
Cellulite Protocol

The Re-Ignite Program

By Sam Guest

Apply all 4 topically together, or you can mix them up into a paste to make things easier for later:

Aminophylline Cream
Caffeine cream
Dimethylsulfoxide (DMSO) cream
Menthol cream

Allow this to sink in for a few minutes then apply cold to the area. A bag of peas wrapped in a tea towel applied to the area.

Follow this with a deep tissue massage. This can be as simple as foam rolling the affected area.

Repeat 2 - 3 times a week.