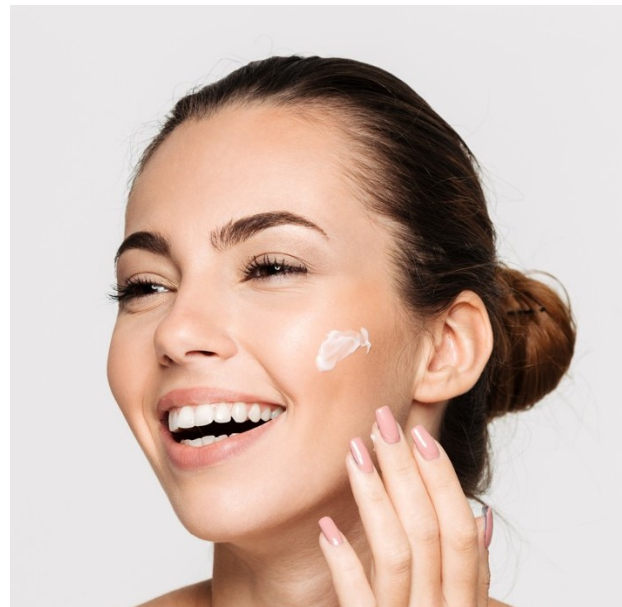


HYDRATATION + Moisturizing booster



✓ Super moisturizer

✓ Long-lasting hydration

✓ Plumps and soothes



PROBLEMS LINKED TO LACK OF HYDRATION

Dehydration and skin ageing

With age, skin gradually loses its ability to retain water :

- Reduces hyaluronic acid, collagen and elastin production
- Leads to decreased hydration and suppleness

Impact on Skin Appearance :

- Drier, more fragile skin
- Fine lines and wrinkles
- Loss of firmness and radiance

Other Factors in skin ageing :

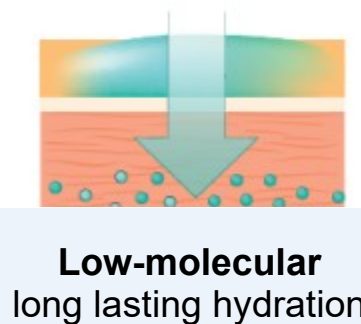
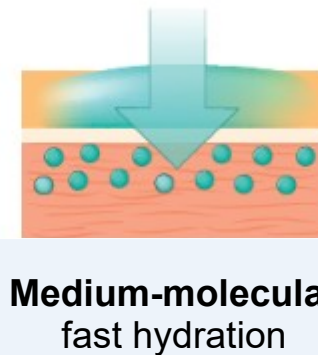
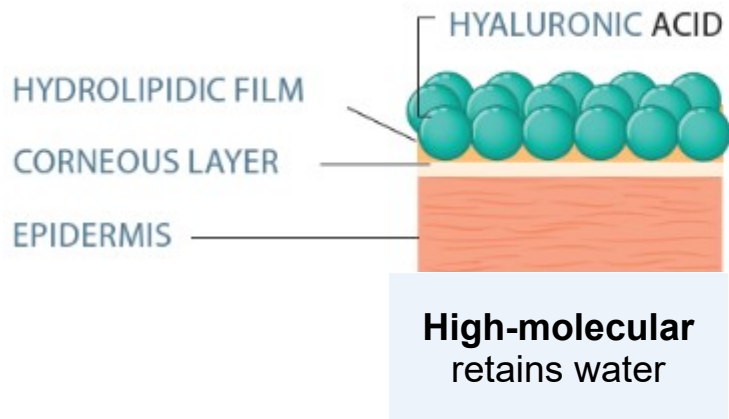
- UV rays, pollution, and unhealthy habits



ZOOM ON HYALURONIC ACID

An exceptional moisturizer

- ✓ Naturally present in the skin
- ✓ like a sponge : retain up to **1000 times** its weight in water
- ✓ Properties depending on molecular weight (3 used in the Serum!) :



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Skin care protocol

65
min



WHO IS IT FOR ?

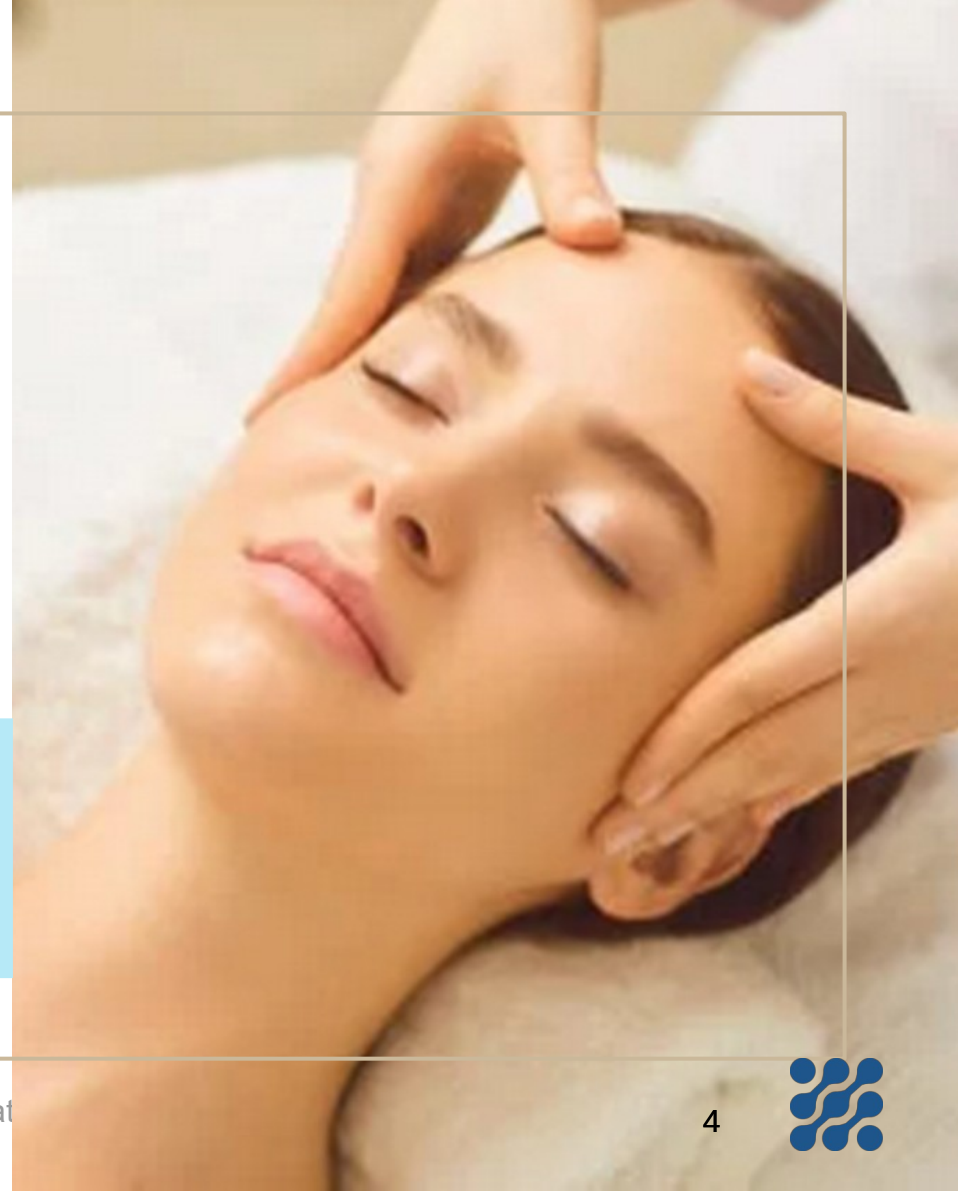
- ✓ Dry and dehydrated skin
- ✓ From 30 years

METHODS

- ✓ Digito-pressure
- ✓ Suction pads
- ✓ Jade roller massage

RESULTS

- ✓ Moisturizes
- ✓ Plumps
- ✓ Luminous complexion



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Stages of treatment

1. CLEANING	10 MIN
2. GENTLE SCRUB	3 MIN
3. INTENSIVE MOISTURIZING BATH	7 MIN
4. DIGITO MODELLING AND SUCTION CUPS	20 MIN
5. MASK + JADE ROLLERS	20 MIN
6. FINAL CARE	5 MIN



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Products required for the skin care

Cleansing & care products



Hydratation+ products



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Step 1&2 : Préparation



Hibiscus Cleansing
Milk and Tonic Lotion

Step 1 : Make-up removal and facial cleansing

Step 2 : Hot towels → Rinse with warm, moist oshibori (impregnated with Lavender essential oil)



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Step 3 : Gentle Scrub

3
min



Apricot Soft Peeling
(stone powder & diluent)

- Prepare the apricot stone powder in a bowl
- Protect the eyes with two cotton pads
- Start exfoliating on the neck and finish on the forehead using slow, repetitive movements
- Neutralise with fresh water sponges



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Step 4 : Intensive moisturizing bath

7
min



Hydra-booster
Serum+

- Soak a gauze pad in the serum
- Apply it to the face, first cutting out the nose
- Beforehand, make a cut around the nose
- Leave for 5 minutes
- Remove the gauze and gently massage in



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Step 5 : Sculpting – Digito modelling



Palms and fingers lie flat against the sternum to harmonise with breathing rhythm.

The hands follow the breath: they dip as you exhale and rise as you inhale. (slow, sure movement for a few breaths).



Neckline: hands flat, fingers in the intercostal spaces, and slide them down to the clavicles, exerting sliding pressure.



HYDRATATION+

Step 5 : Sculpting – Digito modelling



Oval face : place the fingers under the jawbone, applying circular pressure from the chin to the ears.



Linking movement : Move your hands to the temples using sliding pressure, then tilt your hands so that your thumbs rest on the pyramidal area.



HYDRATATION+

Step 5 : Sculpting – Digito modelling



Inter-bridge space :
with the pad of the first phalanx of your thumbs, stretch at the brow wrinkles.



Eye orbicularis :
with the pad of your thumbs, press 3 times on the upper part (under the eyebrow).



Forehead :
with the pads of your thumbs, apply 3 strokes from the eyebrows to the temples. Move up to the forehead area, as far as the hairline, using 3 strokes.



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Step 5 : Sculpting – Digito modelling



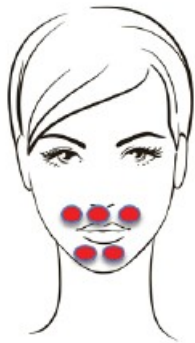
Lower face : resting on the forehead, press 3 times with the middle finger :

- from the eye to the cheekbones
- base of nose to cheekbones
- corner of the lips to the ears



HYDRATATION+

Step 5 : Sculpting – Digito modelling



Orbicular lips : with your thumbs resting under the chin, apply circular pressure to the upper lip, moving down to the lower part.



Final movement : 3 times

- The hands move up over the entire face in a shell,
- Then slide flat down the sides to the ears,
- Press for a few moments on the ears
- Then slowly release.



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Step 5 : Sculpting – Suction cups



Hydra-Protect Elixir

Apply the Elixir and start the **active movements**:

- With the suction cups, which will draw in water and blood.
- Repeat each movement 3 times.



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Step 5 : Sculpting – Suction cups



Pinch the sides of the suction pad between your fingers to empty the air.

Place the suction pad on the left side of the forehead and release the sides, the skin will be sucked away.



Gently slide the small suction pad from left to right, then lift it off and replace it on the left.

Repeat this movement without going back and forth.



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Step 5 : Sculpting – Suction cups



Continue on the lion wrinkle, between the eyebrows, from bottom to top.



Eye contour area : place the small suction pad on the outer corner of the eye and then slide it towards the scalp, for crow's feet wrinkles.

Continue on dark circles and puffiness from the inside to the outside of the eye, using gentle smoothing movements.



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Step 5 : Sculpting – Suction cups



Smooth over the nasolabial fold from bottom to top, i.e. from the outer corner of the mouth to the nostrils.



Pinch the large suction pad between your fingers to empty the air and place it on the chin.



Smooth over the oval of the face from the chin to the tips of the earlobes. Do one side then the other.



HYDRATATION+

Step 5 : Sculpting – Suction cups



Continue massaging the neck:

- place the large suction pad at the base of the neck,
- move upwards towards the oval of the face, tilting the head slightly backwards.
- Continue from bottom to top.
- Finish by smoothing the décolleté from left to right.



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Step 6 : Double Mask and Jade rollers



Hydra-Calming Mask
& Peel off Mask

Apply the mask in a medium layer.
Leave on for 15 minutes.

Prepare the Peel off Mask by mixing the
powder and the Intensive Moisturizing Lotion.

Apply the Peel off Mask over the other mask
and leave on for 15 minutes.



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Step 6 : Mask and Jade rollers



While the mask is on, massage with the jade rollers over the mask for 5 minutes.

The jade stone provides a unique feeling of energy and boosts cellular metabolism by multiplying the mask's active ingredients.

After 15 minutes, remove the mask like a second skin by rolling it up and down.



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Step 7 : Final Care

5
min



Hydra-Booster Serum &
Hydra-Plumping Cream

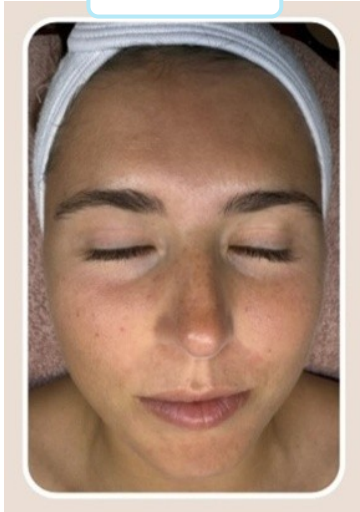
Beauty treatment : Apply the serum then the cream.



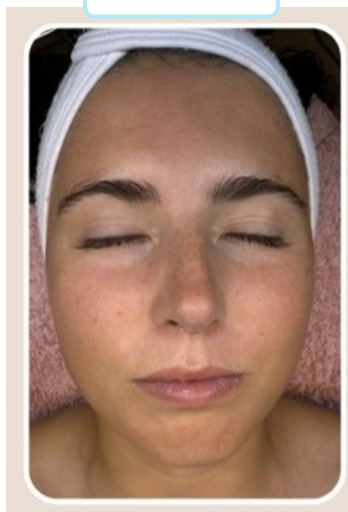
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Results : concentrated moisturizing and anti-wrinkle action

Before



After



Immediate results :

- ✓ dark circles
- ✓ complexion radiance
- ✓ nasolabial folds
- ✓ wrinkles

Before



After



Soin Creation
—
French beauty institute

