

Simildiet Laboratorios treatment protocols

Simildiet SL C/ Cadena, 15, local 1-50001 Zaragoza https://simildiet.com



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FACE PROTOCOLS

ASSESSMENT

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PROFESSIONAL TREATMENT: Xtra Facelift vials.

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:









ANTIAGING TONIC always as a first step to prepare the skin. Twice a day, XTRA FACELIFT SERUM to the ciliary wrinkles, forehead, eyelids and frown by means of a gentle circular massage until its complete absorption. XTRA FACE ANTIAGING CREAM, twice a day with a gentle circular massage until completely absorbed.

XTRA SKIN & HAIR TABLETS, one tablet for breakfast.





PROFESSIONAL TREATMENT: Ferulic Peel. Then, 2 ml of: Option 1) eXos Antiaging. Option 2) Xtra Face Antiaging vials.

In severe cases and according to professional's decision, the action can be boosted by adding to the syringe 1ml of *Basic Idebenone*.

Each specialist will recommend the technique and correct product application.

Standard frequency.

















ANTIAGING TONIC always as a first step to prepare the skin. Twice a day, XTRA FACE ANTIAGING SERUM all over the face by means of gentle circular massages until completely absorbed. Subsequently, XTRA FACE ANTIAGING CREAM, with gentle circular massages until complete penetration.

XTRA SKIN & HAIR TABLETS, one tablet for breakfast.



ASSESSMENT: sensitive, delicate, reactive and atopic skin; skin with itching sensation, imperfections, spots, redness, dehydrated or flacking skin. Eyebags and oedemas on eyelids. Young skin that want to have their first face treatments.

PROFESSIONAL TREATMENT: *Argilac Mask*. Then, 1ml of *Basic Idebenone* + 1ml of *Basic Hyaluronic Acid* in the same syringe.

Each specialist will recommend the technique and correct product application.

Standard frequency.







HOME TREATMENT:





SOFTENING TONIC always as a first step to prepare the skin. Twice a day, SIMIL CARE, with gentle circular massages until completely absorbed. Three times a week, apply a SIMIL CARE mask for 30 minutes and massage the remains until complete penetration.



ASSESSMENT: young skin with fine wrinkles and expression lines that require pore attenuation and improvement of the skin's radiance, texture and quality

PROFESSIONAL TREATMENT: Basic Face Antiaging + Idebenone

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:







ANTIAGING TONIC always as a first step to prepare the skin. Twice a day, XTRA FACELIFT SERUM to the ciliary wrinkles, forehead, eyelids and frown by means of a gentle massage until its complete absorption.

XTRA FACE ANTIAGING CREAM, twice a day with a gentle circular massage until completely absorbed.

XTRA SKIN & HAIR TABLETS, one tablet for breakfast.







DIAGNOSIS: young skin with fine wrinkles and expression lines that require pore attenuation and improvement of the skin's radiance, texture and quality

PROFESSIONAL TREATMENT: Basic DNA3 + Idebenone

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:







GLOWING TONIC always as a first step to prepare the skin. Twice a day, XTRA FACELIFT SERUM to the most conflictive areas and, then, XTRA SKIN REPAIR CREAM, with gentle circular massages until complete penetration of the product.

SUN CARE SPF 50+, several times a day as a sunblock, even when cloudy, foggy or rainy.



ASSESSMENT: couperose.



PROFESSIONAL TREATMENT: Argilac Mask. Then, apply Lipotrofin ION.

Each specialist will recommend the technique and correct product application.

HOME TREATMENT:









Twice a day, after cleansing the skin with MICELLAR WATER, apply SOFTENING TONIC with a cotton pad. After, apply SIMIL CARE, with gentle circular massages until completely absorbed. Three times a week, apply a SIMIL CARE mask for 30 minutes and massage the remains until complete penetration.

ASSESSMENT: flaccid, toneless or sagging skin, with age wrinkles and general

flaccidity.

PROFESSIONAL TREATMENT: *Mandelic Peel*. Then, 2-3ml of *Xtra Skin Firming vials*. In severe cases and according to professional's decision, the action can be boosted by adding to the syringe 1ml of *Basic DMAE*.

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:

















FIRMING TONIC always as a first step to prepare the skin. Twice a day, XTRA FACE ANTIAGING SERUM all over the face by means of gentle circular movements until completely absorbed. Subsequently, XTRA FACE ANTIAGING CREAM and XTRA SKIN FIRMING CREAM, with a gentle circular massage until complete penetration.

XTRA SKIN & HAIR TABLETS, one tablet for breakfast.



SIMILDIET

wrinkles.

PROFESSIONAL TREATMENT: *Mandelic Peel*. Then, 2-3ml of *Xtra Skin Firming vials*. In severe cases and according to professional's decision, the action can be boosted by adding to the syringe 1ml of *Basic DMAE*.

Each specialist will recommend the technique and correct product application.

Standard frequency.













FIRMING TONIC always as a first step to prepare the skin. Twice a day, XTRA FACE ANTIAGING CREAM and XTRA SKIN FIRMING CREAM, with a gentle circular massage until complete penetration.

XTRA SKIN & HAIR TABLETS, one tablet for breakfast.



ASSESSMENT: thick skin with enlarged pores, with matte-shiny dyschromias. Skin with acne background and scar remains. Skin with imperfections, irregular and irritated skin. Thick skin with shiny areas and unaesthetic highlights.

PROFESSIONAL TREATMENT: Azelaic Peel. Then, 2-3ml of Xtra Skin Repair vials. In severe cases and according to professional's decision, the clarifying action can be boosted by adding to the syringe 1ml of Xtra Lightening Plus+ vials. The regenerating effect can be boosted by adding 1ml of *Basic Idebenone*.

Each specialist will recommend the technique and correct product application.







Standard frequency.

HOME TREATMENT:









GLOWING TONIC always as a first step to prepare the skin. Twice a day, XTRA SKIN REPAIR SERUM to the most conflictive areas and, then, XTRA SKIN REPAIR CREAM with gentle circular massages until complete penetration of the product.

XTRA SKIN & HAIR TABLETS, one tablet for breakfast. 13



PROFESSIONAL TREATMENT: *SAMA Peel*, as bactericide, antiseborrheic, exfoliating and skin tone homogenising, as well as clarifying. Improves pigmentation and decreases spot intensity.

Together with *SAMA Peel* we can alternate the application of *Xtra Skin Repair* vials to boost the results.

Standard frequency.

HOME TREATMENT:







It is very important to insist in the correct cleansing and degreasing of the area before the application of the home treatment.

GLOWING TONIC always as a first step to prepare the skin. Twice a day, XTRA SKIN REPAIR SERUM to the most conflictive areas and, then, XTRA SKIN REPAIR CREAM with gentle circular massages until complete penetration of the product.

XTRA SKIN & HAIR TABLETS, one tablet for breakfast.





ASSESSMENT: eyebags pigmentation.



PROFESSIONAL TREATMENT: Lightening Peel. Then, Xtra Lightening Plus+

vials.

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:













LIGHTENING TONIC always as a first step to prepare the skin. Twice a day, XTRA LIGHTENING PLUS+ SERUM to the most conflictive areas and, then, XTRA LIGHTENING PLUS+ CREAM with a gentle circular massage until complete penetration.

XTRA SKIN & HAIR TABLETS, one tablet for breakfast.



ASSESSMENT: hyperchromic spots, specific and circumscribed (sun derived, hormonal or caused by aging). Melasma.

PROFESSIONAL TREATMENT: Yellow Peel. Seal the frost with Xtra Skin Repair serum and apply Sun Care SPF 50+ to protect from light.

HOME TREATMENT:







Two or three times a day, apply XTRA SKIN REPAIR SERUM with fingertips to favour the correct regeneration of the skin, until the scab caused by the peel falls by itself.



day: LIGHTENING Twice a TONIC always as a first step to prepare the skin. Then, XTRA LIGHTENING PLUS+ SERUM. drops apply some to the pigmented area with gentle complete massages until absorption.



XTRA LIGHTENING PLUS+ CREAM, apply a small quantity to all the face with a gentle massage, as clarifying, depigmenting and homogenising.

XTRA SKIN & HAIR TABLETS, one tablet for breakfast.





SUN CARE SPF 50+, several times a day as a sunblock, even when cloudy, foggy or rainy. It is a must for a satisfactory result.



ASSESSMENT: aged skin with spots. Fine wrinkles. Matte skin, without light, with dyschromias, with post acne or post scar pigmentation. "Dirty" devitalised skin.

PROFESSIONAL TREATMENT: Glycolic Peel 70 %. Then, 2ml of Xtra **Skin Firming vials.** In severe cases and according to professional's decision, the clarifying action can be boosted by adding to the syringe 1ml of Xtra Lightening Plus+ vials.

Glicólico 7



Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:

















Twice a day, GLOWING TONIC always as a first step to prepare the skin. Depending on the main problem:

If the problem is severe, before the cream apply: XTRA FACE ANTIAGING SERUM or XTRA LIGHTENING PLUS+ SERUM or XTRA SKIN REPAIR SERUM.

XTRA FACE ANTIAGING CREAM or XTRA LIGHTENING PLUS+ CREAM or XTRA SKIN REPAIR CREAM, with a gentle circular massage until complete penetration.

XTRA SKIN & HAIR TABLETS, one tablet for breakfast.

ASSESSMENT: eyebags.

SIMILDIET

PROFESSIONAL TREATMENT:

1st option: 1ml of *Lipotrofin SI* + 1ml of *Condrotrofin SI*.





2nd option: 1ml of *Lipotrofin SI* + 1ml of *Basic Organic Silicon*.





3rd option: 1ml of *Basic Artichoke* + 1ml of *Basic Caffeine* + 1ml of *Basic L-carnitine*.







4th option: *Basic Enzymes Lipase* + saline solution) + *Basic Enzymes Hyaluronidase* + saline solution). Reconstitute both enzymes independently with saline solution Then mix them in the same syringe.





Each specialist will recommend the technique and correct product application. Standard frequency.

HOME TREATMENT:

LIPOTROFIN CREAM, twice a day, with a gentle circular massage.

K-LINFO & B'S: 60 drops/5 pipettes in a bottle of one litre and a half of water to be drunk during the day.





ASSESSMENT: double chin: accumulation of fat on neck.

PROFESSIONAL TREATMENT with superficial-intradermal technique.

 1^{st} option: 1ml of *Metabolites SI* + 1ml of *Lipotrofin SI*.





2nd option: 1ml of *Basic Artichoke* + 1ml of *Basic Caffeine*.





3rd option: *Xtra Slimming vials*.



4th option: *Basic Enzymes Lipase* + saline solution.

*If we want to boost the lipolytic effect, the enzyme can be reconstituted in: $Basic\ Organic\ silicon + Basic\ Artichoke + Basic\ Caffeine.$

5th option: *Metabolites ION* + *Lipotrofin ION*.

Standard frequency.







HOME TREATMENT:

Twice a day, LIPOTROFIN CREAM, with gentle circular massages until completely absorbed.

If there is also flaccidity: XTRA SKIN FIRMING CREAM.





BODY PROTOCOLS

Body diagnosis

Dody diagnosis			
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Maleollar oedema and oedema on the Gastrocnemius muscle. Lymphedema on legs.	Pag. 39		
Fatty liver. Severe or chronic constipation.	Pag. 40		

ASSESSMENT: hands, skin aging, pigmentation, etc.



PROFESSIONAL TREATMENT: chemical peel. Then, to boost the action, Xtra Face Antiaging vials or Xtra Lightening Plus+ vials depending on the main problem.

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:





















HAND CARE: overall antiaging effect: improves skin's texture, quality and decreases its roughness. Powerful hydrating effect. Smooths and regenerates skin damaged by age, sun and continuous aggressions. Depigments and clarifies, provides luminosity and youth to hands.

ASSESSMENT: breast flaccidity and sagging.

PROFESSIONAL TREATMENT: *Mandelic Peel.* Then:

For skin flaccidity: 2-3ml of *Xtra Skin Firming vials*. In severe cases and according to professional's decision, the action can be boosted by adding to the syringe 1ml of *Basic DMAE*.

For muscle flaccidity: in another syringe, 1 ampoule of *Musclebig SI*. Respecting the areola, avoid placing any product into it.

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:



Twice a day, LIPOTROFIN CREAM with gentle circular massages, respecting the areola, until complete absorption. Subsequently, XTRA SKIN FIRMING CREAM with gentle circular massages, respecting the areola, until its complete absorption.









ASSESSMENT: flaccidity and sagging in the internal area of the arms.

PROFESSIONAL TREATMENT: Mandelic Peel.

Then, **for skin flaccidity**: 2-3ml of *Xtra Skin Firming vials*. In severe cases and according to professional's decision, the action can be boosted by adding to the syringe 1ml of *Basic DMAE*.

For muscle flaccidity: in another syringe, 1 ampoule of *Musclebig SI*.

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:



Twice a day, LIPOTROFIN CREAM with gentle circular massages until complete absorption. Subsequently, XTRA SKIN FIRMING CREAM with gentle circular massages until its complete absorption.









ASSESSMENT: buttock flaccidity.



PROFESSIONAL TREATMENT: Musclebig SI.

APPLICATION PROTOCOL:

Each specialist will recommend the technique and correct product application.

HOME TREATMENT:









Twice a day, XTRA SKIN FIRMING CREAM with gentle circular massages until completely absorbed.

We recommend the oral intake of MUSCLEBIG SI three times per week, every other day, fasting and without any interaction with anything at all, 10 minutes before and after the intake (not even with toothpaste).

ASSESSMENT: intimate areas pigmentation.



PROFESSIONAL TREATMENT: *Lightening Peel* until achieving a homogeneous mild erythema. Then, 2ml of *Xtra Lightening Plus+ vials*.

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:







Twice a day, XTRA LIGHTENING PLUS+ SERUM to the most conflictive areas and then, XTRA LIGHTENING PLUS+ CREAM with a gentle circular massage until complete penetration.

Whenever necessary, apply SIMIL CARE twice a day for skin's regeneration after the treatment's aggression.

ASSESSMENT: armpits and groins pigmentation.



PROFESSIONAL TREATMENT: *Lightening Peel* until achieving a homogeneous mild erythema. Then, 2ml of *Xtra Lightening Plus+vials*.

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:







Twice a day, XTRA LIGHTENING PLUS+ SERUM to the most conflictive areas and then, XTRA LIGHTENING PLUS+ CREAM with a gentle circular massage until complete penetration.

ASSESSMENT: knee and elbow hyperkeratosis and pigmentation.



PROFESSIONAL TREATMENT: *Glycolic Peel 70 %* until achieving an intense erythema. Neutralise with abundant cold water. *Lightening Peel*. Then, 2ml of *Xtra Lightening Plus+vials*.

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:









Twice a day, XTRA LIGHTENING PLUS+ SERUM to the most conflictive areas and then, XTRA LIGHTENING PLUS+ CREAM with a gentle circular massage until complete penetration.



ASSESSMENT: stretch-marks of any aetiology (pregnancy, obesity, weight loss or endocrine disorders) and in any part of the body (chest, abdomen, hips, arms, glutes, etc.)

PROFESSIONAL TREATMENT: Glycolic Peel 70 %. Then, Xtra Skin Repair vials. In severe cases and according to professional's decision, the action can be boosted by adding to the syringe 1ml of Basic Organic Silicon.

Each specialist will recommend the technique and correct product application.

Standard frequency.



HOME TREATMENT:



Twice a day, following the stretch mark line, XTRA SKIN REPAIR SERUM with fingertips, by means of gentle circular massages.

Glicólico





ASSESSMENT: masculine and feminine alopecia. Alopecia areata.



PROFESSIONAL TREATMENT: Restores hair quality, prevents its loss and cares for dry, fragile and devitalised scalp. Each specialist will recommend the technique and correct product application. Option 1) Exos Hair Booster. Option 2) Xtra Hair Restorer vials.

Standard frequency.

HOME TREATMENT:









XTRA HAIR RESTORER LOCIÓN. Gently massage the product into dry hair once or twice a day using the content of two pipettes of the product.

XTRA SKIN & HAIR TABLETS, one tablet for breakfast.



ASSESSMENT: localised fat deposits.

PROFESSIONAL TREATMENT: Xtra Slimming vials.

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:





Twice a day, LIPOTROFIN CREAM, with gentle circular massages until completely absorbed.



ASSESSMENT: localised fat in male pectoral muscles.

PROFESSIONAL TREATMENT: 1 ampoule de *Metabolites Serum Intensive*.

Each specialist will recommend the technique and correct product application.

Standard frequency.

We always respect the mammary areola when applying the product.

HOME TREATMENT:





Twice a day, LIPOTROFIN CREAM, with gentle circular massages until completely absorbed.

ASSESSMENT: localised obesity (abdomen, lateral abdomen, superior abdomen, etc.).



1st option: 1 ampoule of *Metabolites SI*.



2nd option: 1ml of *Basic Artichoke* + 1ml of *Basic Caffeine* + 1ml of *Basic*

L-carnitine in the same syringe.







3rd option: Basic Enzymes Lipase.

- <u>Lipolytic effect</u>: *Lipase* + 4 ml of *Basic Caffeine* + 1 ml of saline solution.
- <u>Lipolytic and draining effect</u>: *Lipase* + 2 ml of *Basic*

Caffeine + 2 ml of *Basic Artichoke* + 1 ml of saline solution.









HOME TREATMENT:

METABOL: 1 capsule mid-morning and 1 capsule mid-afternoon, with plenty of water, or ADELPLUS: 4 capsules a day, two, one hour before lunch and two, one hour before dinner, with plenty of water.





If cellulite, twice a day, LIPOTROFIN CREAM, with gentle circular massages. If flaccid cellulite, XTRA SKIN FIRMING CREAM.



ASSESSMENT: generalised obesity, morbid obesity.



Each specialist will recommend the technique and correct product application.



1st option: 1 ampoule of *Metabolites SI*.

2nd option: 1ml of *Basic Artichoke* + 1ml of *Basic Caffeine* + 1ml of *Basic L-carnitine* + 1ml of *Basic Organic Silicon* in the same syringe.









3rd option: Basic Enzymes Lipase.

- <u>Lipolytic effect</u>: *Lipase* + 4 ml of *Basic Caffeine* + 1 ml of saline solution.
- <u>Lipolytic and draining effect</u>: *Lipase* + 2 ml of *Basic Caffeine* + 2 ml of *Basic Artichoke* + 1 ml of saline solution.
- <u>Lipolytic</u>, <u>draining</u> and <u>regenerating</u> <u>effect</u>: *Lipase*
- + 2 ml of Basic Caffeine + 2 ml of Basic Artichoke + 2 ml of Basic Organic Silicon.





HOME TREATMENT:

METABOL: 1 capsule midmorning and 1 capsule midafternoon, with plenty of water, or ADELPLUS: 4 capsules a day, two, one hour before lunch and two, one hour before dinner, with plenty of water.

We can also recommend the intake of METABOLITES SI three times a week, fasting, taking it sublingual, as a dietary complement.





ASSESSMENT: soft-flaccid cellulite on hips.



Each specialist will recommend the technique and correct product application.

1st option: 1 ampoule of *Lipotrofin SI* + 1 ampoule of *Musclebig SI*.





2nd option: 1ml of *Basic Artichoke* + 1ml of *Basic Caffeine* in the same syringe.





3rd option: *Basic Enzymes Lipase* + 2 ml of *Basic Organic Silicon* + 2 ml of *Basic Artichoke* + 1 ml of saline solution.







4th option: *Lipotrofin ION* + *Musclebig ION*. Standard frequency.





HOME TREATMENT:

LIPOTROFIN CAPSULES: 2 capsules for lunch. Twice a day, LIPOTROFIN CREAM, with a gentle circular massage.

If flaccid cellulite, XTRA SKIN FIRMING CREAM, with a gentle circular massage.







ASSESSMENT: hard-fibrous-compact cellulite on hips.

Each specialist will recommend the technique and correct product application.

1st option: 1 ampoule of *Lipotrofin SI* + 1 ampoule of *Metabolites SI*.





2nd option: 1ml of *Basic Artichoke* + 1ml of *Basic Caffeine* + 1ml of *Basic L-carnitine* in the same syringe.







3rd option: *Basic Enzymes Collagenase* + 2 ml of *Basic Organic Silicon* + 2 ml of *Basic Artichoke* + 1 ml of saline solution.







4th option: *Lipotrofin ION* + *Metabolites ION*.

Standard frequency.





HOME TREATMENT:

LIPOTROFIN CAPSULES: 2 capsules for lunch. Twice a day, LIPOTROFIN CREAM, with a gentle circular massage.

If flaccid cellulite, XTRA SKIN FIRMING CREAM, with a gentle circular massage.





ASSESSMENT: hard-fibrous-compact cellulite on hips.

SIMILDIET

Each specialist will recommend the technique and correct product application.

1st option: 1 ampoule of *Metabolites SI* + 1 ampoule of *Lipotrofin SI*.





2nd option: 1ml of *Basic Artichoke* + 1ml of *Basic Caffeine* + 1ml of *Basic Organic Silicon* in the same syringe.







3rd option: *Basic Enzymes Collagenase* + 2 ml of *Basic Organic Silicon* + 2 ml of *Basic Artichoke* + 1 ml of saline solution.



Standard frequency.





4th option: *Metabolites ION* + *Lipotrofin ION*.





HOME TREATMENT:

LIPOTROFIN CAPSULES: 2 capsules for lunch. Twice a day, LIPOTROFIN CREAM, with a gentle circular massage.





VACIRTÓN: 2 capsules a day, one mid-morning and one mid-afternoon.



If flaccid cellulite, XTRA SKIN FIRMING CREAM, with a gentle circular massage.



ASSESSMENT: knee cellulite + thickening.

SIMILDIET

Each specialist will recommend the technique and correct product application.

1st option: 1 ampoule of *Lipotrofin SI* + 1 ampoule of *Metabolites SI*.





2nd option: 1ml of *Basic Artichoke* + 1ml of *Basic Caffeine* + 1ml of *Basic Organic Silicon* in the same syringe.







3rd option: *Basic Enzymes Hyaluronidase* + 4 ml *Basic Artichoke* + 1 ml saline solution.

4th option: Lipotrofin ION + Metabolites ION.

Standard frequency.





HOME TREATMENT:

LIPOTROFIN CAPSULES: 2 capsules for lunch. Twice a day, LIPOTROFIN CREAM, with a gentle circular massage.

If flaccid cellulite and thickening, XTRA SKIN FIRMING CREAM, with a gentle circular massage.







ASSESSMENT: maleolar oedema and oedema on the Gastrocnemius muscle. Lymphedema on legs.



Each specialist will recommend the technique and correct product application.

1st option: 1 ampoule of *Lipotrofin SI*.



2nd option: 1ml of *Basic Artichoke*.



3rd option: *Basic Enzymes Hyaluronidase* + 4 ml de *Basic Artichoke* + 1 ml de suero fisiológico.





4th option: *Lipotrofin ION*. Standard frequency.



HOME TREATMENT:

LIPOTROFIN CAPSULES: 2 capsules for lunch. Twice a day, LIPOTROFIN CREAM, with a gentle circular massage.

VACIRTÓN: 2 capsules per day, one mid-morning and one mid-afternoon.









PROFESSIONAL TREATMENT: 1 ampoule of *Basic Artichoke*.

Each specialist will recommend the technique and correct product application.

Standard frequency.

HOME TREATMENT:





BHIOERBA-1-HB: 2 capsules per day, one for lunch and one for dinner.



We remain at your disposal for any clarification and/or consultation.