

# Beautiful Breasts



**Indications:**  
Firming of the breasts

**Read this before use.**

Your Tweaklite is a high-quality instrument for applying color light in areas determined by an expert. Before use, recharge the instrument completely using a USB charger. Charge = **red**, full = **green**.

Press the key briefly to activate the instrument, wait for the tone. The instrument is now ready for use. Too long pressing the button will activate the test colors. For manual switching off, press and hold the switch-off button for 4 seconds, wait for the tone.

Follow the instructions in the manual. The Tweaklite switches itself off after 4 minutes when it is no longer in use.

Application is intended solely for well-being and does not replace any medical treatment. If in doubt, consult your doctor.

**Attention!** Never look directly into the light, it can dazzle and do not use the instrument during pregnancy or epilepsy. The standard is optional.

### Procedure

Switch the Tweaklite on with a short press of a button to "wake up" the Tweaklite. Wait for the tone.

#### Phase 1

The first point lies midway between the breasts, in lying position at the level of the nipples, where this line crosses the thorax-bone.

Place the Tweaklite exactly at this position, it may be directly on the skin, and briefly press the button. An alternating color pattern appears. After 2 minutes the light stops with a tone.

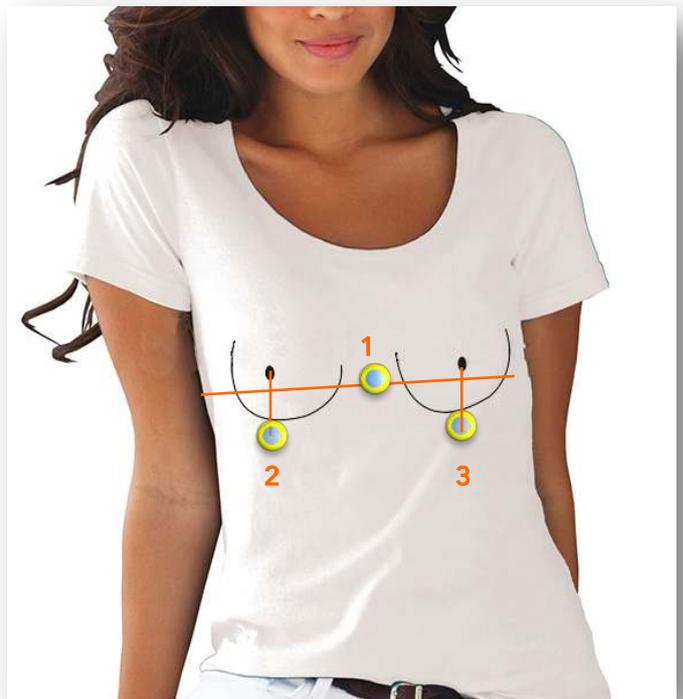
#### Phase 2

The second point lies on the line of the nipple downwards where the breast begins. In general this will be the place of the bottom of the bra cup.

Put the Tweaklite exactly at this place, it may be directly on the skin, and briefly press the button. An alternating color pattern will appear. After 2 minutes the light stops with a tone.

#### Phase 3

For the other breast in the same way as phase 2



### Background

Colorpuncture is a traditional Chinese (TCM) working method that has been used for centuries. It is like acupuncture without the needles. Instead, series of color light are applied to specific acupuncture points of the body.

In Chinese medicine, the energy, Chi or Qi, flows along the meridians throughout the body. The color points are located along these meridians. The TCM believes that blockages in the flow of Chi can lead to various of diseases and other health issues. To prevent or relieve these, acupuncture is applied because it covers the energy of the whole body.

The Chinese doctor is of the opinion that small breasts, or not fully developed breasts, are the result of the lack of free Chi in the area. Color light therapy is used to lift the blockage which can result in improved firmness.

Every woman wishes for well-shaped breasts and perfect size that will last as long as she lives. The only way in which women can achieve this is plastic surgery. As the women get older her breasts get older too, losing their elasticity and suppleness.

What are the breasts made of? Breasts are made of fat connective tissue and milk-producing glands. And in order to keep the good shape they need proper care.

Why do breasts sag? After woman turns 40 the breasts start sagging. The years are one of the reasons but there are also some other factors that influence the sagging of the breasts like: breastfeeding, pregnancy, menopause, rapid variation in weight, strenuous exercise, nutritional deficiencies, some diseases and wearing inappropriate bra.

You are surely familiar with the variety of creams and lotions for toning up the breasts, which promise to help you a lot. But there are also many natural methods and home remedies that are cheaper and with which you will have the same or even better effects.

### Exercise

All women must find some time during the day to incorporate exercise for saggy breasts. You should exercise that target breast tissues and pectoral muscles around the chest. Some exercises that can effectively lift up and firm sagging breasts are- chest presses and pulls, arm raises, round-about push-ups, and dumbbell flies. It is recommended women to wear a supportive or sports bra while exercising.

### Ice Massage

Ice massage is good for firmness in saggy breasts because the cold temperature will cause the tissue in the breasts to contract which results with firmer breasts.

This is the procedure for the massage: Take to ice cubes and massage the both breasts simultaneously in circular motions in duration of one minute. Wipe the breasts with towel and put the bra immediately. Stay in a reclining position for 30 minutes. Do the massage several times a day in regular intervals.

Note: Always have the time on your mind, because if you massage more than one minute it might cause numbness.

### Olive Oil Massage

This massage is one more in the row that can be used for firming the breasts. Olive oil contains fatty acids and antioxidants that can reverse the damage caused by free radicals thus prevent the sagging of the breasts. You can also use some other oils like jojoba, avocado, almond or argon for massaging the breasts.

This is the procedure for the massage: First put olive oil on your palms and rub them. Rub your palm over your breasts in upward motion. Massage about 15 minutes and you will increase the blood flow and stimulate cell repair. Do this 4 or 5 times a week.

### Cucumber and Egg Yolk Mask

Prepare a mask from egg yolk and cucumber and use it once a week. Egg yolk is rich with vitamins and proteins which will help in the treatment of breast sagging, while the cucumber has properties excellent for natural skin-toning.

This is the procedure for the massage: Blend 1 small cucumber. Mix together 1 teaspoon of butter and 1 egg yolk to get paste. Apply the mixture gently on your breasts and leave it like that for 30 minutes.

Wash your breasts thoroughly with cold water

### Egg White massage

This massage is good for lifting the skin around your breasts because the egg white contains hydro lipids.

You have two options for conducting this massage you can use only egg white or combine it with cucumber.

A. First beat 1 egg white until you get a foamy texture. Apply the mixture on your breasts and leave it for 30 minutes. Use cucumber juice to wash your breast and after that wash them again with cold water.

B. The other procedure for conducting the egg white massage is: Mix together 1 egg and 1 tablespoon of each plain yogurt and honey. Apply the mixture on your breasts and leave it for 20 minutes. Wash your breasts with cold water.



### Fenugreek Massage

The massage from fenugreek is the most common massage used in the traditional Hindu system of medicine - Ayurveda. Practice this two times a week.

The procedure for the massage is as follow: Mix ¼ cup of fenugreek powder with the amount of water needed to get thick paste. Massage your breasts with this paste and leave it for 10 minutes. Wash your breasts with warm water. Instructions for preparation of the mask

#### Ingredients:

- 10 drops of fenugreek oil and vitamin E oil
- ½ cup of yogurt
- 1 egg

Preparation and usage: Mix all the ingredients together until you get a smooth paste. Then apply it on your breast and rub gently. Leave the mask sit for half an hour. In the end wash your breasts with cold water. Do this once a week.

### Pomegranate massage

Pomegranate is anti-aging ingredient that can slow down the sagging of your breasts. Use it for massaging your breasts and you will see.

Do the following procedure: Take some warm mustard oil and the peel of pomegranate and prepare a paste. Massage your breasts with it in circular motion for about 10 minutes every evening. Repeat this 2-3 times a week.

There is also one more way to prepare the mask and massage your breasts:

Take 4 teaspoons neem oil and mix it with 1 tablespoon of dried and powdered pomegranate rind. Heat this mixture for a few minutes. Let it cool for some time and use it. Massage your breast 2 times a day.

### Aloe Vera Massage

Aloe Vera contains natural skin tightening properties that will make your breasts firmer. You can use the massage in two different ways.

A. The first way to conduct the massage: Massage your breasts in circular motion with Aloe Vera gel. Leave it like that for 10 minutes.

Rinse your breasts with warm water.

B. The second way to conduct the massage: Make a mixture of 1 teaspoon of mayonnaise and honey and 1 tablespoon of Aloe Vera gel. Apply it gently on your breasts and leave it sit for 15 minutes. Wash your breasts first with warm and then with cold water.

### Shea Butter massage

Use Shea butter for massage of your breast and make them firmer. Shea Butter is rich with vitamin E that will prevent the damage by free radicals. Conduct the massage 3 or 4 times a week and the results will be visible.

This is what you should do to conduct the massage: Apply some shea butter onto your breasts and massage in circular motions for 15 minutes. Leave it stay for additional 10 minutes. Rinse with warm water.

### Rhassoul Clay

Rhassoul clay contains potassium and minerals ( iron, silica, calcium etc. ) that will firm your breasts. Do this only once a week.

Procedure for conducting the Rhassoul clay massage is: Mix 2 tablespoons Rhassoul clay powder and the amount of water that will be enough to make a smooth paste. Apply the paste onto your breast and allow it to dry. Wash your breasts with warm water.

### Other tips

Make sure that you are not varying rapidly in your weight, drastic weight loss in a short time can cause your breasts to sag.

Drink enough water during the day to hydrate your skin.

Enjoy swimming and at the same time firm your breasts.

Quit smoking

Wear a supportive bra when you are exercising

Always use sunscreen when you are exposed on the sun, because it can make the skin lose its elasticity.

Keep your body straight when you walk or seat.

If it is necessary wear a push-up bra to give your breasts proper support.

You will also firm your breasts significantly by practicing yoga.

We also recommend you to eat healthy foods with vitamins, minerals, carbohydrates, proteins, calcium and essential fats.