



@losaltos_foods

USE YOUR FINGERTIPS
AND FOLLOW THE MOVEMENTS
OUTLINED IN THE GUIDE.

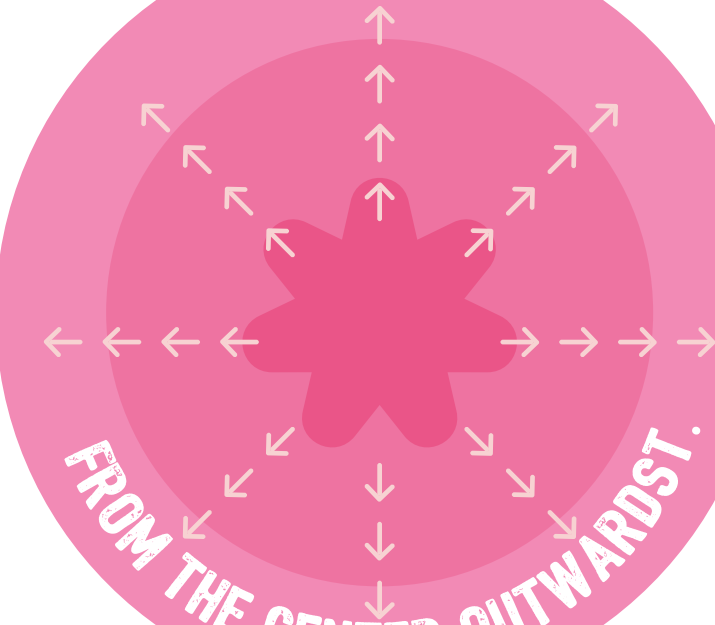


DO IT LYING DOWN OR STANDING,
IN THE SHOWER OR IN FRONT
OF THE MIRROR.
YOU CHOOSE THE MOMENT.



BECAUSE KNOWING YOURSELF
IS ALSO TAKING CARE OF YOURSELF.
FIND MORE TIPS AT

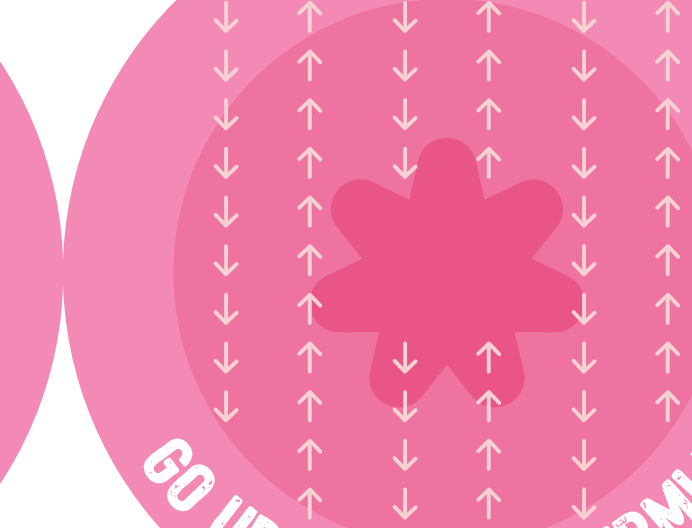
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