

PRESTIGE CENTELLA : SKIN CARE METHOD

	Durée soin	Durée Vidéo
I- WELCOMING MASSAGE :	10 min.	15 sec.
II- ORGANIC MAKE-UP REMOVAL :	10 min.	5-10 sec.
III- AROMA PEELING PRESTIGE :	10 min.	5-10 sec.
IV- PRESTIGE MASK:	20 min.	15 sec.
V- PRESTIGE MASSAGE « ANTI-WRINKLES FIRING »:	35 min.	115 -125 sec.
1/ therapeutic massages :		
2/ Jacquet-Leroy pinches :		
3/ Specific anti-wrinkle treatment in order to stimulate and tonify face muscles :		
4/ Specific anti-wrinkles treatment from Centella Prestige :		
5/ The big smoothing massages :		
VI- FINAL PRESTIGE :	5 min.	15 sec.
Total	90 min	180 sec.

I- WELCOMING MASSAGE: 10 minutes

In order to make your first contact nice, and to deeply relax the shoulder and back muscles. To relax use the sweet orange oil (réf.0302). Repete each movement three times



1/ Circular therapeutic massage on the entire back

2/ Snake-like light massage on all the back

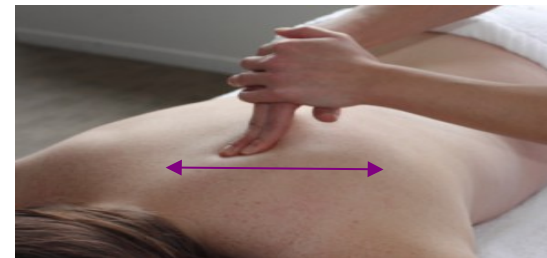
3/ Massage at the same time with one hand on the two trapezius muscles



4/ Massage with both hands on each trapezius muscles

5/ Make the circular pressures on each trapezius muscle

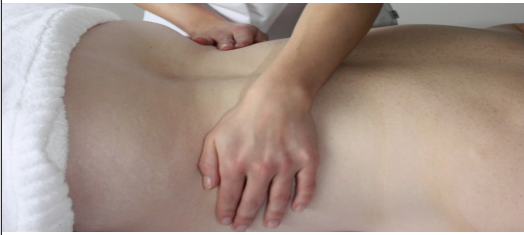
6/ Make stretching on the trapezius muscle



7/ Massage using your index and middle fingers on the paraspinal muscles, going down on both sides of the back

8/ Circular movements on the paraspinal muscles

9/ Transverse movements on the paraspinal muscles



10/ Horizontal smoothing massage on the entire back

11/ Lengthwise smoothing massage on the entire back

12/ Circular light massage on the entire back

II- ORGANIC MAKE-UP REMOVAL: 10 minutes



Start by the manual cleansing of the lips and eyelids with the **eye make-up remover(C0041)**.

Massage near the lashes with light movements in order to make-up the rimmel. Then rinse with the **Lotion (C0020/C0021)** using the cotton wool.



Then make-up the face and the neck using the **cleansing milk (C0010/C0011)**.

Use then the **Lotion(C0020/C0021)** in order to perfect the make-up. In order to balance the skin pH spray the **Universal Lotion (0073)**

III- AROMA PEELING PRESTIGE : 10 minutes

Continue then with the Aromapeeling, exclusive product of the range

Put the Aromapeeling in a small bowl and apply it on the face and the neck using a makeup brush



1) Protect eyes with cotton soaked in **Universal Lotion (C0073)**.

2/ Apply this mixture in a thin layer with a makeup brush. Leave it on during 1 to 3 minutes permanently observing the reaction of your client's skin.

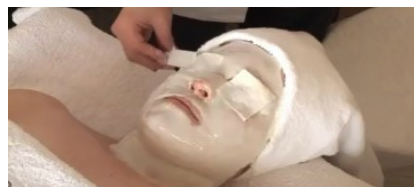
3/ During this time massage the head of your client by finger pression.



Finish it by massage at the the third eye level. Then rinse out using the oshibori.

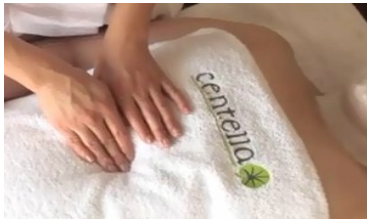
Finishing with the application of the warm oshibori flavoured with the essential oil.

IV- PRESTIGE MASK 20 minutes



Apply 3 drops of the **Aqualift (C0078)** on the face and the neck. Using the brush apply then in a thin layer the **Neck and Decollete Cream (C0071)** on the neck and the **Eye Essence (C0074)** on the eyes. Apply then the **Regenerating Mask (C0079)** on the face. Place then the gauze flavoured with the **Universal Lotion (C0073)**. All the products have to be applied with a thin layer.

Then add the **Peel off Mask (C0142)** in semi-thin layer. To prepare this mask you need to mix up 20 ml of the Peel off mask with 60 ml of the **Intensive Moisturizing Lotion (C0137)**. Be careful to put on the thick layer around the ends of the mask for easy removal in 15 minutes.



Make circular and transverse pressions on the solar plexus level and then according to the choice of your client offer a relaxing massage of the hands and/or feet using the **Relax sweet orange oil (C0302)**.
In winter, you can also offer a mini care of hands using the Floral Mask.

When you put off the Peeloff mask use the warm oshibori flavoured with the essential oils.

V- PRESTIGE MASSAGE « ANTI-WRINKLES FIRMING » :

35 minutes

Start by taking 10 drops of the **Daily Regeneration (C012050)** and heating it in your hands and apply then on the face and the neck. This anti-aging facial massage will activate all the functions of the skin and accelerate cell regeneration, making the skin healthier and more radiant. By the pressure of the nerve endings, it will eliminate tiredness, stress, it will also calm and relax your client. It will also increase the temperature at the surface of the skin allowing the best absorption of the Centella products used during this massage. But this manual face lifting will especially stimulate and tonify all the face muscles that will provide the spectacular anti-ageing effect.



1/ THERAPEUTIC MASSAGES :

In order to have a first contact with your client nice and relaxing, practice a something massage on shoulder and face

These are relaxing movements that are characterized by the light sliding of the beautician on her client's skin.

Leave your hands always in contact with your client's skin.

The movements are slow, light and enveloping.

The massages can be palmar, it means made with the palm of your hand ou digital, it means made with your fingers.

These movements are always used at the beginning and at the end of each massage, allowing the first contact to be nice and a perfectly relaxing.

At the same time, these smoothing movements are mixed with several more strong massages, in order to better support them. Their physiological action is soothing and calming.

They calm the client's nerve endings and they also clear out the skin from dead cells.

Repete each movement three times.



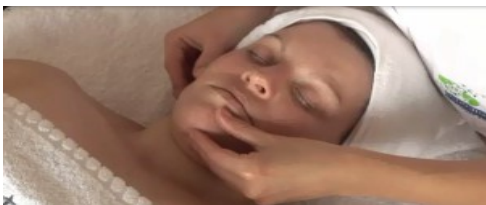
1/ Sweeping massage of the neck platysma muscles



2/ Sweeping massage of the sternocleidomastoid muscle and trapezium



3/ Kneading massage of the neck



4/ Sweeping massage of the facial contour



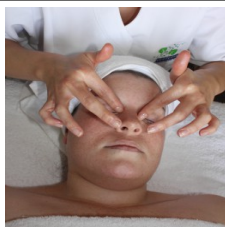
5/ Circular massage on the ears level



6/ Sweeping massage of all the face



7/ 4 movements massage - 1st movement



7/ 4 movements massage - 3rd movement



8/ 8 formed massage near the eyes



9/ Sweeping massage of procerus muscle, frontalis and temporalis.



10/ Sweeping massage of all the face

2/ Jacquet-Leroy pinches :



1/ Massage during three minutes the decollete, the neck and the face always going from the center of the face to its contour

2/ Then apply the **Intensive Serum Anti-wrinkle firming (C0075)**



3/ Finish with 3 light massages on the face

This typically French massage was presented for the first time the 4th of June 1907 by Dr. Jacquet, a dermatologist at the Saint-Antoine hospital in Paris and his assistant, Dr. Leroy.

The principle of this massage consists on rapid pinches of the skin and tissues throughout their thickness, between the pulp of the thumb and forefinger of each hand. In no case the interguments don't to be torn.

These are toning and stimulating movements which must be as brief as possible because it is thanks to the immediacy of your pinches the skin reaction reaches its maximum.

Your movements have to go from the center to the periphery using the end of your thumbs and forefingers both hands simultaneously and gradually increasing the energy and length.

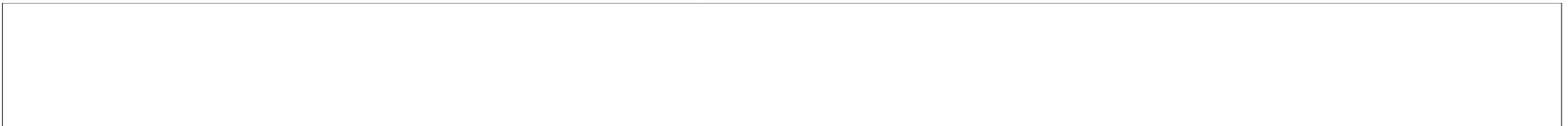
These movements should always be dry done in order to prevent fingers from slipping.

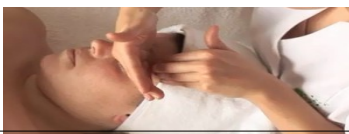
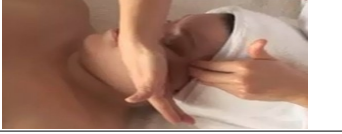








Its physiological action is intense. It stimulates the circulation and helps cellular regeneration. It improves the blood supply and tones integumentary. It causes an increase in temperature of the skin and a sens of heat (or cooking) and it has as a result a turgor pressure and a congestion of the skin preparing the way for the active products.

3/ Specific anti-wrinkle treatment in order to stimulate and tonify face muscles :

This third step of the massage is considered as a lifting and is composed of two stages that follow each other : A) pointed pressions B) « lifting » movements

Start the massage on the one half of the face and then the second one, it allows to show the difference between the side that had been treated and the other one



1/ Frontalis muscle › 3X up going pression movements › 6X up going lifting movements		2/ Temporalis muscle › 3X up going pression movements › 6X up going lifting movements	
			
3/ Procerus muscle › 3X up going pression movements › 6X up going lifting movements		4/ Orbicularis eyelid muscle › 3X pression movements near the inner eye corner › 6X lifting movements from the inner eye corner to the inside part of the face using your forefinger on the outer eyelid and your thumb on the lower eyelid	
			
5/ Levator muscle › 3X up going pression movements › 6X up going lifting movements	6/ Zygomaticus minor and major muscles › 3X up going pression movements to the top and outside parts of the face using your two fingers › 6X up going lifting movements to the top and outside parts of the face using your two fingers	7/ Orbicularis oris muscle (lip) › 3X pression movements from the inside to the outside parts of the face › 6X lifting movements to the outside part of the face, on the outer and lower lips massaging at the same time using your thumb and forefinger.	
			
8/ Triangularis › 3X down going pression movements (it means following muscle fibres › 6X down going lifting movements	9/ Mentalis › 3X up going pression movements › 6X up going lifting movements	10/ Masseter muscle › 3X up going pression movements › 6X up going lifting movements	

At that moment of the treatment make your client to consider the result on this half of her or his face, then do the same work on the second half of the face.

4/ Specific anti-wrinkles treatment from Centella Prestige :

This fourth step of the massage has to be done on each wrinkle and furrow



Anti-wrinkle pinches : your thumb has to slide along the wrinkle when your forefinger pinches this wrinkle, then you return always going up as for the vertical wrinkles, and for the horizontal wrinkles from the center to the periphery.



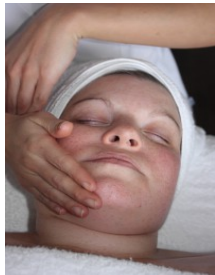
For the « Prestige Plus » treatment, Centella have chosen a specific jadeite accessory « Precious Stick » this semiprecious stone is beneficial against the ageing of the skin. Use pressure pointed smoothing movements along each wrinkle using the thin part of the « Precious Stick » and then going down movements using the thick one.



For persons with a lot of wrinkle this massage will be very beneficial and will allow to immediately soften all wrinkles. Its main physiological action is to warm the skin around the wrinkle. Then apply the Intensive anti-wrinkle treatment and massage each wrinkle.

5/ The big smoothings :

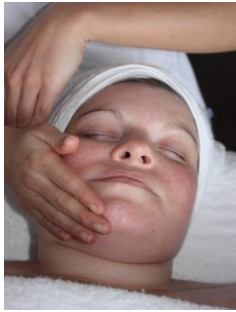
For the perfect relaxation



This massage is characterized by the sliding of the skin following the hand of the beautician who will smooth under skin and deep structures in order to stimulate circulation. These tonifying movements will stimulate this lifting facial care. They have a modeling effect on all tissues and they will allow to unify all areas of the face, from neck to décolleté. Massage each hemi-face then finish with the massage of all the face

VI- FINAL PRESTIGE : 5 minutes

Final Prestige Step 5 minutes



Apply the **Eye Essence Anti-Wrinkles Firming (C0074)** around the eyes, then the **Eyelash Moisturizer (C0151)** on the eyelash and finally the **Intensive Serum (C0075)** and the **Regenerative Cream (C0076)** on all the face.



Finish this Centella Prestige facial care with the spraying of the **Hungary's Royal (0160)**. That will allow a perfect moisturizing of the skin and will be a perfect base for the makeup.

SOIN PRESTIGE PLUS CENTELLA

You can personalise this facial treatment in order to offer a personal service to your clients, it also highlights all your professionalism.

The new anti-aging firming treatment Prestige Centella is a real « Haute couture » facial care.

Joining the high quality active principles of the brand with a manual anti-ageing performant massage method, the results are visible after the first treatment!

With the version « Prestige Plus » we offer you the possibility to use a new massage accessory in order to optimize this new and exclusive « Centella » massage.

This accessory is made with the real jadeite, a green semiprecious stone that symbolizes the protection and which is beneficial against the ageing of the skin.

This semiprecious stone will be a real pleasure for your client during this anti-ageing treatment and it will make it more precious and spectacular.

Time of the treatment : 1h30

This is a new global Centella Prestige treatment. It starts with a delicious relaxing massage of the back and continues then with the very effective anti-ageing treatment that the results are visible after the first visit.

During this treatment the beautician adapt perfectly studied and lifting aimed movements. These movements are upward and directed to the outer part of the face or downward and directed to the outer part of the neck.

