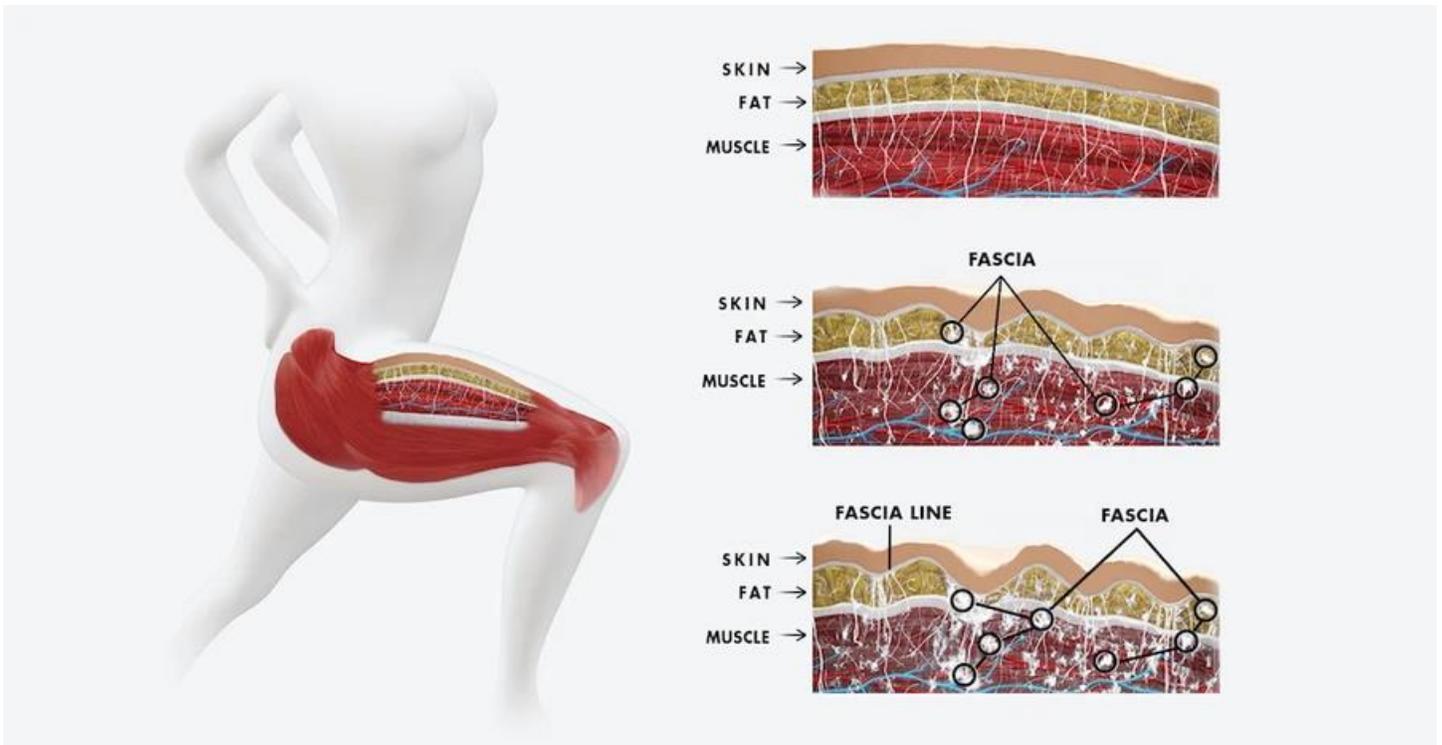




For years we have been trying to explain that cellulite doesn't exist, so of course, people look at us like "well what the hell am I looking at on my legs, arms and belly that looks like cottage cheese then?" I'm so thrilled to have new visuals and animations to help explain this very simple concept! Share this blog with not only those interested in learning more, but also with the "doubters" too! 🙌❤️ I always say when the student is ready the teacher arrives ✨ Here I am!

## THE SECRET TO THE SKIN IS UNDERNEATH THE SKIN

### UNLOCK THE MAGIC OF FASCIA



The image above allows us to take a peek into the human body to see from the skin to the bone like layers on a cake! The top layer is the skin and fascia casing (structural fascia). Directly below that is the brownish/yellow color is the layer of fat penetrated by fascia (fascia septae). Finally, the red layer is the muscle with blood, nerves and (interstructural fascia) running through. It is the fascia that connects all of this to the bone.

So ALL the "white stuff" is different types of the connective tissue – fascia! Next time you eat fried chicken, peel back the fried part and you will see the sheath of structural fascia on the inside, and the (inter-structural fascia) inside the meat! You might even see fat encased inside the fascia just like cellulite! **It's not rocket science, it's the basic anatomy of all animals.**

## FINALLY, BEAUTY BASED ON SCIENCE



In a peer reviewed and published study in Cogent Medical journal\* of the 33 subjects tested 100% saw a dramatic reduction of cellulite. This goes way beyond “coincidence”. Scientists saw it at the surface! They saw it below the surface in the ultrasound images where you can see the fascia (largely made of collagen) REMODELING! We also saw it in the blood 🩸 with an increase in PICP markers, indicating new production of COLLAGEN! YESSSSSS! 🥳🥳

**I know you’ve probably spent a lifetime thinking there was no magic pill for cellulite, but you will just have to settle for a magic stick 😊**

### HOW DOES FASCIA GET UNHEALTHY?

**IT'S ALL CELLS, PEOPLE. IT'S A BODILY SYSTEM**

## WHAT CAUSES FASCIA TO GET UNHEALTHY?



BAD BIOMECHANICS



UNADDRESSSED FASCIA



OLD INJURIES



MENTAL STRESS



SUGAR



DEHYDRATION



UNBALANCED MICROBIOME



GENETIC PREDISPOSITION



POOR DIET



IMMOBILITY



HIGH IMPACT EXERCISE



BREATHING TOXINS

**My favorite cause of “unhealthy fascia” is neglect. How often do you address your fascia? It’s like not brushing your hair for 20, 40 or more years and being confused why you have endless knots. Is something inherently wrong with your hair? No! It just needs brushing. Fascia is texturally similar to hair and the FasciaBlaster tools are so similar to a brush. JUST BRUSH IT! And you wouldn’t brush your hair with a cucumber, so rolling and massaging are great for muscles, but ineffective for fascia! **Brush your teeth, brush your hair and brush your fascia!** 5 minutes is all you need.**

**DON'T BELIEVE ME...OR SCIENCE?**

**HOW ABOUT HUNDREDS OF THOUSANDS OF USERS**

I love to show people pictures of #BlasterSister Yvonne. Hello, **let’s start with the fact that she’s 62.** I love her pics because number one, she is a long time, **consistent** user, which is my favorite ❤️

FasciaBlasting is not a cure for anything, it’s a “slow and steady” wins the race process. You can see this is not weight loss, plastic surgery or any major outside factors! This is the science in action... period... case closed!



**#BLASTERSISTER YVONNE R.**

"These results are during 1 year of blasting. My 61-year-old legs now look amazing. Blast 3x a week with my Mini2 in the shower for 10 mins total for both legs. Hope this encourages the ladies that need it. Keep blasting!!!! Thank you, Ashley"

**TODAY COULD BE THE DAY YOU TAKE CONTROL**

Everyone asks “which tool do I start with?”. The short answer is ANY tool is a good tool, and any step is a good step. So rather than “sell you a tool”, **I want to explain why you need 3 types:**



### **SMALL CLAWS For Surface Fascia**

For super tight, sensitive tissue, or the delicate tissue of the face – start with a small-clawed tool to **work light at the surface before moving on**. The faceblaster is great for all over the body as well, especially the hands, feet, knees etc., and the Master Blaster is perfect for larger areas like the legs and tight traps.



### **BIG CLAWS For deeper TISSUE**

Larger claws massage into the myofascial tissue. Myofascial simply means the **fascia of the muscles**. The claws are bigger and thicker to make this easy. The difference in size and grip is to accommodate leverage for all areas of the body.



### **NUGGET TIPS FOR STUBBORN TISSUE**

You will receive one set of the Mini 1 and the Mini 2 as well as the nugget. The Mini 1 and Mini 2 are both large claw devices that have the nugget tip. The nugget is also included as it's great for on the go use, and will quickly become a favorite! Also **great for deep stubborn spots!**

Unhealthy fascia can be at any layer. And since I can't ultrasound ALL OF YOU 😊, **I want to make sure you have what you need for your specific individual needs**. You need a small claw for surface fascia, a Big Claw for the muscle layer, and a Nugget tip for stubborn spots. BOOM EASY AS 1-2-3!