper cellulite, advanced stages (3 or more) and for body sculpting.

Rhythm: between 1 and 2.5

Intensity: If necessary, adjust the pressure control valve to insure client's comfort

Repeat all steps on the other leg



TREATMENT PROCEDURE FRONT LEGS

BACK OF LEGS – BUTTOCKS AND HIPS

Step 1: Circulation and Drainage key

Work on inner and outer thigh using upward movement

Rhythm: between 0.5 and 1.5

Intensity: If necessary, adjust the pressure control valve to insure client's comfort

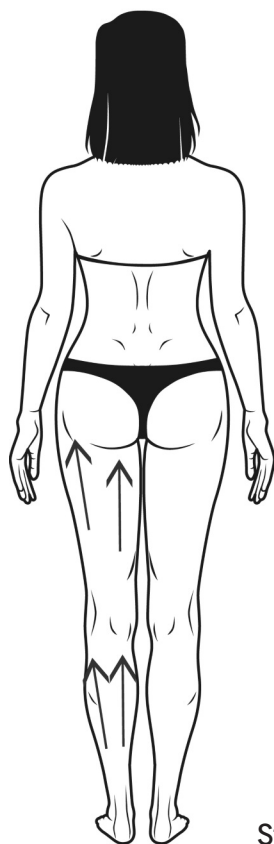
Step 2: Skin Fold / Connective Tissue Key

Use lengthwise technique “back and forth” movement on thigh

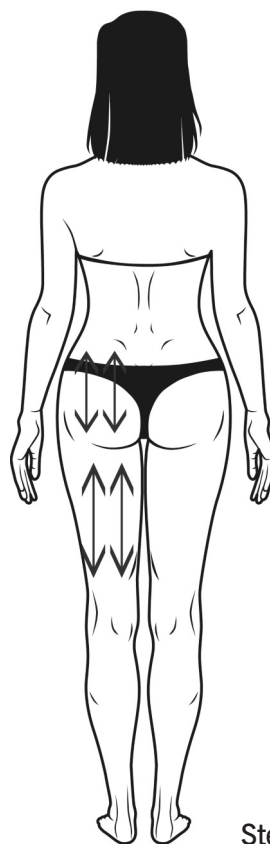
Use the same technique for the buttocks and hip

Rhythm: between 1 and 2.5

Intensity: If necessary, adjust the pressure control valve to insure client's comfort



Step 1



Step 2

Step 3: Skin Fold / Connective Tissue Key

Use transversal technique on inner thigh

Use the same technique on the buttocks and hip to break down fibrous adhesion and eliminate dimples

Rhythm: between 1 and 2.5

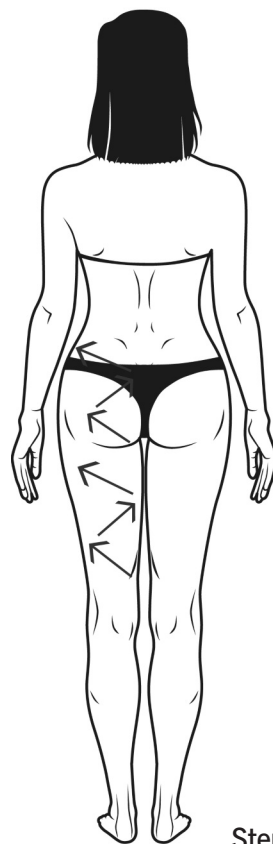
Intensity: If necessary, adjust the pressure control valve to insure client's comfort

Step 4: Skin Fold / Connective Tissue Key

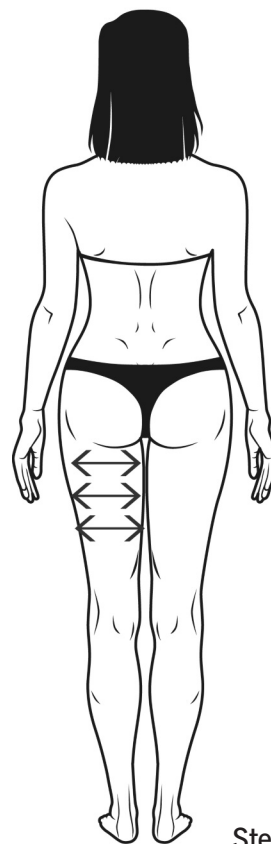
Use crosswise technique on inner thighs without releasing the suction. If too sensitive, release suction when coming back

Rhythm: between 1 and 2.5

Intensity: If necessary, adjust the pressure control valve to insure client's comfort



Step 3



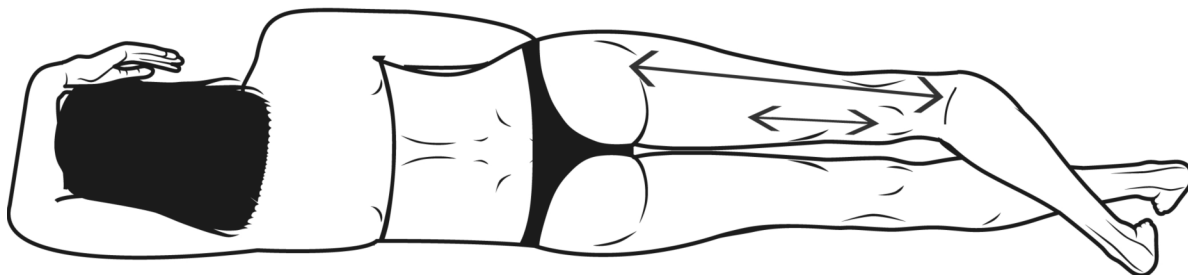
Step 4

Step 5: Deep subdermal access Key

With client lying on her side, (bottom leg straight and top leg bent), work on buttocks, hips and saddle bags, using length wise technique

Rhythm: between 1 and 2.5

Intensity: If necessary, adjust the pressure control valve to insure client's comfort



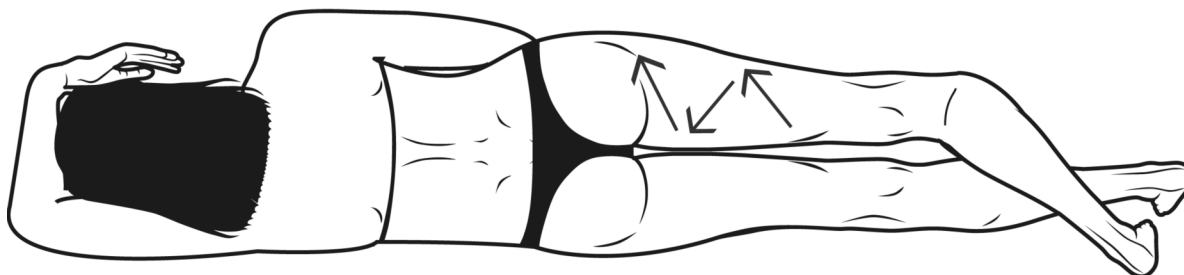
Step 5

Step 6: Deep subdermal access Key

With client lying on her side, work on buttocks, hips and saddle bags, using length transversal technique

Rhythm: between 1 and 2.5

Intensity: If necessary, adjust the pressure valve to accommodate client sensitivity



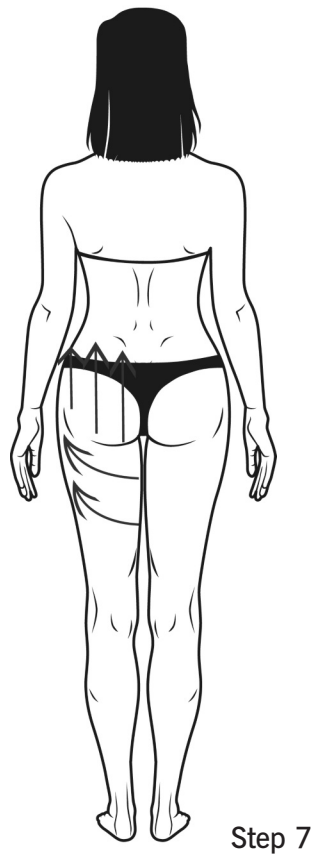
Step 6

Step 7: Deep subdermal access Key

Use sculpting, “upward movement” on buttocks, hip and saddle bags

Rhythm: between 1 and 2.5

Repeat all movements on the other leg



12. Treatment for abdomen and midrift section

Total treatment time: 30 minutes

These settings are recommendations and should be adjusted according to client sensitivity. Although clients should not experience pain, they should experience a deep kneading sensation

TREATMENT PROCEDURE: ABDOMEN

Step 1: Circulation and Drainage key

Work slowly with descending movements

Rhythm: between 0.5 and 1.5

Intensity: Low

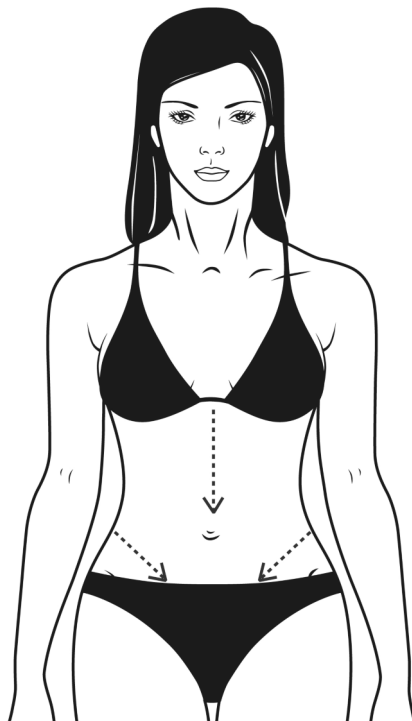
Repeat each movement 4 times

Step 2: Skin Fold / Connective Tissue Key

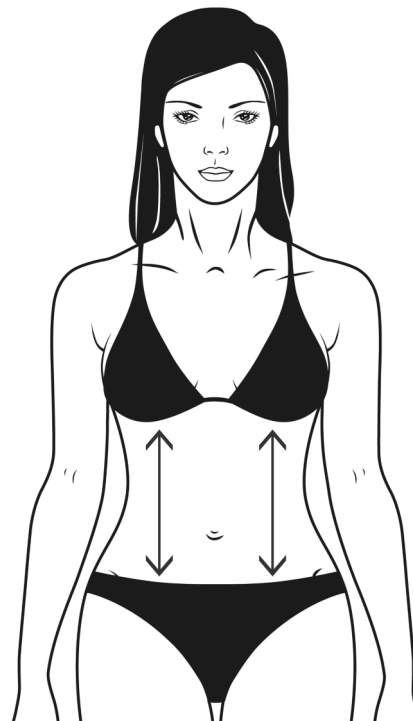
Using Lengthwise technique, work the side of the rib cage

Rhythm: between 1 and 2

Intensity: If necessary, adjust the pressure control valve to insure client's comfort



Step 1



Step 2

Step 3: Skin Fold / Connective Tissue Key

Using crosswise technique, work the waist area

Rhythm: between 1 and 2

Intensity: If necessary, adjust the pressure control valve to insure client's comfort

Optional

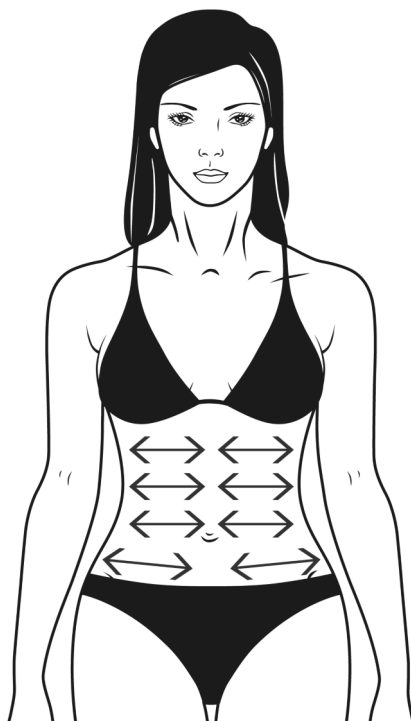
If your client has excess fat around the belly area, she can contract her muscles (similar to performing sit-ups) and you can then proceed with the transversal technique. She can repeat contracting and releasing 3 to 5 times

Step 4: Skin Fold / Connective Tissue Key

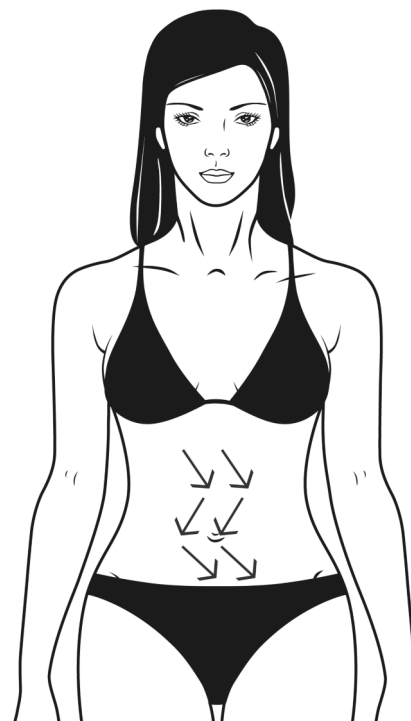
Using transversal technique, work around the belly area

Rhythm: between 1 and 2

Intensity: If necessary, adjust the pressure control valve to insure client's comfort



Step 3



Step 4

Abdomen Treatment Variation

Step 1:

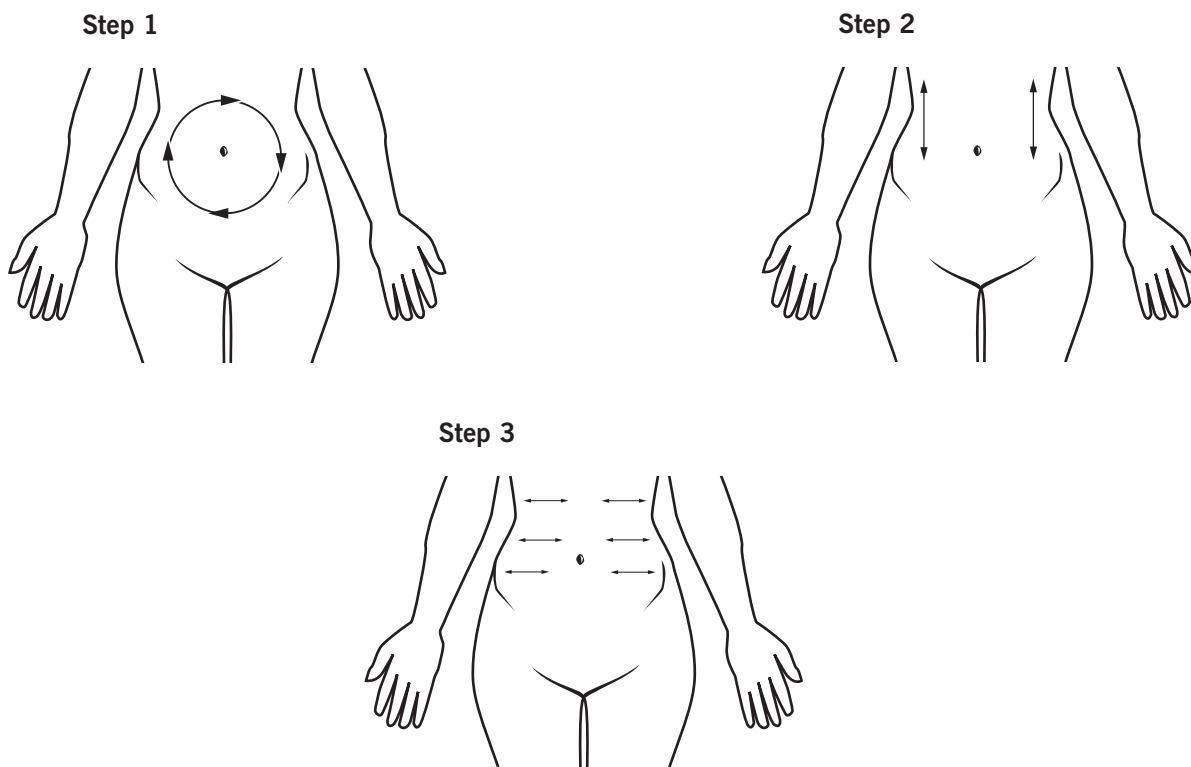
- Work on the abdomen, using a very low intensity and a clockwise rotation.
- Repeat 3 times, passing above and below the navel.

Step 2:

- Using Lengthwise technique, work the side of the rib cage.

Step 3:

- Using Crosswise technique, work the waist area.



TREATMENT PROCEDURE: MIDRIFF, LUMBAR AREA

Step 1: Skin Fold / Connective Tissue Key

Using Lengthwise technique, work the side of the rib cage

Rhythm: between 1 and 2

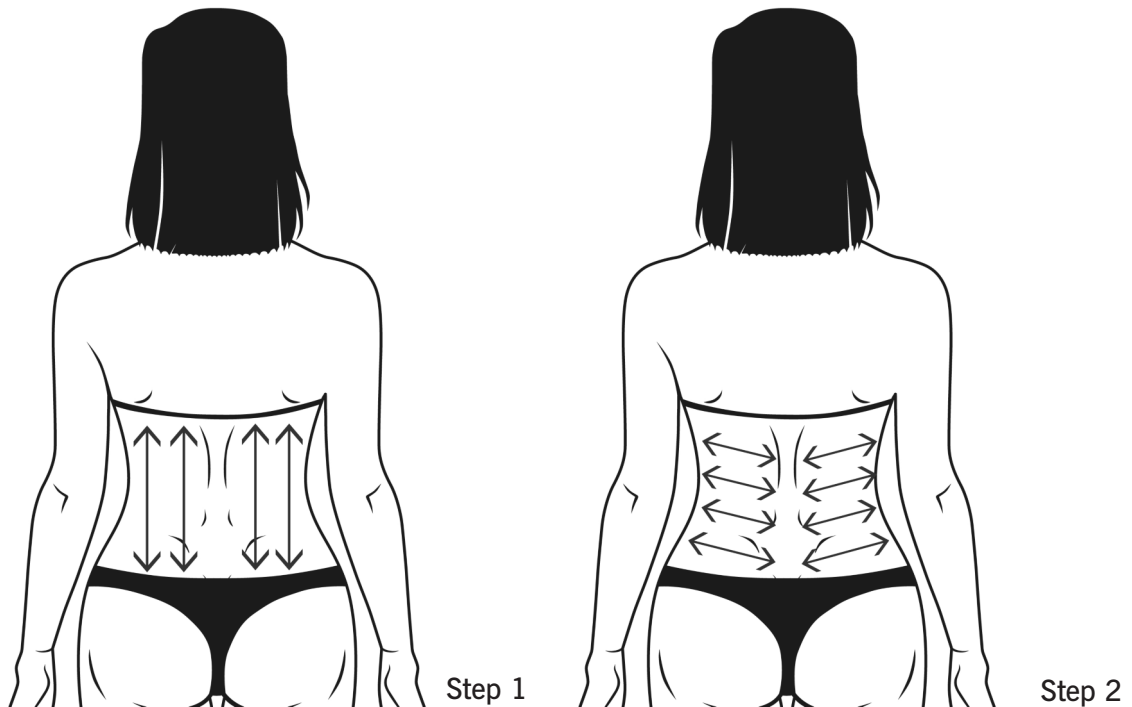
Intensity: If necessary, adjust the pressure control valve to insure client's comfort

Step 2: Skin Fold / Connective Tissue Key

Using crosswise technique, work the waist, hips and midriff area

Rhythm: between 1 and 2

Intensity: If necessary, adjust the pressure control valve to insure client's comfort



13. Treatment for heavy legs

Total treatment time: 30 minutes

TREATMENT PROCEDURE FOR FRONT OF LEGS

Step 1: Circulation and Drainage key

Using the medium treatment head, work slowly using upward movement

Rhythm: between 0.5 and 1.5

Intensity: Low to medium. Adjust the pressure control valve to insure client's comfort

Repeat the movements 4 times on each leg

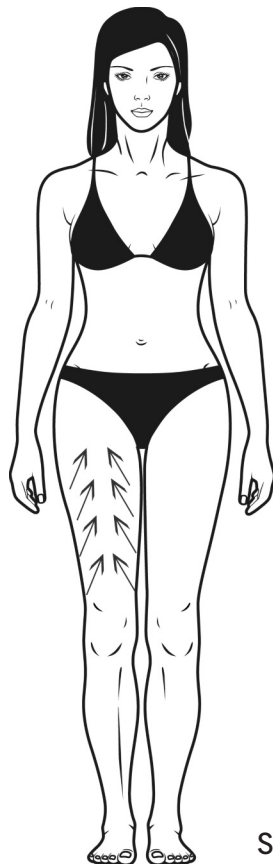
Step 2: Circulation and Drainage key

Using the medium treatment head, work slowly with upward and continuous movement. Use the smallest treatment head when encountering oedema around ankle

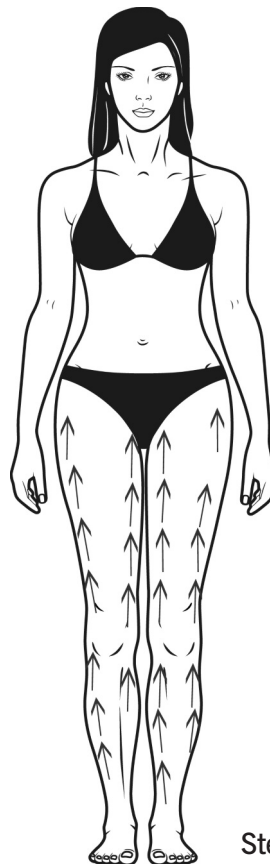
Rhythm: between 0.5 and 1.5

Intensity: Low to medium

Repeat the movements 4 times on each leg



Step 1



Step 2

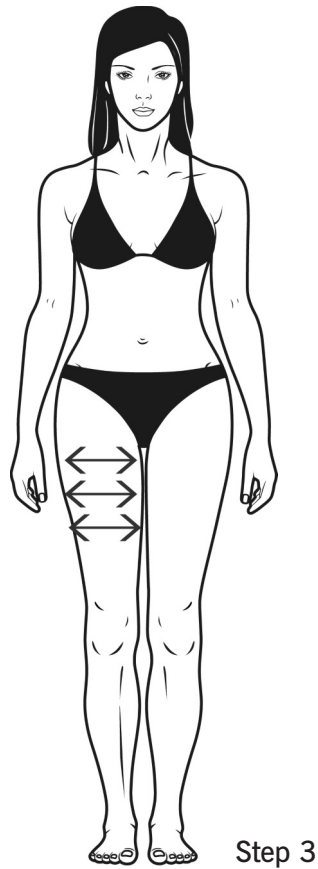
Step 3: Circulation and Drainage key

Using the medium treatment head, work slowly with upward movement

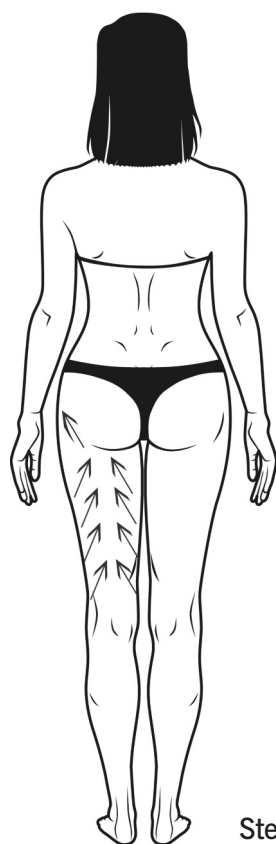
Rhythm: between 0.5 and 1.5

Intensity: Low to medium

Repeat all steps 4 times, on other leg.



TREATMENT PROCEDURE FOR BACK OF LEGS



Step 3

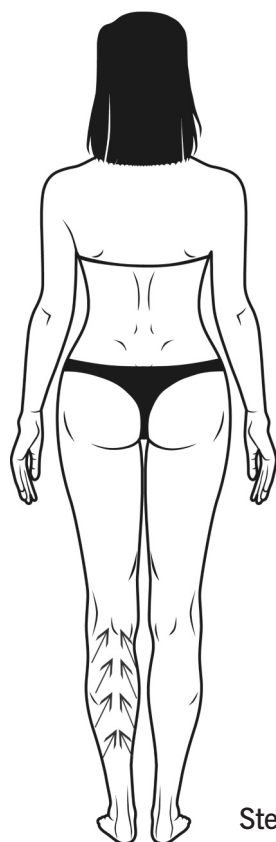
Step 3: Circulation and Drainage key

Work slowly while using upward movement

Rhythm: between 0.5 and 1.5

Intensity: Low to medium

Repeat each movement 4 times on other leg



Step 4

Step 4: Circulation and Drainage key

Work slowly while using upward movement

Rhythm: between 0.5 and 1.5

Intensity: Low to medium

Repeat the movements 4 times on each leg

NOTE: When performing Drainage or circulation massage, it is necessary to include a rest period of 15 to 20 minutes. This completes the vascular effect of the treatment including circulatory stimulation which will continue detoxification. To complement the treatment, we recommend subdued green or blue lighting for serenity and tranquility. Gentle sound effects such as ocean waves, birds, rain or river are an excellent remedy for stress.

* The small P.R. CellI accessory can be used to massage acupressure points on the foot.

14. For Best Results

Client at home

As with regular treatments the client must be aware that he or she must do their share of work to help achieve and maintain desired results. It is vital to the success of any treatment that the client is made aware of all factors that will assist him or her in the final result. The client profile card is the best area to have your client's signature acknowledging that they have understood all the requirements for achieving rapid and efficient results.

- Firming cream will help the skin maintain its elasticity
- The use of a loofah in the shower or friction glove before or after the shower is recommended.
- Client must drink plenty of water. We recommend an average of 12 glasses per day
- Client must combine healthy eating habits and moderate exercise (such as walking, swimming, cycling)

A Healthy Diet

A healthy diet is an essential part of overall good health. A well-balanced diet can improve the appearance and texture of skin and prevent nutrition related disorders.

- Maintain a well-balanced diet with plenty of fruits, vegetables and low fat protein such as fish or chicken.

Drink plenty of fluids

Water is the most indispensable of all nutrients necessary for survival. A minimum of 8 glasses each day is required to cleanse the body and keep bodily functions operating at maximum efficiency. Some of this water comes from the food we eat (fruits and vegetables are approximately 80% water) and from juice or herbal tea.

Watch Fat and Sugar intake

Although some fat is essential, only a very small amount is needed to meet basic nutritional needs. There is no RDA for fats, but as little as a tablespoon a day of (polyunsaturated) fat can provide all the essential fatty acids that the body needs. After a meal, fatty acids are absorbed from the blood into fat, muscle and liver cells. In these cells, under stimulation by insulin, fatty acids are converted into fat molecules and stored as fat droplets. The conversion of carbohydrates or protein into fat is 10 times less efficient than simply storing fat in a fat cell, but the body can do it. If you have 100 extra calories in fat (about 11 grams) floating in your bloodstream, fat cells can store it using only 2.5 calories of energy. On the other hand, if you have 100 extra calories in glucose (about 25 grams) floating in your bloodstream, it takes 23 calories of energy to convert the glucose into fat and then store it. Given a choice, a fat cell will grab the fat and store it rather than the carbohydrates because fat is so much easier to store.

Consume nutrient-rich foods

Replacing high-calorie foods packed with fats and sugar by a selection of fruits and vegetables is a logical choice. Fruits and vegetables are best eaten raw or quickly cooked by steaming, boiling, or stir-frying, to avoid losing heat-sensitive vitamins.

ESSENTIAL STEPS TO REDUCING CELLULITE

The PR-Cell 2G is a powerful tool that can help you get rid of bothersome cellulite problems. Even though it may be the principle element in attaining desired results, you can accelerate the process by following a few simple rules:

Reduce Sugar intake

Eliminate sweets from your diet (candy, cakes, cookies, etc...). The excess sugar in your diet can cause an increase in fat storage, increasing adipose tissue volume. Alpha receptors in the adipocyte cell need sugar to transform fatty acids into storable fat.

Reduce Salt intake

Excess sodium in your diet may lead to water retention, especially if you show a tendency for bloating in your fingers and feet.

Drink Plenty of Water

Water is essential in treating cellulite and maintaining hydration. Drink 8 to 12 glasses of water each day. This will help the body eliminate toxins and waste.

Embrace healthy eating habits

Increase your consumption of fruits and vegetables; reduce your intake of red meat replacing it by skinless chicken and fish. Whole grain products are an important source of dietary fibre and help to cleanse and detoxify the organism.

Include dietary fibre in you diet

Foods rich in dietary fibre are important for a healthy digestion and waste elimination. Complex carbohydrates are found in whole grain products and vegetables.

Reduce saturated fat intake

Saturated fat is associated to cancer and heart disease. Skinless chicken and fish are better dietary choices. When cooking replace butter with vegetal oil. Choose broiling, steaming or boiling instead of frying.

Use a friction glove

Use a friction glove or loofah in the shower, every day. You can also use a rubber massage brush. These will stimulate blood and lymphatic circulation which is essential to cellulite reduction. Insist on areas prone to fatty tissue accumulation such as the buttocks, hips, thighs and abdomen.

Exercise regularly

Exercise is an important part of a healthy life style. Exercise stimulates the metabolism.

Beta receptors are also stimulated into transforming fat, stored in the adipocyte cells, into energy.

The exercise need not be strenuous in order to be beneficial: A brisk walk is a great way to start any regular exercise program.

*** A copy of these recommendations should be given to each client**

15. Treatment Protocol after Liposuction

Liposuction does not improve the appearance of cellulite, it simply reduces fat volume. The appearance of wavy tissue, orange peel and dimpling remain.

Liposuction procedure

The incision sites where the cannulas are inserted are very small, 3-4 mm. Each opening is closed with a dissolving stitch that can't be seen. A small dressing is placed over each incision site. The patient is then placed in a compression girdle to control swelling and bruising.

Post operative information

- In post-operative phases, most patients feel sore, with some areas more painful than others. For example, the abdomen is usually more sensitive than the thighs or buttocks.
- Bruising, swelling, and draining are normal after liposuction.
- The time for recovery depends on the number of treated areas.
- Patients are given a tight compression garment to wear 24 hours a day, usually for four weeks. This helps with swelling and contouring.
- Recovery depends on the individual patient and post-operative care.
- It is usually safe to return to normal sporting activities in 4-6 weeks or as soon as they feel comfortable.

Liposuction Problems

After the compression girdle is removed, the tissues are hard and lumpy and the skin is unable to hold them in place. Ridges form where fat was removed by the liposuction cannulas. These areas must be massaged daily.

The P.R. Cell 2G can help

Prior to surgery

It is recommended to perform **six (6) P.R. Cell treatments, prior to surgery**. This will improve skin elasticity, reduce the pitted appearance (visible after liposuction) and shorten recovery time


After liposuction

To improve post-operative results and to reduce the rate of subsequent revision (touch-up liposuction treatments), the P.R. Cell, in soft tissue massage mode will improve long-term body appearance.

The treatment

Always make sure the client has his or her doctor's approval.

We recommend a doctor's note be inserted in the client's file.

- The P.R. Cell cannot be used until swelling has reduced and the compression bandage or girdle has come off, usually 6 to 8 weeks.
- Do not work on the incisions, work around them.
- During post-op treatments, do not use aggressive procedures.
- Always be cautious and use "Circulation/Drainage key",  with the lowest settings.

Treatment frequency

- A series of 12 to 16 treatments is recommended.
- Treatment must be done weekly for 6 to 8 weeks.
- To maintain smooth skin following liposuction, clients should follow 1 to 2 maintenance treatments per month

Intensity settings

Warning: Never use constant suction

- The first six (6) treatments consist of drainage massage. The intensity must remain gentle.
- Use only the lowest level of vacuum massage. Treatment must be comfortable, never painful
- Always take in consideration tissue sensitivity and client's tolerance.
- When working on oedema, best results are achieved by using gentle and rapid suction rhythm of 0.5 second.
- To monitor treatment progress, keep records indicating treatment results as well as settings used during each treatment.
- Intensity level may be gradually increased over the course of the treatment series, usually by the 8th treatment. Intensity is always subject to patient's tolerance and comfort level.
- Keep in mind that the treatment must always be comfortable and some-what relaxing.

Combining LED photobiostimulation treatments

Combining LED technology (red at 640nm) for 10 to 15 minutes after P.R. Cell treatment, will increase collagen/elastin production and accelerate healing,

16. Client consent form

Customer's name:

Date:

Treatment sites: _____

The term cellulite refers to the dimpled, "lumpy-bumpy", orange peel appearance of the skin that some people have on their hips, abdomen, thighs, and buttocks. This irregular skin appearance is much more common in women than in men because of differences in the way fat, muscle, and connective tissue are distributed in men and women's skin. Hormones and life styles are also contributing factors. The lumpiness of cellulite is caused by fat deposits that push and distort the connective tissues beneath skin, leading to the characteristic changes in appearance of the skin. The purpose of this procedure is to diminish the appearance of cellulite in the areas indicated above. The procedure requires several treatments and may produce some reduction in the appearance of cellulite. The total number of treatments will vary between individuals.

I duly authorize my therapist to perform the P.R. Cell treatment for the purpose of improving the appearance of cellulite. I am aware that clinical results may vary depending on individual factors, including medical history, client compliance with pre/post treatment instructions, and individual response to treatment. I have been made aware that my diet and the amount of exercise I do, will have a major effect on the results of my treatment. If I do not make an effort to address my dietary requirements and exercise, I am aware that the results achieved may not be retained. I understand the treatment involves a course of treatments.

I certify that I have been fully informed of the nature and purpose of the procedure, expected outcomes and possible complications, and I understand that no guarantee can be given as to the final result obtained. I am fully aware that my condition is of a cosmetic concern and that the decision to proceed is based solely on my expressed desire to do so.

I understand that it is my personal responsibility to inform the practitioner of the clinic named above of any changes to my medical history during the course of P.R. Cell treatment sessions and I confirm that should this occur I shall advise the practitioner of any changes.

I certify that I have been given the opportunity to ask questions, and all questions have been answered to my satisfaction and that I have fully read and understood the contents of this consent form.

The success of cellulite treatments depends on the type of treatment used but also on the willingness to follow the recommendations given by my therapist.

The P.R. Cell subdermal vacuum massage smooths skin tissue by breaking down the fibrous adhesions that cause cellulite, stimulating blood and lymphatic circulation, warming up the deeper tissue layers and increasing lipolysis. Nevertheless, the results of cellulite treatments are dependant on individual metabolic rates. It is therefore important to understand that the speed at which results are achieved as well as the final outcome can never be predicted with certainty. The number of treatment sessions that will be needed will be estimated approximately and may change during the course of the treatment series. _____

Healthy eating habits must be adopted. They will not necessarily serve weight loss purposes but will lead to a nutritional equilibrium that will help in the elimination of the factors causing cellulite. _____

A daily massage using a loofah or a scorpion glove will help stimulate blood and lymphatic circulation between treatment sessions. _____

An exercise program adapted to personal needs is strongly recommended. It will increase your treatment's success and benefit your health and well-being. _____

It is very important that you attend scheduled appointments to obtain the best results possible. Two treatments per week is ideal. _____

There is no guaranty that results will match those desired. _____ On occasion there are clients that do not respond to treatments

I have read all the preceding explanations and recommendations regarding cellulite treatment with the PR Cell 2g
 I understand the advantages and the limitations of the treatment. I agree to follow the recommendations given to me
 by my therapist or aesthetician in order to achieve the best possible results. Results are not guaranteed and a main-
 tenance program is necessary

Client Name : _____

Telephone N° : _____

Signature : _____

Date : _____

17. ■ P.R. Cell 2G Trouble Shooting Guide

Suction is weak or absent:

- The **START / STOP** key must be used to active suction.
- Verify all the connections of the flexible tube.
- Verify if the pneumatic treatment head has been correctly assembled, and that there is no air leakage
- The treatment head should be air-tight

FILTER MAINTENANCE

We recommend you verify the filter at the end of every treatment day and empty if ½ full (on Maximum Drain Level indicator)

At the back of the unit is a filter that prevents any oil that may have been sucked into the tube from entering the motor.

Failure to maintain the filter may result in damage and the need to replace the entire filter system. The use of thick massage oils will reduce the life expectancy of the filter; using smaller amounts will prolong filter life.

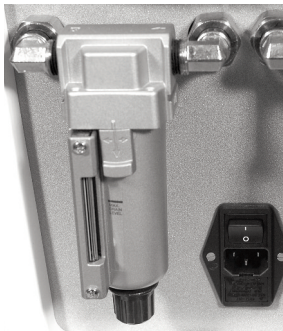
Warning:

You must use Cabine Exclusive's Specific Body Oil (code 377512). This product contains draining and slimming essential oils and is formulated to prevent any damage to the treatment head.

The P.R. Cell 2G warranty does not cover the use of other products, which can negatively affect the treatment heads.

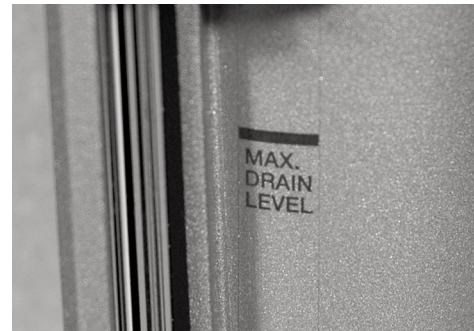
There are 2 ways of emptying the filters:

1.

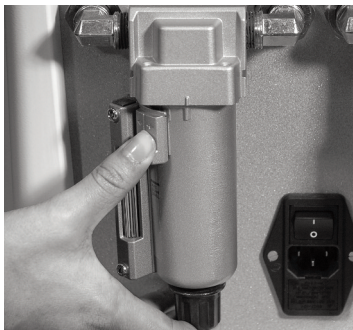


Step 1-a:

- Here is a picture of what the filters look like at the rear of the unit. Each filter has a “maximum drain level” line.



- The filters must be drained once the oil has reached the Max. Drain Level line, as shown



Step 1-b:

- Depress the button and align the 2 markers. Pull down on the receptacle



- Reverse procedure to install.

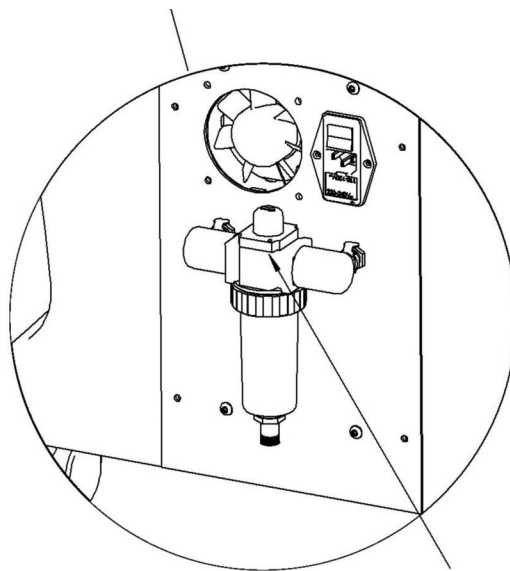
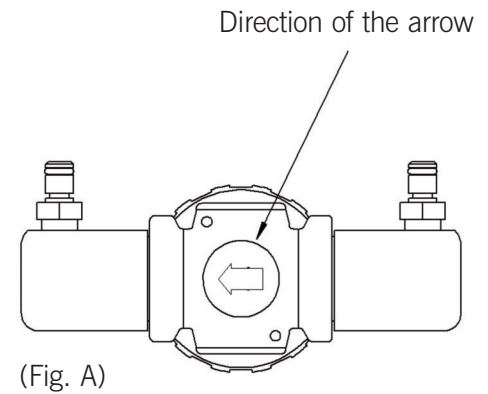
2.



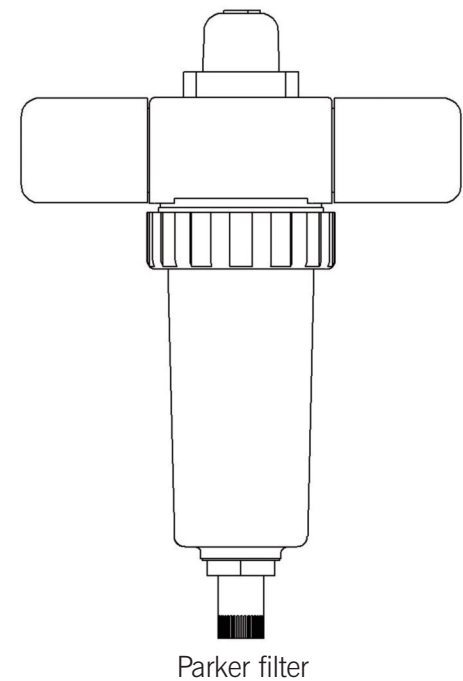
Step 1- To drain the oil, rotate the valve (black cap) clockwise

Step2- To close the valve, rotate black cap, counter clockwise

17.b Parker Filter



View of the backside
of the P.R. Cell 2G



During installation of the filter, make sure the arrow on top of the filter points from right to left as shown. (fig.A)

18. Important

1. This unit must be plugged into a grounded electrical outlet.
2. The P.R.-Cell is CSA approved.
3. If you have questions regarding the operation of this unit, call Silhouet-Tone or your local distributor.
4. This unit must only be used by a certified person. Silhouet-Tone is not responsible for damage or accidents due to incorrect use of the unit.

19. Warranty

- This unit is warranted to be free from defects in material or workmanship
1 year from date of purchase, for parts and labour only.
- The warranty does not cover damage caused by accidents, improper use or unauthorized repair.
- The warranty is not transferable.
- Freight charges are not subject to the terms of the warranty and are payable by the customer.
- Please keep your invoice for proof of purchase and warranty.

20. Specifications

Power supply:	50v - 60hz	100 / 240v
Protective fuse:	3.2 amp SB	2 amp SB
Vac. Power:	20 in. Hg	
Dimensions:	Width:	15 in 38 cm
	Height:	9 in 23 cm
	Depth:	18.25 in 46 cm
Unit weight:	17 lbs	7.7 kg
Materials:	Thermoform casing	
Electronics	Microprocessor controlled	

SILHOUET-TONE RESERVES THE RIGHT TO CHANGE THE SPECIFICATIONS OF THE UNIT WITHOUT NOTICE.

Silhouet-Tone 2012-15-06
code 421352

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* Sites: Tolhurst, Monterey, Michelin.