

Peggy
Sage
PARIS

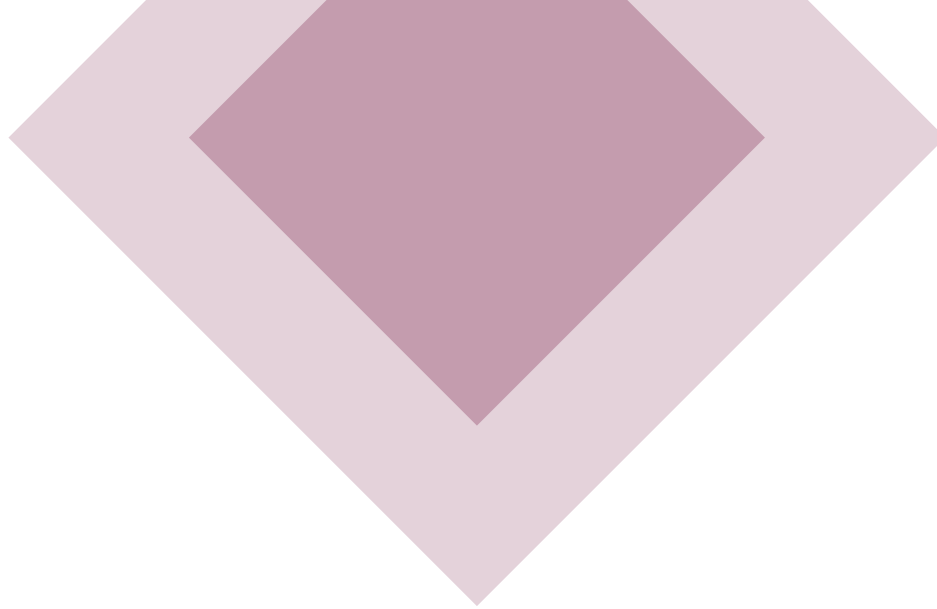
TRAINING

TREATMENTS

ACADEMY

TRAINING

FACIAL & BODY
TREATMENT PROCEDURES



An opportunity to take time out and indulge yourself, PROFESSIONAL immerses you in a sensory environment of subtle, delicate fragrances.

This French-made range offers a wonderful range of high-quality treatments and traditional well-being regimes that will take you on an unforgettable journey. Developed and formulated by a team of scientists, these Peggy Sage products look to the riches of nature in all its diversity to find the ingredients essential to these exceptional treatments respectful of every woman's beauty.

The result of our careful efforts to combine results with a pleasurable sensory experience, PROFESSIONAL offers a range of facial care treatments tailored to different requirements: cleansing, moisturizing, purifying, soothing, nourishing, illuminating, firming and rejuvenating.

The Peggy Sage getaways, a range of prestigious bodycare treatments developed to beautify the skin, are the product of a unique alchemy of sculpting, powerful active ingredients and stimulating textures. Our expertise in the service of your total pleasure.

This training guide is for professionals and requires certain technical skills; under no circumstances should it replace initial professional training. It offers every technician a clear and illustrated written manual which can be referred to once training is complete.

The photographs and illustrations in this document are the exclusive property of Peggy Sage and/or their authors. Reproduction of the artwork has been authorized by the authors and models exclusively for use by Peggy Sage and for the purposes of publicity used within its distribution network. Any reproduction of all or part of this document is therefore prohibited. Failure to respect this prohibition will result in legal consequences. Rights of reproduction, adaptation, translation and interpretation for all or part of this document are reserved for France and abroad.

CONTENTS

A. Facial care procedures	4
1. Oily skin treatment	5
2. Combination skin treatment	12
3. Dry skin treatment	19
4. Sensitive skin treatment	25
5. Dehydrated skin treatment	31
6. Dull and tired skin treatment	37
7. Mature wrinkled skin treatment	45
8. Mature slack skin treatment	53
 B. Body care procedures - Beauty getaways, exotic pleasures	 62
1. Polynesian getaway - relaxing and nourishing treatment	63
2. Oriental getaway - detoxifying treatment	69
3. Asian getaway - contour-firming treatment.	76

FACIAL CARE PROCEDURES



OILY SKIN TREATMENT



60 min

- Purifies.
- This treatment sanitizes the epidermis, leaving the skin clean with a refined skin grain and closed pores. Mattifies the complexion.

CLEANSING PHASE

Opening sculpting

Effects : initial contact

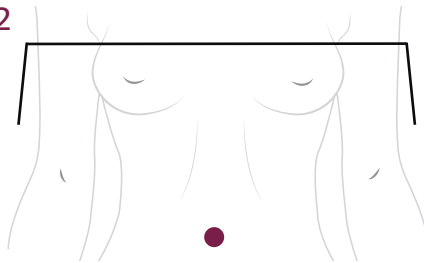
The client lies on her back on a towel, covered with a blanket.
A hot towel is placed lengthways over the client's eyes.

1



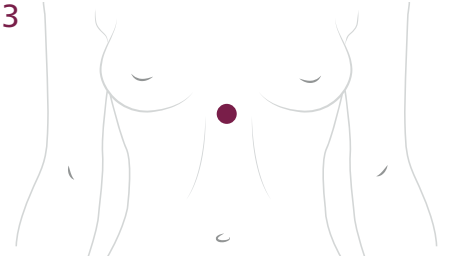
Circular movements with the palms of the hands over the temples (x 3)

2



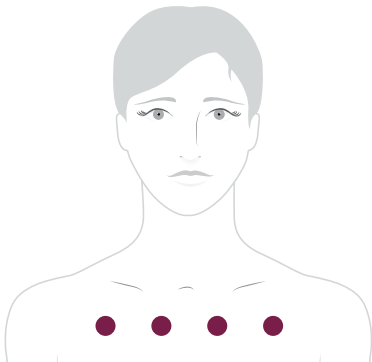
Pressure on the stomach (one hand on top of the other) (x 3).

3



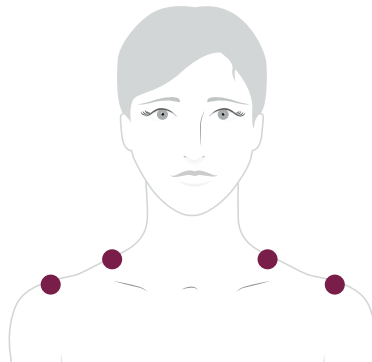
Pressure on the solar plexus (one hand on top of the other) (x 3).

4



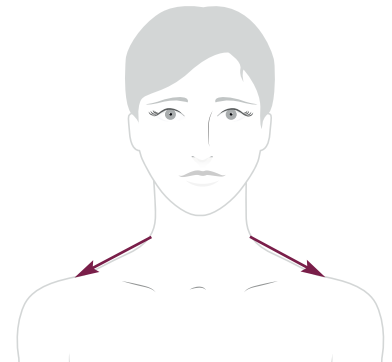
Pressure on the bust (x 3).

5



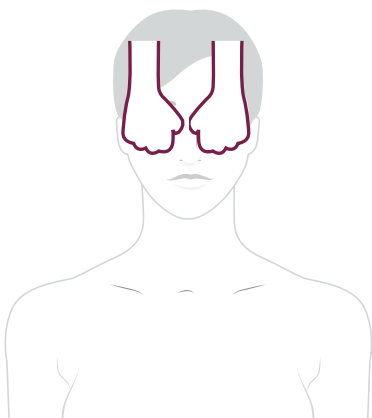
Pressure on the shoulders (x 3).

6



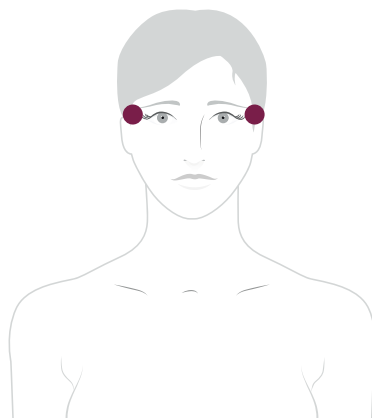
Smoothing action on the trapezius muscles (x 3).

7



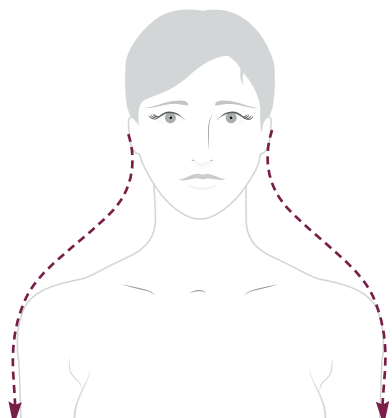
Closed fists placed palms down on the face (x 3).

8



Pressure on the temples (x 3).

9



General smoothing action.

Eye cleansing

Effects : removes make-up, soothes and decongests.

Product selection :



ref. 134060 *

Gentle eye make-up remover lotion

Active ingredient : cornflower water

Facial cleansing

Effects : removes make-up, eliminates impurities and excess sebum.

Product selection :



ref. 400015 *

Foaming cleansing milk

Active ingredients : moisturizing and softening agents

Cleansing

Effects :

- cleanses the skin.
- closes the pores, mattifies and tones the skin.

Product selection :



ref. 401330

Purity cleansing gel

Active ingredients : gentle cleansing bases

+



ref. 400045 *

Balancing tonic lotion

Active ingredients : burdock extract

Eyebrow plucking

Effects : maintains the shape of the eyebrows.

Product selection :



ref. 601116

Pre-epilation lotion

Active ingredient : multivitamin complex

Exfoliation

Effects :

- refines the skin grain, closes the pores, brightens the complexion.
- removes dead skin cells, softens the top of comedos, lightens the complexion.

Product selection :

◆ Grain peel or exfoliating peel



ref. 400165 *

Exfoliating gel

Active ingredients : complex of oligo-elements, vitamins PP and B5

ou



ref. 400163 *

Radiance-revealing exfoliating cream

Active ingredients : extracts of pomegranate, citrus fruits and sage

Steam treatment **

Effects : dilates the pores, dilates the blood vessels, emollient.

Product selection : vapozone with added ozone + pinching large areas to reduce sebum

Manual or electric comedo extraction **

Effects :

- removes comedos.
- cleanses through saponification.

Product selection : - extraction of comedos + sanitizing wipe ref. 601110
or

- electric comedo extractor

TREATMENT PHASE

Special equipment **

Effects :

- heals
- sanitizes

Product selection : High-frequency electrical treatment **or** direct sparking treatment

** Device suggestions only

* Other product packaging sizes are available. See the manual of Product Information Sheets for details of all products references.

Sculpting

Effects : - relaxes.
 - regulates sebaceous function.

Product selection :



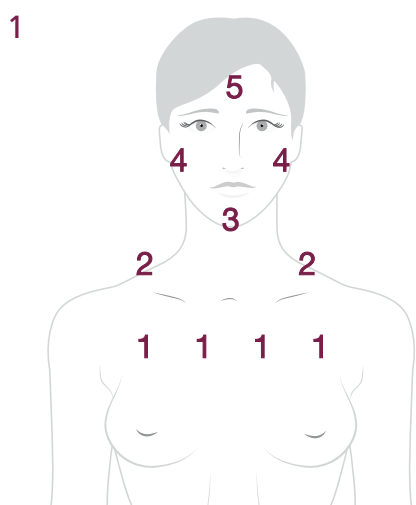
+



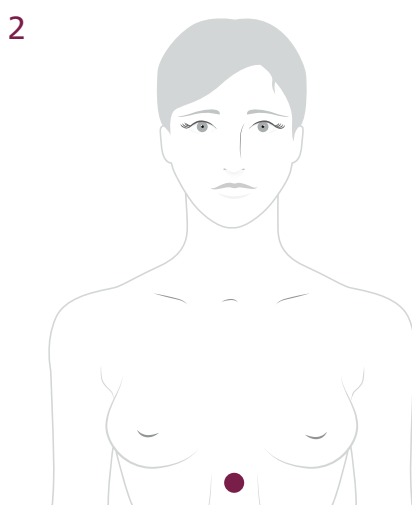
ref. 401522 *
 Sculpting cream

ref. 401535
 Purifying essential oils complex

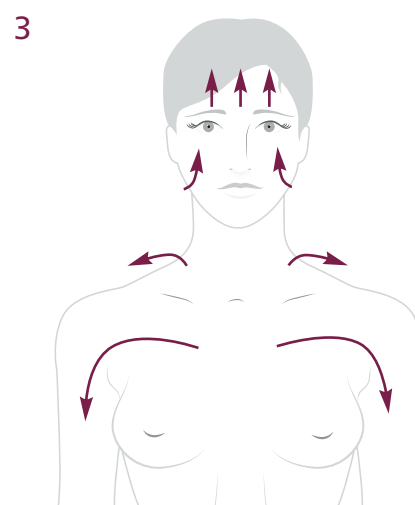
Active ingredient : grape seed oil



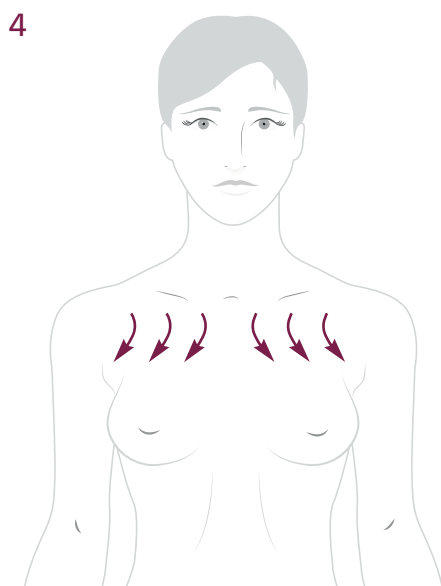
Pressure on the bust, trapezius muscles, chin, cheeks and forehead when applying the cream.



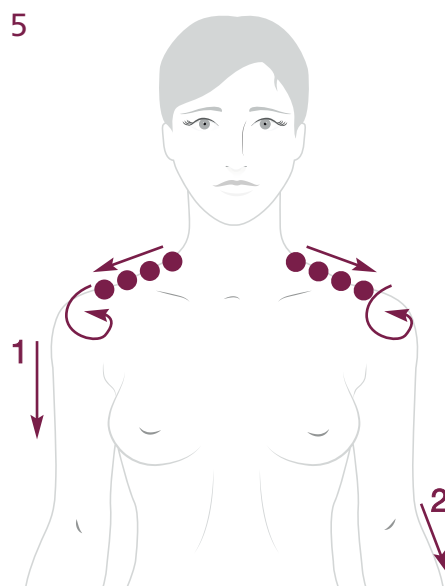
Pressure on the solar plexus (one hand on top of the other) (x 3).



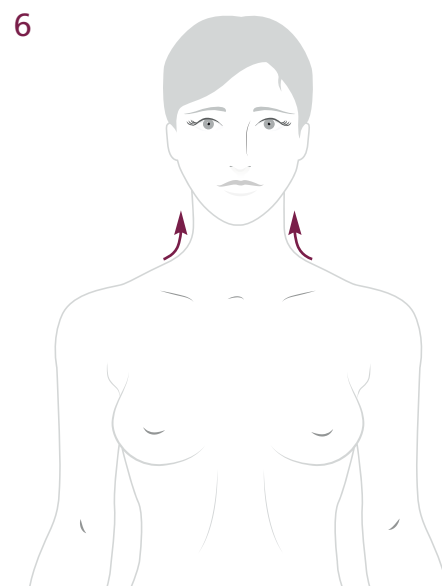
Smoothing action to spread the cream.



Movements spreading outwards on the décolleté (x 3).

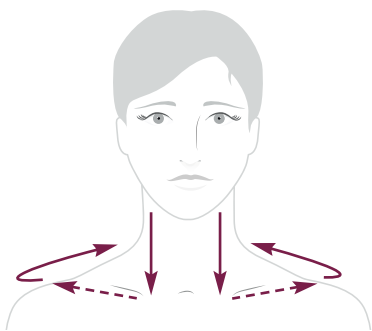


Open hands pressing on the shoulders + to-and-fro movement (x 3).
 Work the trapezius muscles with circular pressure + smoothing.



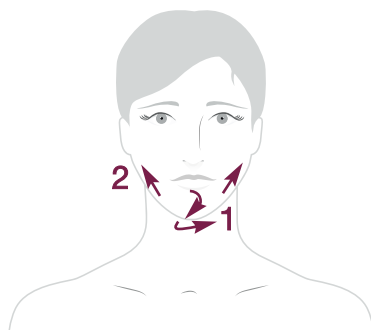
Knead and smooth the nape of the neck centre + sides with both hands (x 3).

7



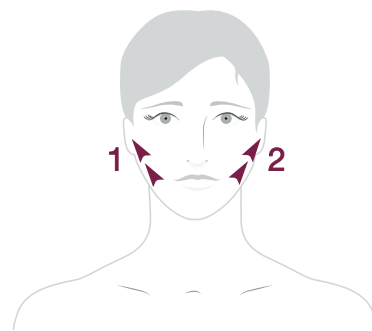
Smooth the sternocleidomastoid muscles with the thumb and index finger
+ open hands pressing on the shoulders (x 3).

8



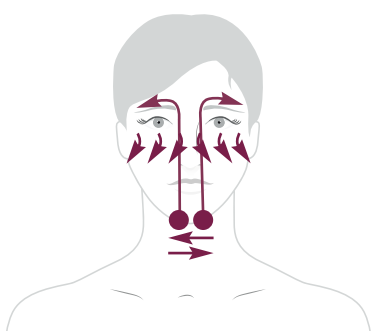
Mentalis muscle and smooth the oval of the face (x 3).

9



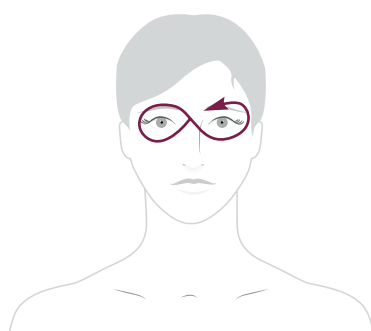
Alternating left and right sliding fingertip pressure on the cheeks.

10



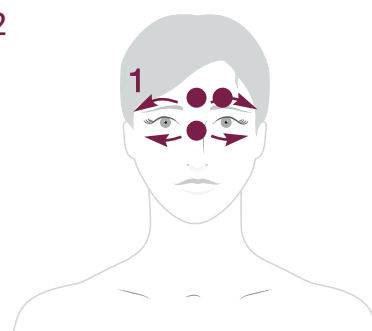
Effleurage on the base of the chin (pressure with alternate thumbs under the chin (x 3)) + chin groove + eye contour with smoothing action + pressure spreading outwards to the temples.

11



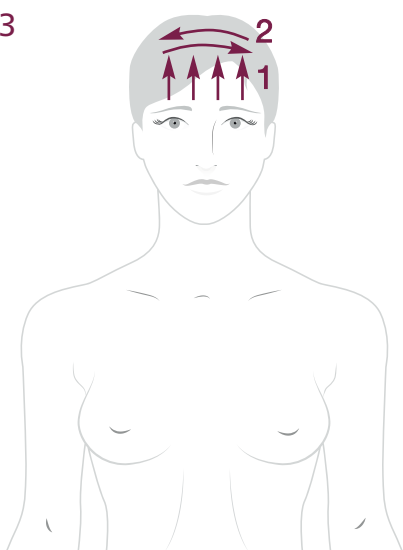
Eye contour: outward smoothing action in a figure of eight with the index and middle fingers (x 3).

12



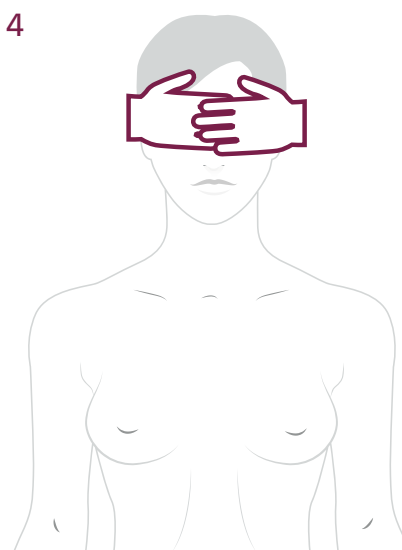
Pressure + smoothing action above and then below the eye contour area (x 3).

13



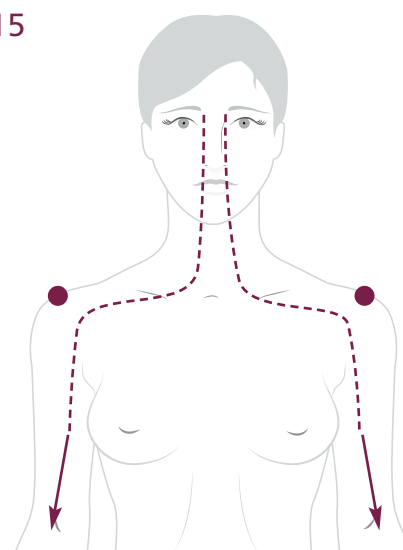
Alternating left and right sliding fingertip pressure on the forehead. + smoothing action with whole hand + hands with fingers interlocked on the forehead. Smoothing action towards the temples (x 3).

14



Cupped hands over the eyes (x 3).

15



General smoothing action with pressure on the shoulders + sweeping.

Mask

- Effects :**
- softens and regenerates. (1)
 - tightens the pores, purifies and creates a healthy glow. (1)
 - limits excess sebum, purifies, removes comedos. (2)
 - absorbs sebum, removes comedos and purifies. (3)

Product selection :

◆ 1. Alginate



+



ref. 401156

Purifying aqueous serum ampoule

Active ingredients : burdock, witch hazel, Fucoert®
(hydrating)

ref. 440082 *

Provençal facial and body mask

Active ingredients : rosemary, olive

◆ 2. Thermal



+



ref. 440042 *

Thermal mask for face and body

Active ingredients : natural gypsum, calcium
sulphate

ref. 401405

Regulating mask with camphor

Active ingredients : camphor, iris extract,
vitamin A, Zinc PCA

◆ 3. Clay



ref. 401151 *

Purifying mask with green clay

Active ingredients : kaolin, green clay,
burdock

Serum application

Effects :

- reduces blemishes and encourages a clear complexion, purifies and softens.
- acts in synergy with the cream. Apply at the end of the treatment.

Product selection :



ref. 401353 *

Blemish-reducing serum

Active ingredients : fruit acids, grapefruit extract, water lily extract

Eye contour cream & mattifying and moisturizing day cream

Effects :

- decongests.
- restores normal sebaceous function, reduces pore size, mattifies, protects from external stresses.

Product selection :



ref. 400090

Eye contour gel

Active ingredients : witch hazel,
cornflower and aloe vera

+



ref. 400205 *

Fluid oil-free cream

Active ingredients : Evermatt (vegetable origin),
shea butter, vitamin E, sodium hyaluronate

COMBINATION SKIN TREATMENT



60 min

- This treatment is for oily-prone combination skin that is shiny due to excess sebum or oily with blemishes that clog the complexion.
- Removes sebum from the medial zone.
- Soothes and moisturizes the lateral zones.

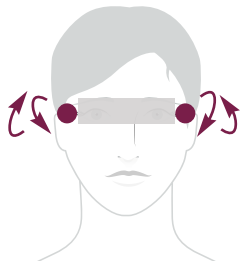
CLEANSING PHASE

Opening sculpting

Effects : initial contact

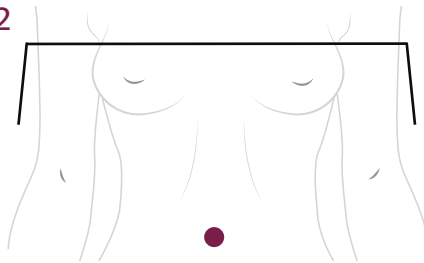
The client lies on her back on a towel, covered with a blanket.
A hot towel is placed lengthways over the client's eyes.

1



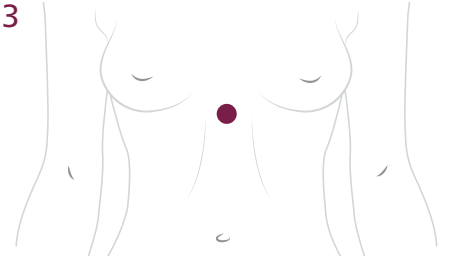
Circular movements with the palms of the hands over the temples (x 3)

2



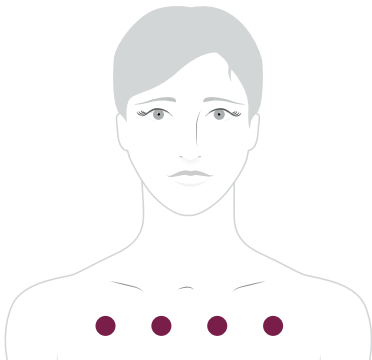
Pressure on the stomach (one hand on top of the other) (x 3).

3



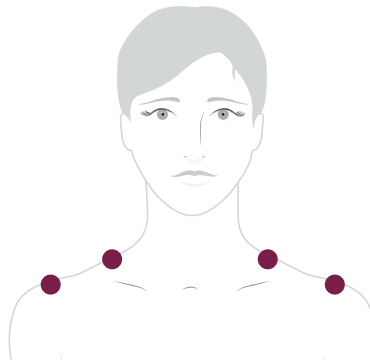
Pressure on the solar plexus (one hand on top of the other) (x 3).

4



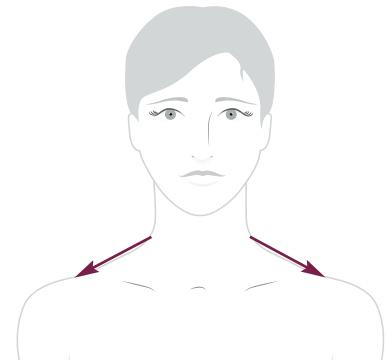
Pressure on the bust (x 3).

5



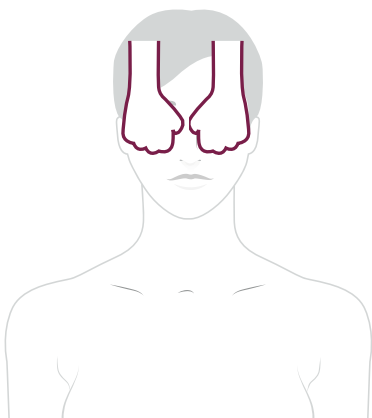
Pressure on the shoulders (x 3).

6



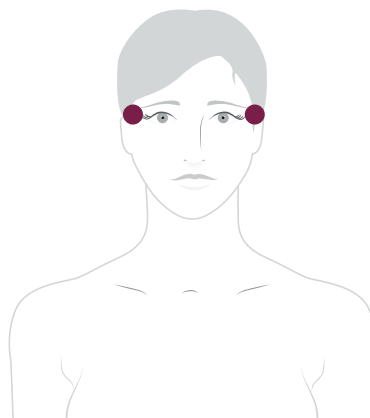
Smoothing action on the trapezius muscles (x 3).

7



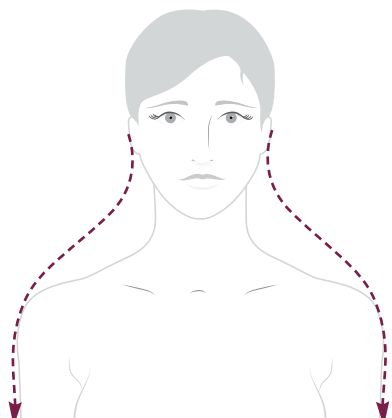
Closed fists placed palms down on the face (x 3).

8



Pressure on the temples (x 3).

9



General smoothing action.

Eye cleansing

Effects : removes make-up, soothes and decongests.

Product selection :



ref. 134060 *

Gentle eye make-up remover lotion

Active ingredient : cornflower water

Facial cleansing

Effects :

- removes make-up, improves skin suppleness. (1)
- removes make-up, impurities and excess sebum. (2)
- cleanses thoroughly and removes limescale residue. (3)
- absorbs excess sebum and closes the pores. (4)

Product selection :

◆ 1



ref. 400006 *

Cleansing milk with vitamins

Active ingredients : allantoin, shea butter, vitamin E

◆ 2



ref. 400015 *

Foaming cleansing milk

Active ingredients : moisturizing and softening agents

or

◆ 3



ref. 400036 *

Tonifying lotion with plant extracts

Active ingredients : Aloe vera, plant extracts

◆ 4



ref. 400045 *

Balancing tonic lotion

Active ingredient : burdock extracts

or

Eyebrow plucking

Effects : maintains the shape of the eyebrows.

Product selection :



ref. 601116

Pre-epilation lotion

Active ingredient : multivitamin complex



Exfoliation

Effects : removes dead skin cells, softens and smooths the skin and optimizes later penetration of active ingredients.

Product selection :

- ◆ Grain peel or exfoliating peel (T zone)



ref. 400165 *

Exfoliating gel

Active ingredients : complex of oligo-elements, vitamins PP and B5.

ou



ref. 400163 *

Radiance-revealing exfoliating cream

Active ingredients : extracts of pomegranate, citrus fruits and sage.

- ◆ Enzyme scrub (cheeks, neck and décolleté)



ref. 401466 *

Chemical scrub

Active ingredients : Keratoline™, flower acids



Tepid spray from 30 cm or steam treatment **

Effects : emollient, soothes, dilates the pores.

Product selection : - Lucas Championnière sprayer

ou

- Vapozone without added ozone + pinching large areas to reduce sebum



Manual or electric comedo extraction **

Effects :

- removes comedos.
- cleanses deep down through saponification

Product selection : sanitizing lotion + electric comedo extractor

** Device suggestions only

* Other product packaging sizes are available. See the manual of Product Information Sheets for details of all products references.

TREATMENT PHASE

Special equipment **

Effects : improves exchange and penetration of the active ingredients in the ampoule: tightens the pores, purifies and has a healthy glow effect.

Product selection :

◆ High-frequency electrical treatment



Electrical treatment + aqueous serum ampoule 401156

or

indirect sparking treatment

Active ingredients : burdock, witch hazel, Fucocert®
(hydrating)

Sculpting

Effects : softens the tissues, enabling better penetration of the nutritive and purifying active ingredients in the serums.

Product selection :



ref. 401522 *
Sculpting cream

+



ref. 401535
Purifying essential oils complex

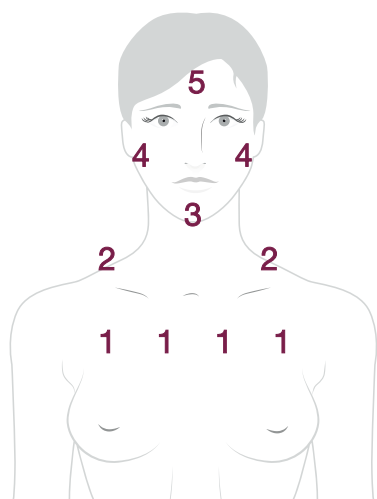
+



ref. 401532
Nourishing essential oils complex

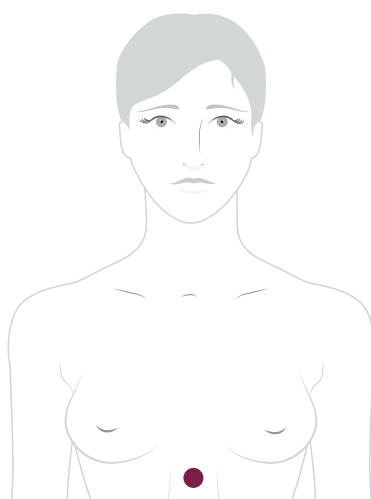
Active ingredient : grape seed oil

1



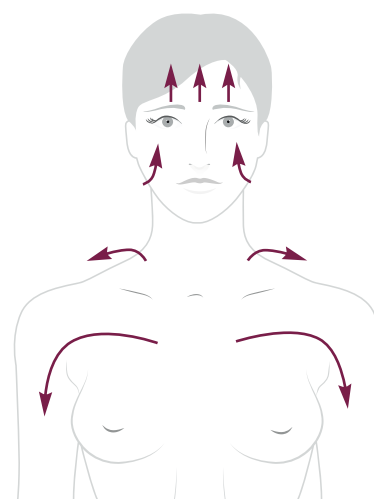
Pressure on the bust, trapezius muscles, chin, cheeks and forehead when applying the cream.

2



Pressure on the solar plexus (one hand on top of the other) (x 3).

3

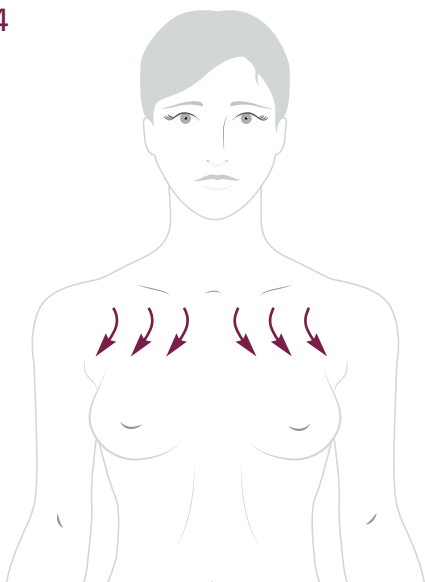


Smoothing action to spread the cream.

** Device suggestions only

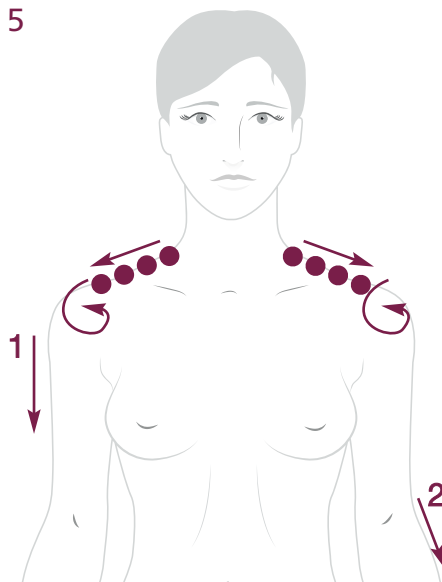
* Other product packaging sizes are available. See the manual of Product Information Sheets for details of all products references.

4



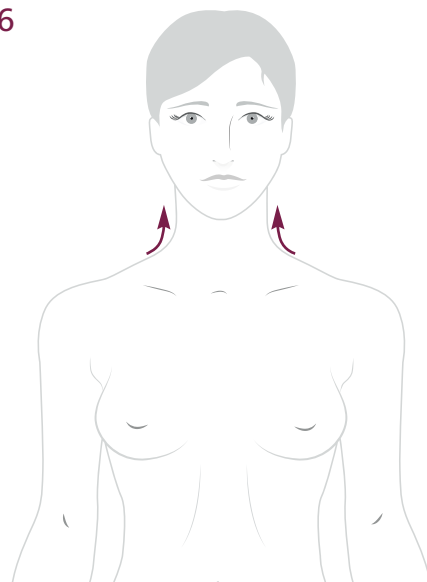
Movements spreading outwards on the décolleté (x 3).

5



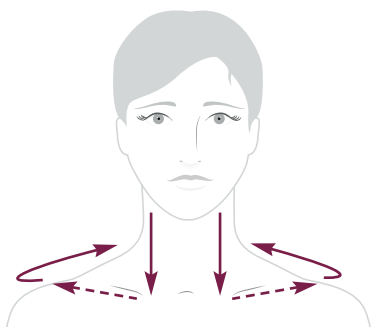
Open hands pressing on the shoulders + to-and-fro movement (x 3). Work the trapezius muscles with circular pressure + smoothing.

6



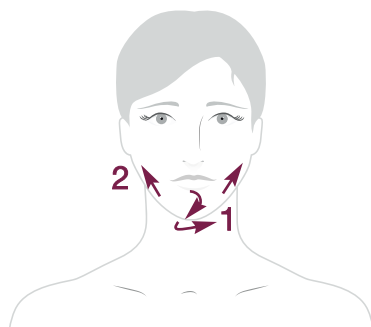
Knead and smooth the nape of the neck centre + sides with both hands (x 3).

7



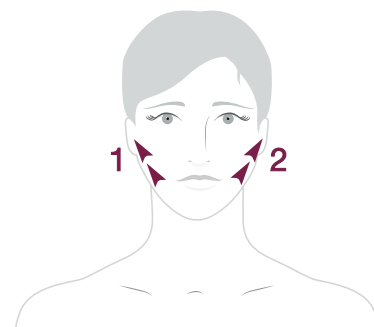
Smooth the sternocleidomastoid muscles with the thumb and index finger + open hands pressing on the shoulders (x 3).

8



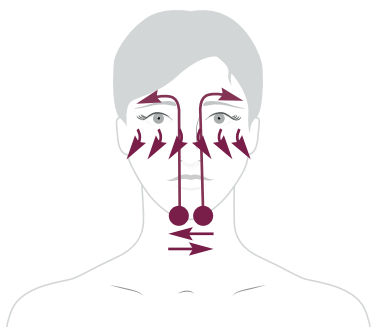
Mentalis muscle and smooth the oval of the face (x 3).

9



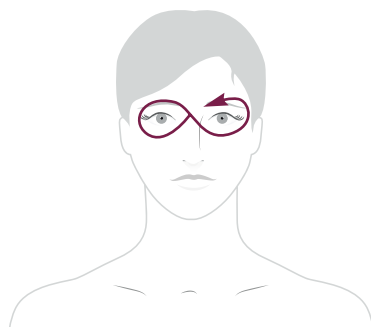
Alternating left and right sliding fingertip pressure on the cheeks.

10



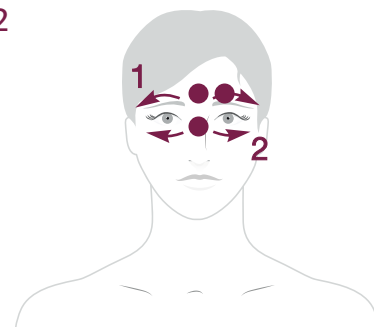
Effleurage of the bottom of the chin (using alternate thumbs under the chin (x 3)) + chin groove + eye contour with smoothing action + pressure spreading outwards to the temples.

11



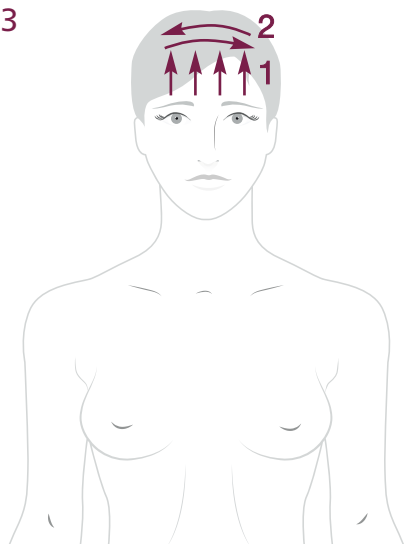
Eye contour: outward smoothing action in a figure of eight with the index and middle fingers (x 3).

12



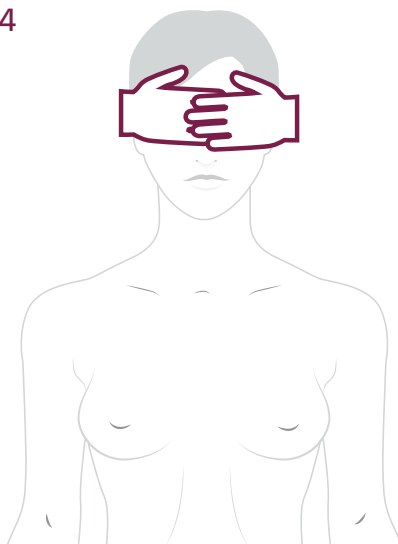
Pressure + smoothing action above and then below the eye contour area (x 3).

13



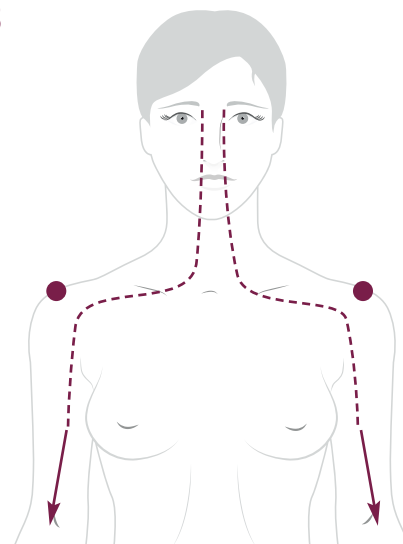
Alternating left and right sliding fingertip pressure on the forehead.+ smoothing action with whole hand + hands with fingers interlocked on the forehead. Smoothing action towards the temples (x 3).

14



Cupped hands over the eyes (x 3).

15



General smoothing action with pressure on the shoulders + sweeping.

Mask

Effects :

- occlusion encourages the penetration of the active ingredients in the purifying, regulating and radiance ampoules. (1)
- nourishes, protects and moisturizes. (2)
- absorbs, removes comedos and purifies. (3)

Product selection :

◆ 1. Alginate



+



+



ref. 401156
Purifying aqueous serum
ampoule

Active ingredients : burdock,
witch hazel, Fucocert®
(hydrating)

ref. 400750 *
Radiance aqueous serum
ampoule

Active ingredients : plant-based
skin-tightening agent, tomato,
hydrating polysaccharide

ref. 440082 *
Provençal facial and body mask
Active ingredients : rosemary, olive

◆ 2. Cream



ref. 400876 *

High-nutrition regenerating cream mask
(neck, cheeks and décolleté)

Active ingredients : Lipidure®, vitamins A, E
and B5, cocoa and shea butter, hazelnut oil

◆ 3. Terreux



ref. 401151 *

Purifying mask with green clay
(T zone)

Active ingredients : kaolin, green clay, burdock

Serum application

- Effects :**
- acts in synergy with the cream. Apply at the end of the treatment.
 - nourishes, soothes and restructures.
 - reduces blemishes and encourages a clear complexion, purifies and softens.

Product selection :



ref. 400850

High-nutrition serum
(neck, cheeks and décolleté)

Active ingredients : cocoa butter, Inca Inchi oil,
apricot stone oil, aquaxyl, Lipidure®

+



ref. 401353 *

Blemish-reducing serum
(T zone)

Active ingredients : fruit acids, grapefruit extract,
water lily extract

Eye contour cream and moisturizing & mattifying day cream

- Effects :**
- decongests, smooths.
 - replenishes the hydrolipid film, protects.
 - mattifies, restores normal sebaceous function.

Product selection :



ref. 400090

Eye contour gel

Active ingredient :
cornflower

+



ref. 400405 *

Intense hydration cream

Active ingredients : aquaxyl, shea butter,
sodium hyaluronate

+



ref. 400205 *

Fluid oil-free cream

Active ingredients : vitamin E, sodium
hyaluronate, Evermatt (vegetable origin)

DRY SKIN TREATMENT



60 min

- This treatment is for dry skin. It restores the epidermis's hydrolipid film by stimulating lipid synthesis, leaving the skin radiant and comfortable.
- Nourishes.

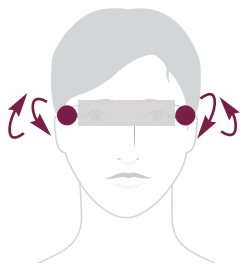
CLEANSING PHASE

Opening sculpting

Effects : initial contact

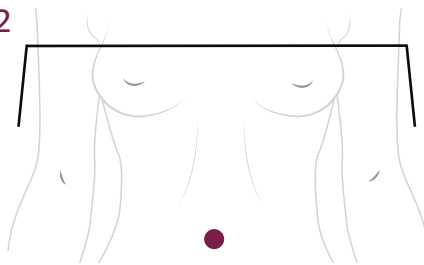
The client lies on her back on a towel, covered with a blanket.
A hot towel is placed lengthways over the client's eyes.

1



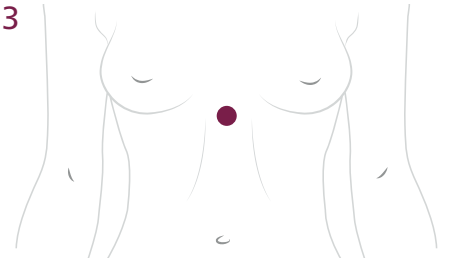
Circular movements with the palms of the hands over the temples (x 3)

2



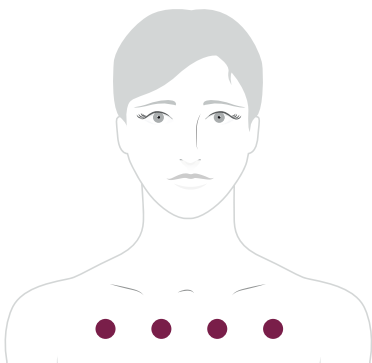
Pressure on the stomach (one hand on top of the other) (x 3).

3



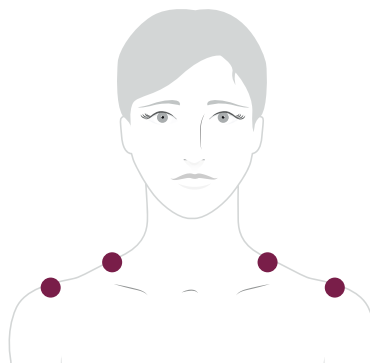
Pressure on the solar plexus (one hand on top of the other) (x 3).

4



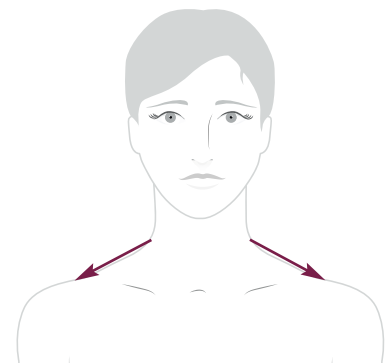
Pressure on the bust (x 3).

5



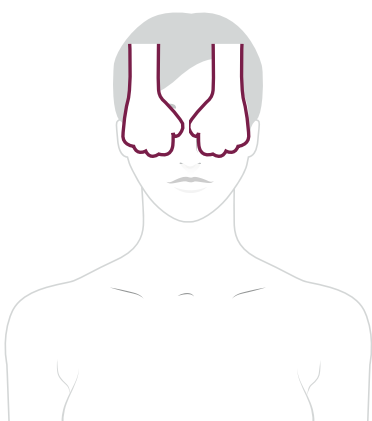
Pressure on the shoulders (x 3).

6



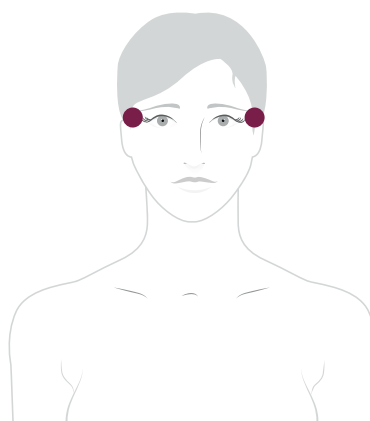
Smoothing action on the trapezius muscles (x 3).

7



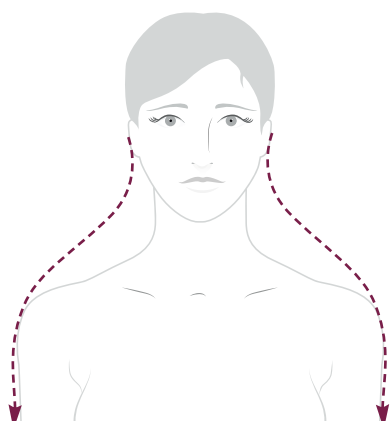
Closed fists placed palms down on the face (x 3).

8



Pressure on the temples (x 3).

9



General smoothing action.

◆◆ Eye cleansing

Effects : removes make-up, soothes and decongests.

Product selection :



ref. 134060 *

Gentle eye make-up remover lotion

Active ingredient : cornflower water

◆◆ Facial cleansing

Effects :

- removes make-up, soothes and decongests.
- improves the skin's suppleness.
- cleanses thoroughly and removes limescale residue.

Product selection :



ref. 400006 *

Cleansing milk with vitamins

Active ingredients : allantoin, shea butter,
vitamin E

+



ref. 400036 *

Tonifying lotion with plant extracts

Active ingredients : Aloe vera, plant extracts

◆◆ Eyebrow plucking

Effects : maintains the shape of the eyebrows.

Product selection :



ref. 601116

Pre-epilation lotion

Active ingredient : multivitamin complex

◆◆ Exfoliation

Effects :

- refines the skin grain
- removes dead skin cells, softens and smooths the skin, optimizes the penetration of the active ingredients applied later.

◆ Grain peel or enzyme scrub



ref. 400065 *

Exfoliating gel

Active ingredients : complex of
oligo-elements, vitamins PP and B5

ou



ref. 401466 *

Chemical scrub

Active ingredients : Keratoline™, flower acids

◆◆ Tepid spray from less than 30 cm **

Effects : emollient, soothes, dilates the pores.

Product selection :



ref. 400036 *

Lucas Championnière sprayer + tonifying lotion with plant extracts

Active ingredient : Aloe vera, plant extracts

TREATMENT PHASE

◆◆ Special equipment **

Effects : encourages the penetration of the active ingredients in the mask or gel: moisturizes, soothes and softens.

Product selection :

◆ Iontophoresis



ref. 401251 *

Moisturizing and relaxing gel mask

Active ingredients : sodium hyaluronate, vitamin B5, silk proteins

ou



ref. 440411

Moisturizing gel for iontophoresis

Active ingredient : moisturizing complex

◆ High-frequency electrical treatment



Electrical treatment + radiance aqueous serum ampoule 400750 *

Active ingredients : plant-based skin-tightening agent, tomato, hydrating polysaccharide

◆◆ Sculpting

Effects : softens the tissues, enabling better penetration of the nutritive active ingredients.

Product selection :



ref. 401570

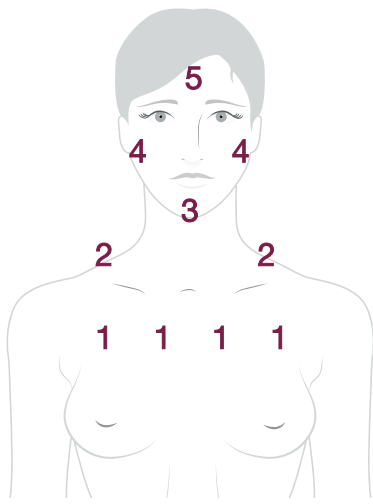
Melt-in honey sculpting balm

Active ingredients : sugars

** Device suggestions only

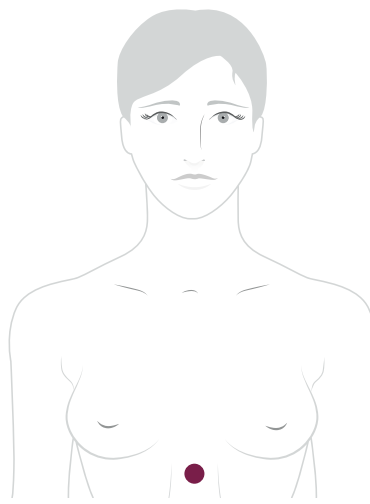
* Other product packaging sizes are available. See the manual of Product Information Sheets for details of all products references.

1



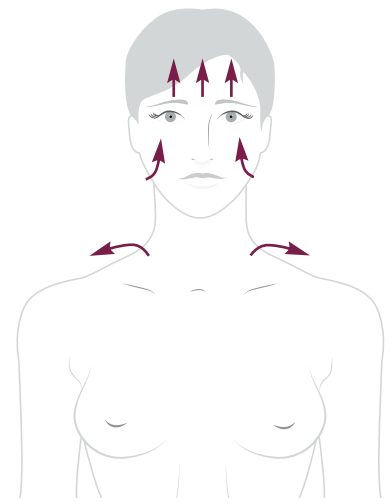
Pressure on the bust, trapezius muscles, chin, cheeks and forehead when applying the cream.

2



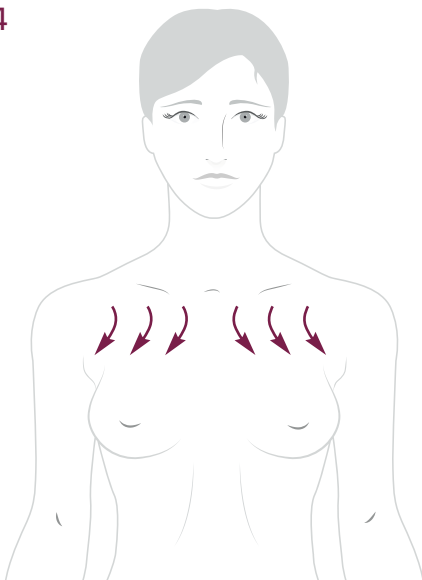
Pressure on the solar plexus (one hand on top of the other) (x 3).

3



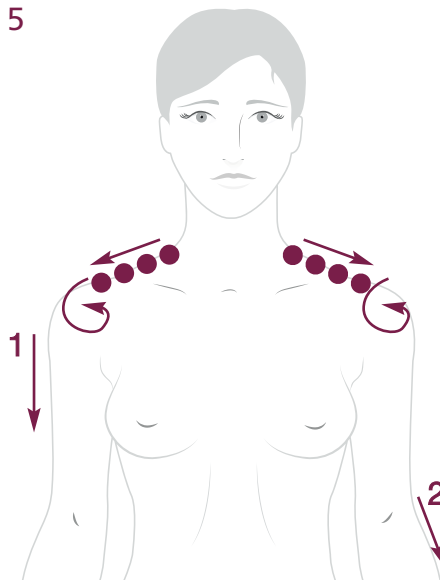
Smoothing action to spread the cream.

4



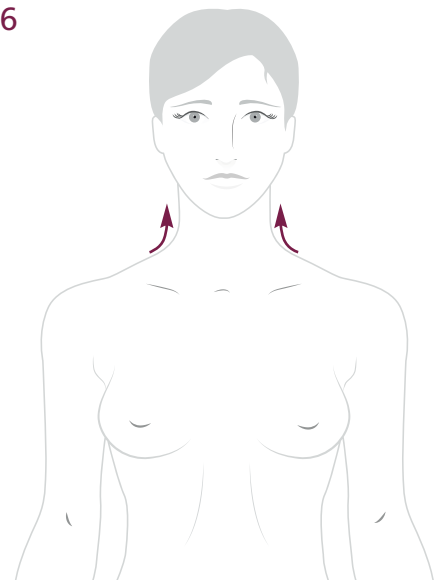
Movements spreading outwards on the décolleté (x 3).

5



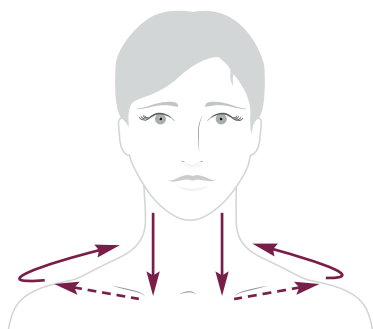
Open hands pressing on the shoulders + to-and-fro movement (x 3). Work the trapezius muscles with circular pressure + smoothing.

6



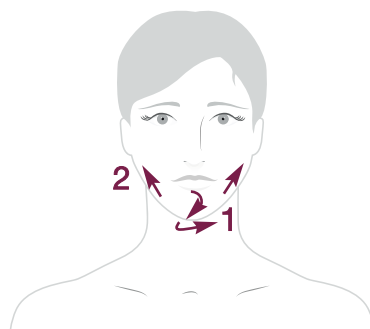
Knead and smooth the nape of the neck centre + sides with both hands (x 3).

7



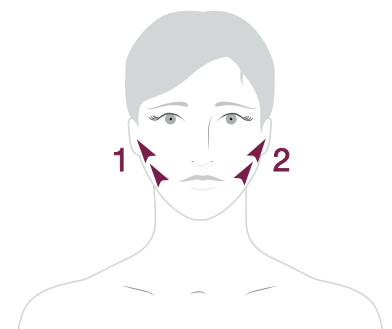
Smooth the sternocleidomastoid muscles with the thumb and index finger + open hands pressing on the shoulders (x 3).

8



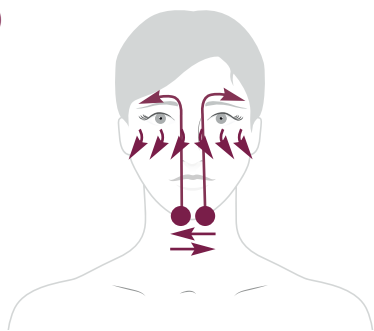
Mentalis muscle and smooth the oval of the face (x 3).

9



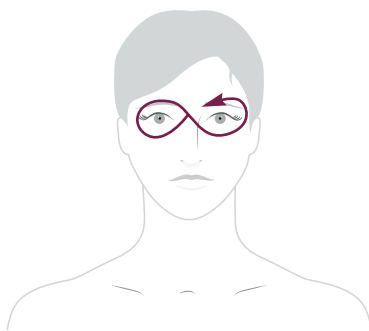
Alternating left and right sliding fingertip pressure on the cheeks.

10



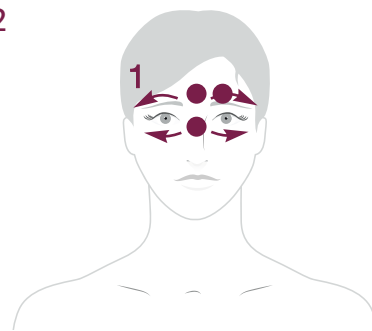
Effleurage on the base of the chin (pressure with alternate thumbs under the chin (x 3)) + chin groove + eye contour with smoothing action + pressure spreading outwards to the temples.

11



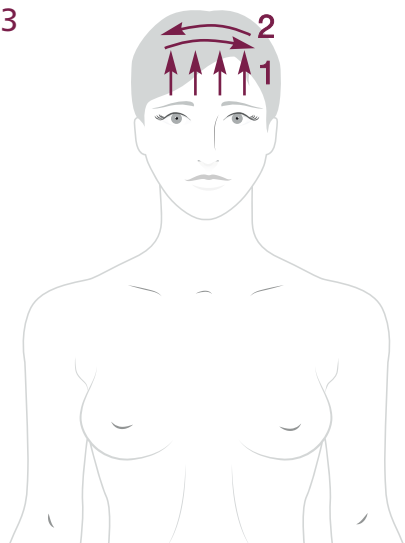
Eye contour: outward smoothing action in a figure of eight with the index and middle fingers (x 3).

12



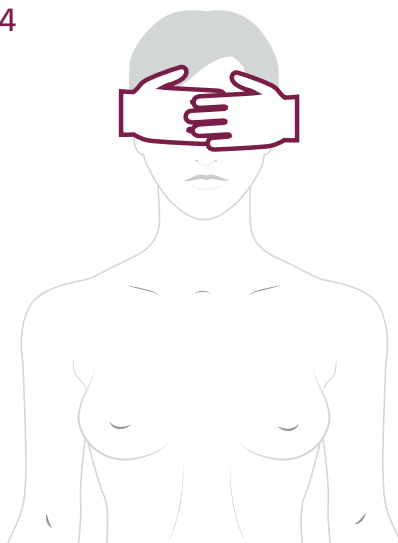
Pressure + smoothing action above and then below the eye contour area (x 3).

13



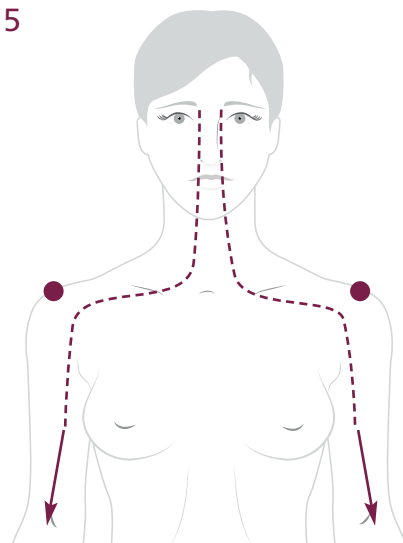
Alternating left and right sliding fingertip pressure on the forehead. + smoothing action with whole hand + hands with fingers interlocked on the forehead. Smoothing action towards the temples (x 3).

14



Cupped hands over the eyes (x 3).

15



General smoothing action with pressure on the shoulders + sweeping.

Mask

Effects :

- occlusion encourages the penetration of the active ingredients in the oil ampoule. (1)
- nourishes and penetrates the horny layer. (2)
- protects and moisturizes. (3)

Product selection :

◆ 1. Alginate



ref. 400856
Oil ampoule

+



ref. 440082 *
Provençal facial and body mask

Active ingredients : vitamins F and E, squalene complex, emollient obtained from plants

Active ingredients : rosemary, lavender, olive

◆ 2. Thermal



ref. 440042 *

Thermal mask for face and body

Active ingredients : natural gypsum, calcium sulphate

+



ref. 400876 *

High-nutrition regenerating cream mask

Active ingredients : Lipidure®, vitamins A, E and B5, cocoa and shea butter, hazelnut oil

◆ 3. Cream



ref. 400876 *

High-nutrition regenerating cream mask

Active ingredients : Lipidure®, vitamins A, E and B5, cocoa and shea butter, hazelnut oil

◆◆ Serum application

Effects :

- acts in synergy with the cream.
- nourishes, soothes and restructures.

Product selection :



ref. 400850

High-nutrition serum

Active ingredients : cocoa butter, Inca Inchi oil, apricot stone oil, aquaxyl, Lipidure®

◆◆ Eye contour cream & day cream

Effects :

- prevents ageing.
- replenishes the hydrolipid film.
- protects the skin.

Product selection :



ref. 400100

Anti-ageing eye contour cream

Active ingredients : green tea, Matrixyl

+



ref. 400865 *

High-nutrition cream

Active ingredients : macadamia oil, shea butter, Inca Inchi oil

SENSITIVE SKIN TREATMENT



60 min

This treatment is for all types of reactive, irritated and sensitive skin, whether temporary or permanent conditions. It leaves the skin suppler, more comfortable and softer and the complexion more even

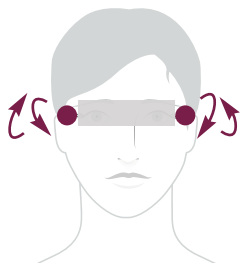
CLEANSING PHASE

Opening sculpting

Effects : initial contact

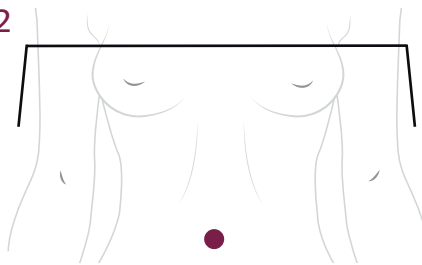
The client lies on her back on a towel, covered with a blanket.
A hot towel is placed lengthways over the client's eyes.

1



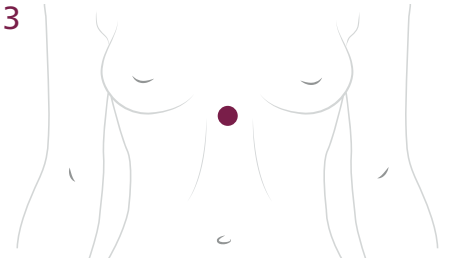
Circular movements with the palms of the hands over the temples (x 3)

2



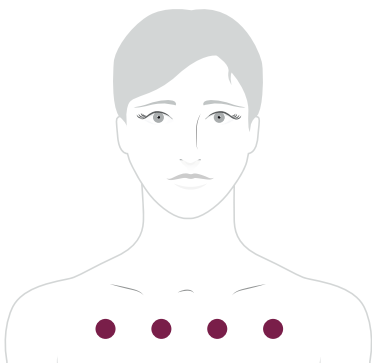
Pressure on the stomach (one hand on top of the other) (x 3).

3



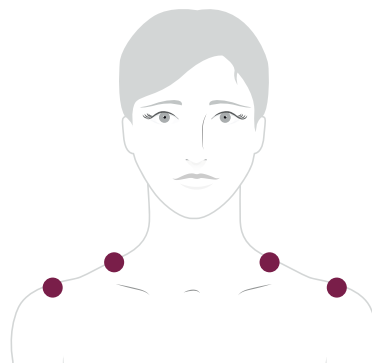
Pressure on the solar plexus (one hand on top of the other) (x 3).

4



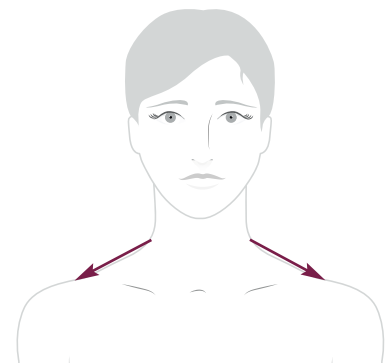
Pressure on the bust (x 3).

5



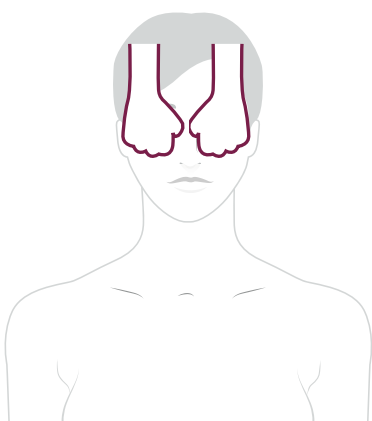
Pressure on the shoulders (x 3).

6



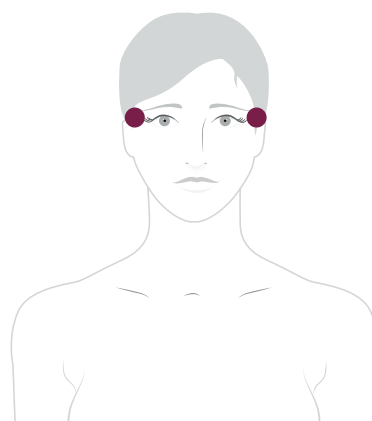
Smoothing action on the trapezius muscles (x 3).

7



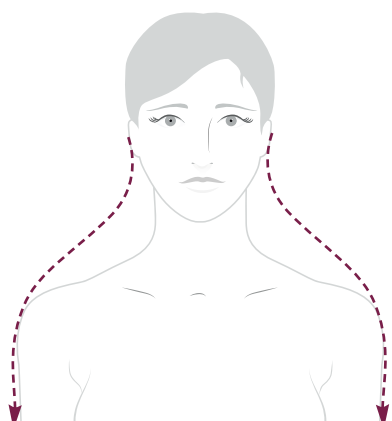
Closed fists placed palms down on the face (x 3).

8



Pressure on the temples (x 3).

9



General smoothing action.

◆◆ Eye cleansing

Effects : removes make-up, soothes and decongests.

Product selection :



ref. 134060 *

Gentle eye make-up remover lotion

Active ingredient : cornflower water

◆◆ Facial cleansing

Effects :

- removes make-up and improves the skin's suppleness.
- cleanses thoroughly and cools and soothes the skin.

Product selection :



ref. 400006 *

Cleansing milk with vitamins

Active ingredients : allantoin, shea butter,
vitamin E

+



ref. 400055 *

Super-moisturizing dew

Active ingredients : sodium hyaluronate,
glycerine, vitamin B5

◆◆ Eyebrow plucking

Effects : maintains the shape of the eyebrows.

Product selection :



ref. 601116

Pre-epilation lotion

Active ingredient : multivitamin complex

◆◆ Exfoliation

Effects : removes dead skin cells, softens and smooths the skin and optimizes later penetration of active ingredients.

◆ Enzyme scrub



ref. 401466 *

Chemical scrub

Active ingredients : Keratoline™, flower acids

◆◆ Spray from less than 30 cm **

Effects : emollient, soothes, dilates the pores.

Product selection :



ref. 400055 **

Lucas Championnière sprayer + super-moisturizing dew

Active ingredients : sodium hyaluronate, glycerine, vitamin B5

TREATMENT PHASE

◆◆ Special equipment **

Effects :

- encourages the penetration of the active ingredients in the aqueous serum ampoule.
- hydrates and stimulates the cells.

Product selection :

◆ High-frequency electrical treatment



Electrical treatment + radiance aqueous serum ampoule 400750 *

Active ingredients : plant-based skin-tightening agent, tomato, hydrating polysaccharide

◆◆ Sculpting

Effects : softens the tissues, calms, decongests.

Product selection :



ref. 401540
Azulene ampoule

Active ingredient : azulene

+



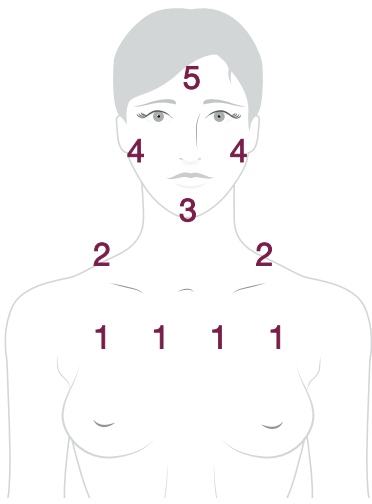
ref. 401522 *
Sculpting cream

Active ingredient : grape seed oil

** Device suggestions only

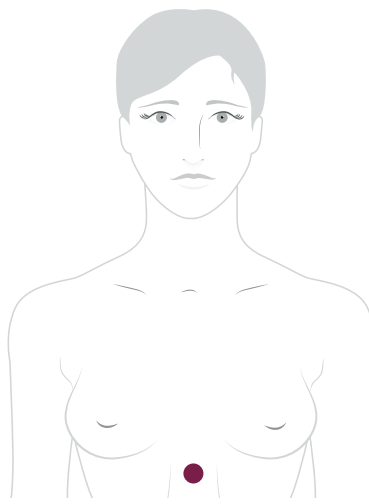
* Other product packaging sizes are available. See the manual of Product Information Sheets for details of all products references.

1



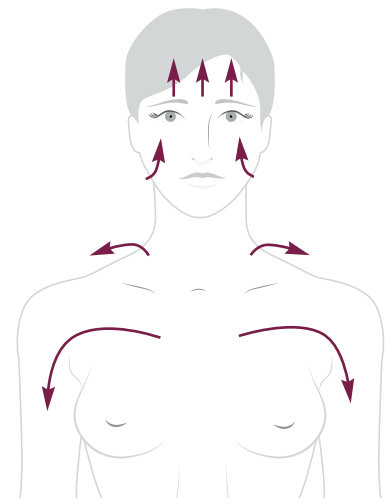
Pressure on the bust, trapezius muscles, chin, cheeks and forehead when applying the cream.

2



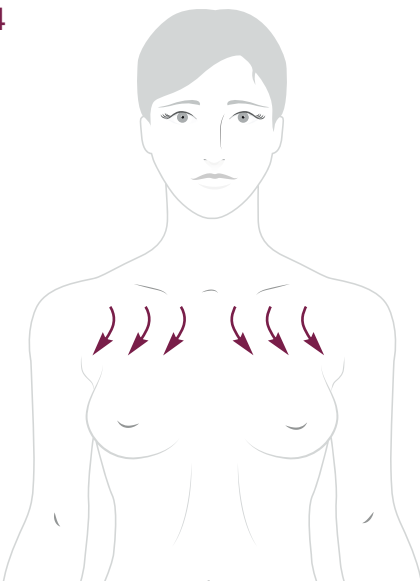
Pressure on the solar plexus (one hand on top of the other) (x 3).

3



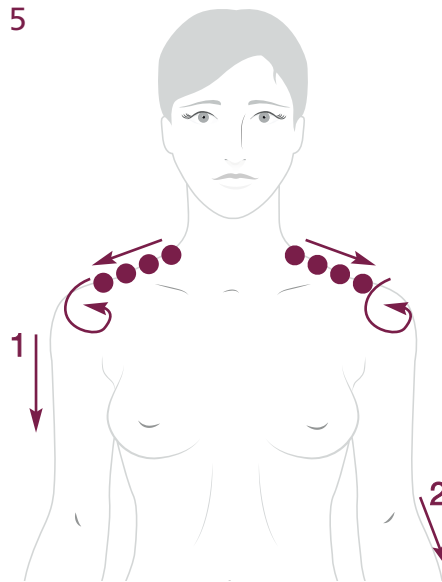
Smoothing action to spread the cream.

4



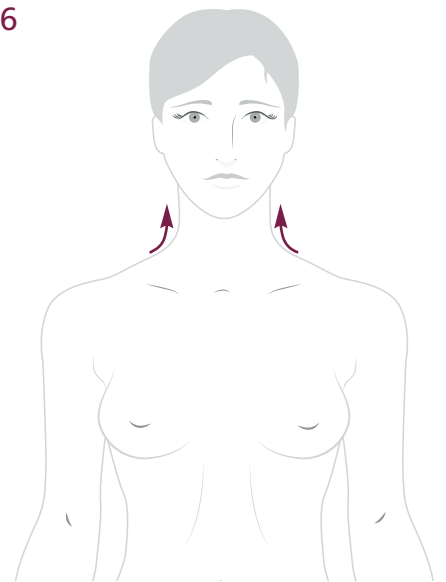
Movements spreading outwards on the décolleté (x 3).

5



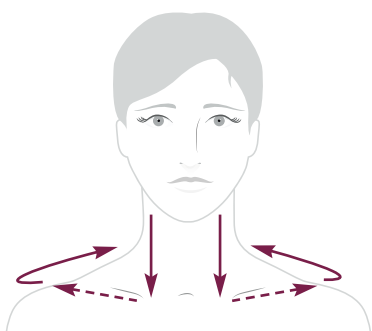
Open hands pressing on the shoulders + to-and-fro movement (x 3).
Work the trapezius muscles with circular pressure + smoothing.

6



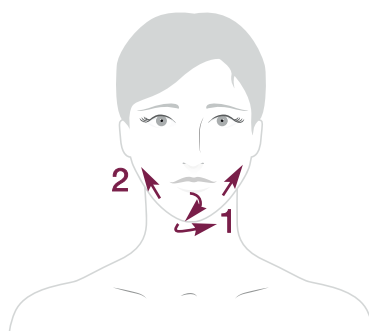
Knead and smooth the nape of the neck centre + sides with both hands (x 3).

7



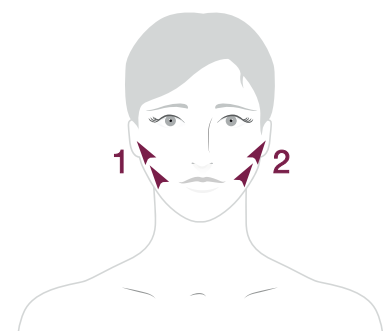
Smooth the sternocleidomastoid muscles with the thumb and index finger + open hands pressing on the shoulders (x 3).

8



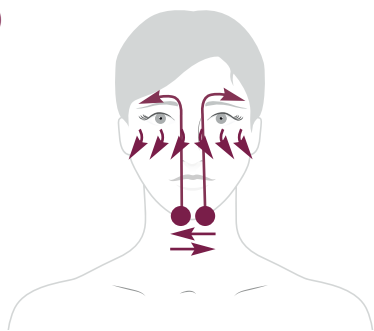
Mentalis muscle and smooth the oval of the face (x 3).

9



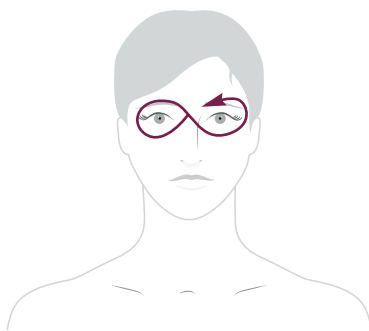
Alternating left and right sliding fingertip pressure on the cheeks.

10



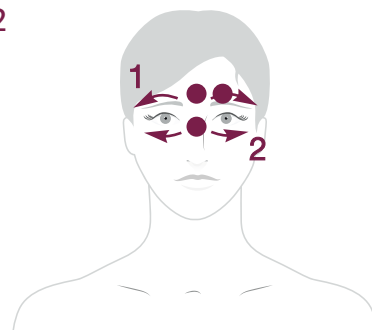
Effleurage of the bottom of the chin (using alternate thumbs under the chin (x 3)) + chin groove + eye contour with smoothing action + pressure spreading outwards to the temples.

11



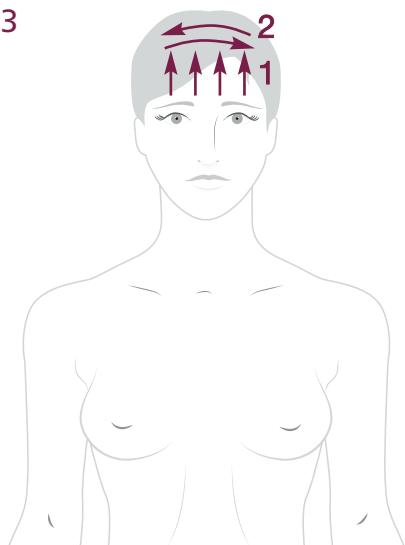
Eye contour: outward smoothing action in a figure of eight with the index and middle fingers (x 3).

12



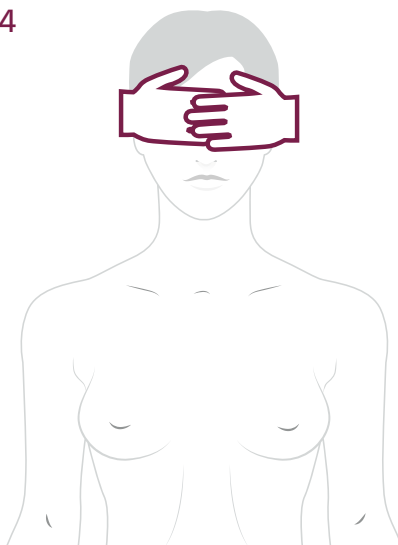
Pressure + smoothing action above and then below the eye contour area (x 3).

13



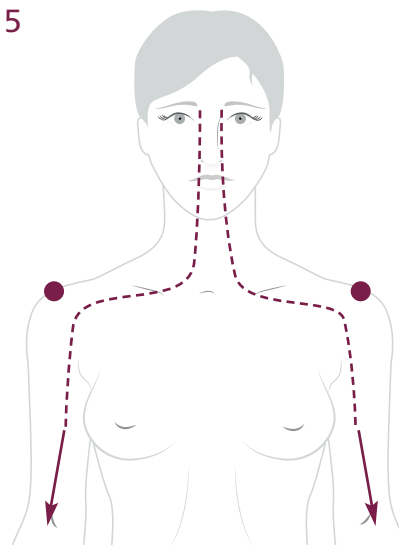
Alternating left and right sliding fingertip pressure on the forehead. + smoothing action with whole hand + hands with fingers interlocked on the forehead. Smoothing action towards the temples (x 3).

14



Cupped hands over the eyes (x 3).

15



General smoothing action with pressure on the shoulders + sweeping.

Mask

Effects :

- occlusion encourages the penetration of the active ingredients in the ampoule: soothes.
- relieves irritation and reduces redness.

Product selection :

◆ Alginate



ref. 401540
Azulene ampoule

Active ingredients : azulene

+



ref. 440082 *
Provençal facial and body mask

Active ingredients : rosemary, lavender, olive

◆ Cream



ref. 401415

Soothing mask with azulene

Active ingredients : azulene, bisabolol

◆◆ Serum application

Effects :

- acts in synergy with the cream applied at the end of the treatment.
- restructures the skin barrier.
- reduces inflammation.

Product selection :



ref. 400363 *

Soothing serum

Active ingredients : omega 6 ceramide, Fucogel, mallow and liquorice extracts

◆◆ Eye contour cream and protecting & soothing day cream

Effects :

- prevents ageing, smooths out fine lines, respects the hypersensitivity of the eye contour area.
- replenishes the hydrolipid film, protects the skin, maintains optimum hydration, soothes even the most sensitive skin.

Product selection :



ref. 400100

Anti-ageing eye contour cream

Active ingredients : green tea

+



ref. 400350 *

Active cream

Active ingredients : shea butter, vitamin E,
sodium hyaluronate, Skinasensyl™

DEHYDRATED SKIN TREATMENT



60 min

This treatment is for dehydrated skin of all types. It is designed to rehydrate the epidermis to restore the skin's suppleness, softness and radiance.

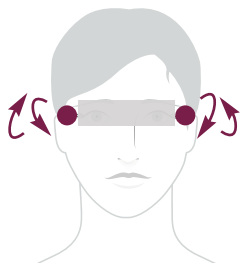
CLEANSING PHASE

Opening sculpting

Effects : initial contact

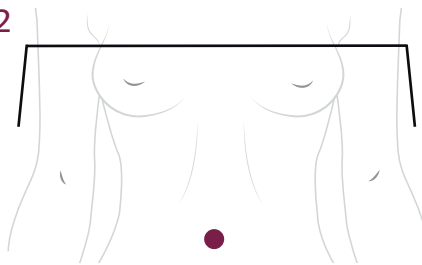
The client lies on her back on a towel, covered with a blanket. A hot towel is placed lengthways over the client's eyes.

1



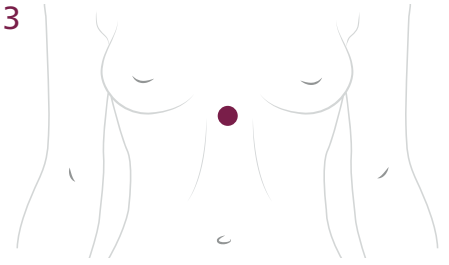
Circular movements with the palms of the hands over the temples (x 3)

2



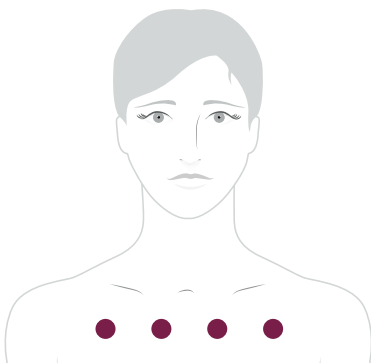
Pressure on the stomach (one hand on top of the other) (x 3).

3



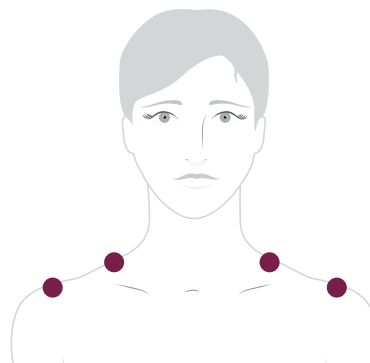
Pressure on the solar plexus (one hand on top of the other) (x 3).

4



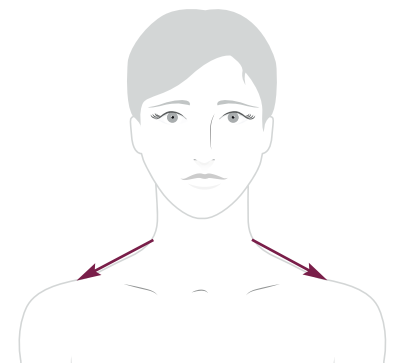
Pressure on the bust (x 3).

5



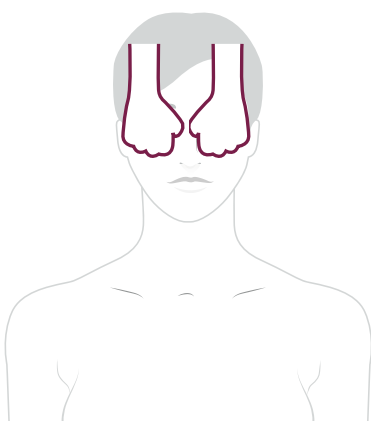
Pressure on the shoulders (x 3).

6



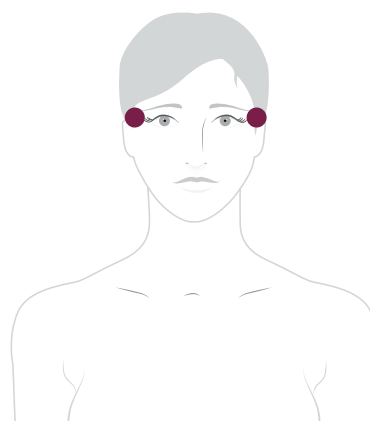
Smoothing action on the trapezius muscles (x 3).

7



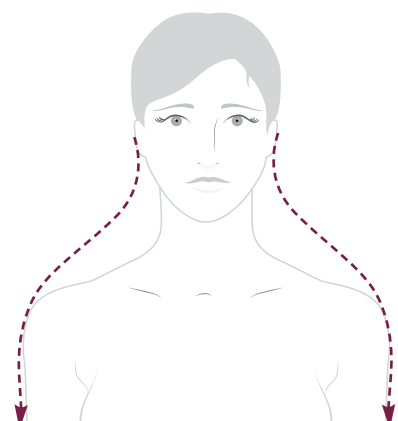
Closed fists placed palms down on the face (x 3).

8



Pressure on the temples (x 3).

9



General smoothing action.

◆◆ Eye cleansing

Effects : removes make-up, soothes and decongests.

Product selection :



ref. 134060 *

Gentle eye make-up remover lotion

Active ingredient : cornflower water

◆◆ Facial cleansing

Effects :

- removes make-up and improves the skin's suppleness.
- cleanses thoroughly, cools the skin and revives the complexion.

Product selection :



ref. 400006 *

Cleansing milk with vitamins

Active ingredients : allantoin, shea butter, vitamin E

+



ref. 400055 *

Super-moisturizing dew

Active ingredients : sodium hyaluronate, glycerine, vitamin B5

◆◆ Eyebrow plucking

Effects : maintains the shape of the eyebrows.

Product selection :



ref. 601116

Pre-epilation lotion

Active ingredient : multivitamin complex

◆◆ Exfoliation

Effects :

- removes dead skin cells, softens and smooths the skin.
- optimizes the penetration of the active ingredients applied later.

◆ Grain peel or enzyme scrub



ref. 400165 *

Exfoliating gel with oligo-elements

Active ingredients : complex of oligo-elements, vitamins PP and B5

or



ref. 401466 *

Chemical scrub

Active ingredients : Keratoline™, flower acids

◆◆ Tepid spray from less than 30 cm **

Effects : emollient, soothes, dilates the pores.

Product selection :



ref. 400055

Lucas Championnière sprayer + super-moisturizing dew

Active ingredient : sodium hyaluronate, glycerine, vitamin B5

TREATMENT PHASE

◆◆ Special equipment **

Effects :

- encourages the penetration of the active ingredients in the mask or gel: moisturizes, soothes and softens.
- hydrates and stimulates the cells.

Product selection :

◆ Iontophoresis



ref. 401251 *

Moisturizing and relaxing gel mask

Active ingredients : sodium hyaluronate, vitamin B5, silk proteins, witch hazel water

ou



ref. 440411

Moisturizing gel for iontophoresis

Active ingredient : moisturizing complex

◆ High-frequency electrical treatment



Electrical treatment + aqueous serum ampoule with caviar 401542

Active ingredients : caviar extract, sodium hyaluronate

◆◆ Sculpting

Effects : softens the tissues, enabling better penetration of the nourishing active ingredients.

Product selection :



ref. 401570

Melt-in honey sculpting balm

Active ingredients : sugars

+



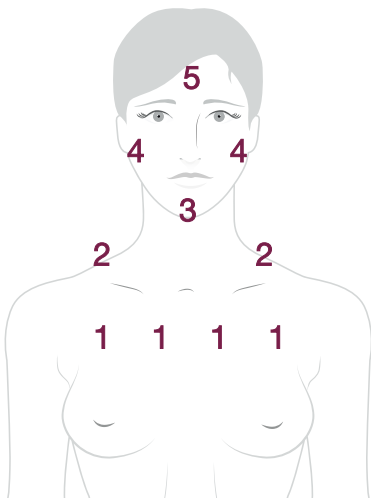
ref. 401531

Relaxing essential oils complex

** Device suggestions only

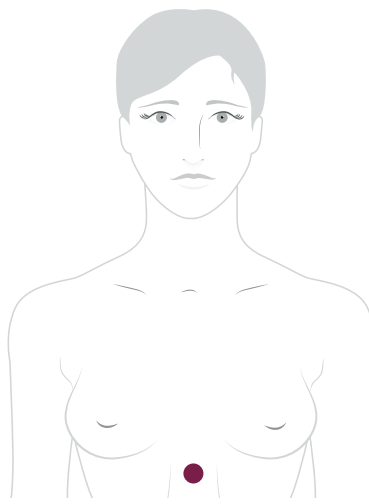
* Other product packaging sizes are available. See the manual of Product Information Sheets for details of all products references.

1



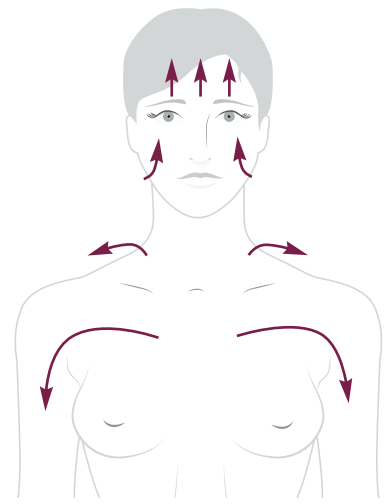
Pressure on the bust, trapezius muscles, chin, cheeks and forehead when applying the cream.

2



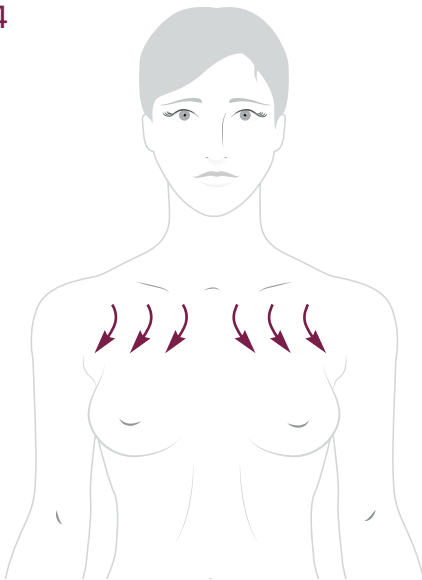
Pressure on the solar plexus (one hand on top of the other) (x 3).

3



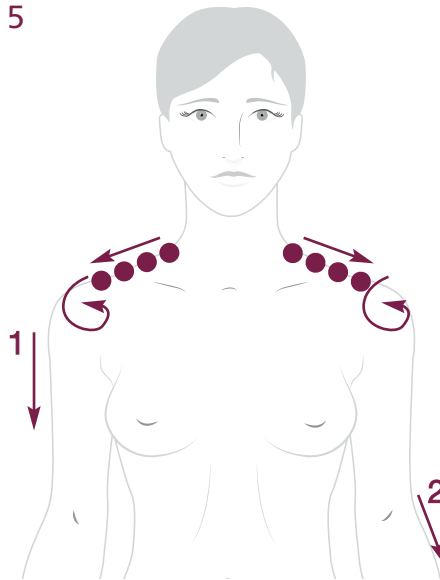
Smoothing action to spread the cream.

4



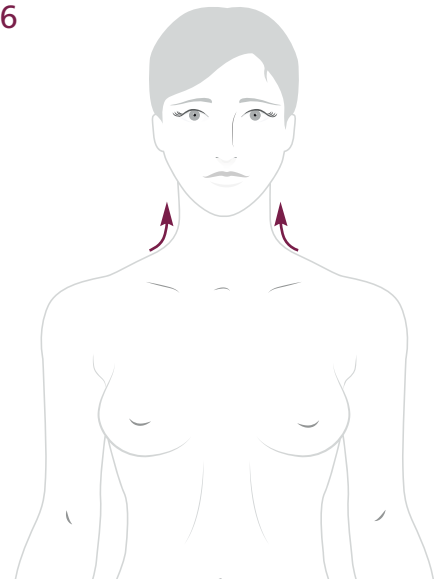
Movements spreading outwards on the décolleté (x 3).

5



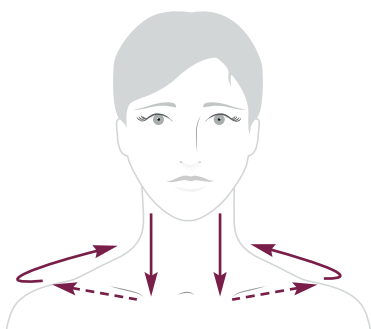
Open hands pressing on the shoulders + to-and-fro movement (x 3).
Work the trapezius muscles with circular pressure + smoothing.

6



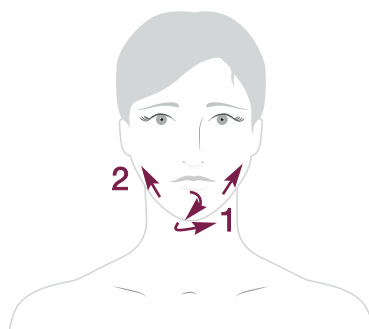
Knead and smooth the nape of the neck centre + sides with both hands (x 3).

7



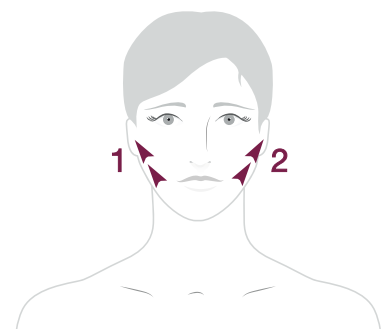
Smooth the sternocleidomastoid muscles with the thumb and index finger + open hands pressing on the shoulders (x 3).

8



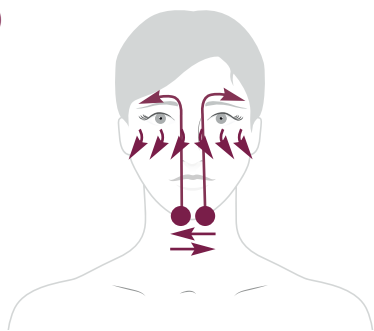
Mentalis muscle and smooth the oval of the face (x 3).

9



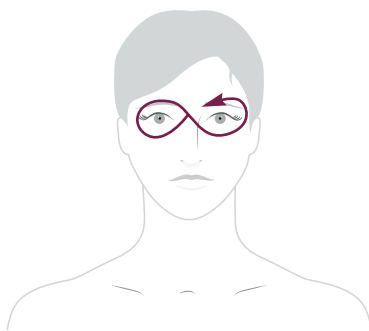
Alternating left and right sliding fingertip pressure on the cheeks.

10



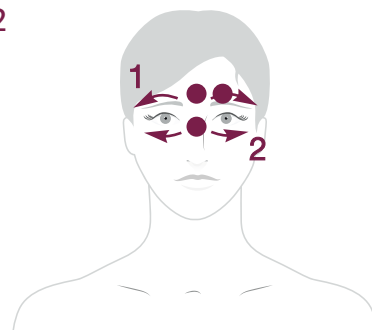
Effleurage of the bottom of the chin (using alternate thumbs under the chin (x 3)) + chin groove + eye contour with smoothing action + pressure spreading outwards to the temples.

11



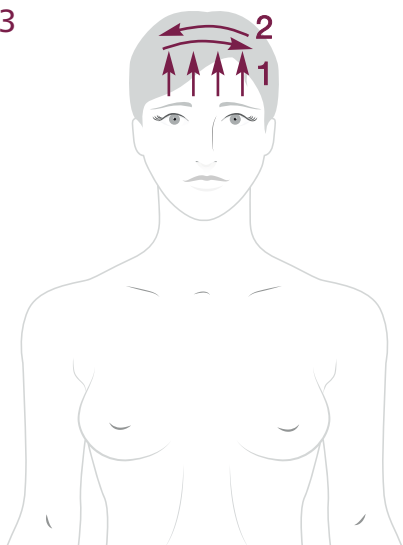
Eye contour: outward smoothing action in a figure of eight with the index and middle fingers (x 3).

12



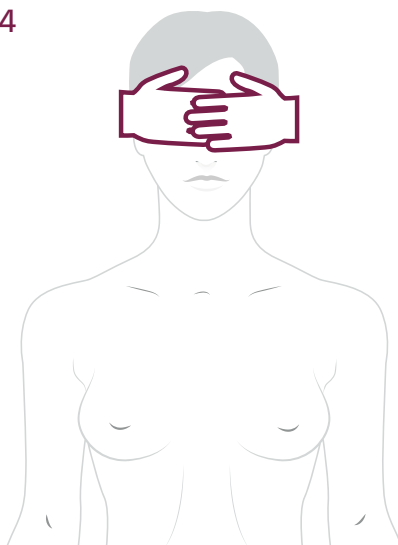
Pressure + smoothing action above and then below the eye contour area (x 3).

13



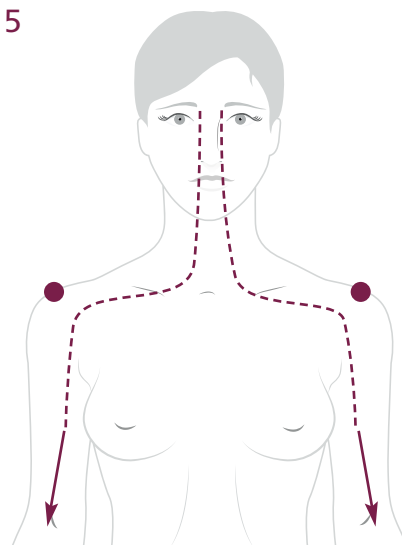
Alternating left and right sliding fingertip pressure on the forehead. + smoothing action with whole hand + hands with fingers interlocked on the forehead. Smoothing action towards the temples (x 3).

14



Cupped hands over the eyes (x 3).

15



General smoothing action with pressure on the shoulders + sweeping.

Mask

- Effects :**
- occlusion encourages the penetration of the active ingredients in the ampoule, smooths out fine lines. (1)
 - occlusion encourages the penetration of the moisturizing active ingredients (2)
 - hydrates. (3)
 - radiance-boosting, creates a film by plumping up the surface of the skin. (4)

Product selection :

- ◆ 1. Alginate



ref. 401542

Aqueous serum ampoule with caviar

Active ingredients : caviar extract, sodium hyaluronate

+



ref. 440082 *

Provençal facial and body mask

Active ingredients : rosemary, lavender, olive

* Other product packaging sizes are available. See the manual of Product Information Sheets for details of all products references.

◆ 2. Thermal



ref. 440042 *

Thermal mask for face and body

Active ingredient : natural gypsum

+



ref. 401435

Intense hydration mask

Active ingredients : aquaphyline (a naturally occurring hydrating agent), sesame oil, shea butter

◆ 3. Cream



ref. 401435

Intense hydration mask

Active ingredients : aquaphyline (a naturally occurring hydrating agent), sesame oil, shea butter

or

◆ 4. Collagen sheet *



ref. 400125

Collagen sheet *

Active ingredients : collagen fibres

◆◆ Serum application

Effects :

- acts in synergy with the cream applied at the end of the treatment.
- hydrates intensely and durably.

Product selection :



ref. 400801

Intense hydration serum

Active ingredients : odium hyaluronate, grapefruit extract, bilberry extract

◆◆ Eye contour cream & moisturizing day cream

Effects :

- decongests
- prevents ageing, smooths out fine lines, replenishes the hydrolipid film, protects the skin, maintains optimum hydration.

Product selection :



ref. 400090

Eye contour gel

Active ingredients : witch hazel, cornflower and aloe vera

+



ref. 400405

Intense hydration cream *

Active ingredients : aquaxyl, shea butter, sodium hyaluronate

DULL AND TIRED SKIN TREATMENT



60 min

This treatment is for skin of all types that is 'stressed' and lacks energy and brightness. It restores the skin's radiance and refines the skin grain, making it softer and hydrating it.

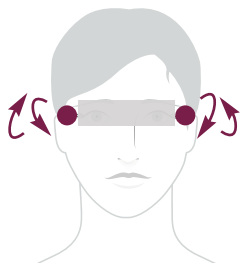
CLEANSING PHASE

Opening sculpting

Effects : initial contact

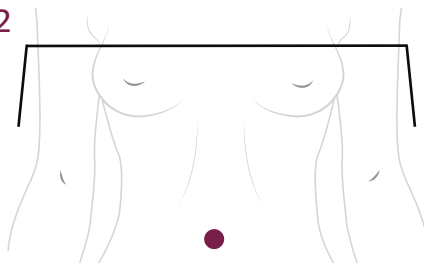
The client lies on her back on a towel, covered with a blanket.
A hot towel is placed lengthways over the client's eyes.

1



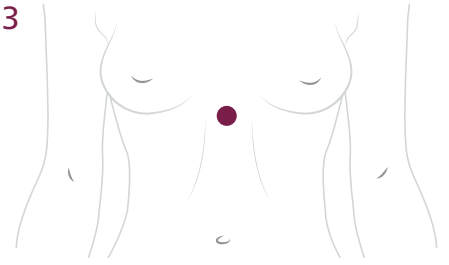
Circular movements with the palms of the hands over the temples (x 3)

2



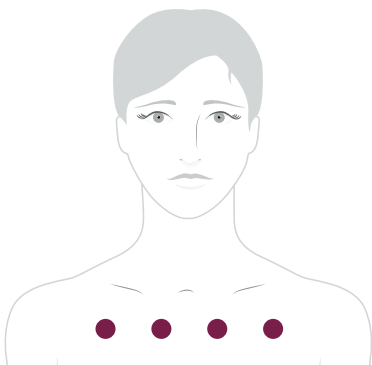
Pressure on the stomach (one hand on top of the other) (x 3).

3



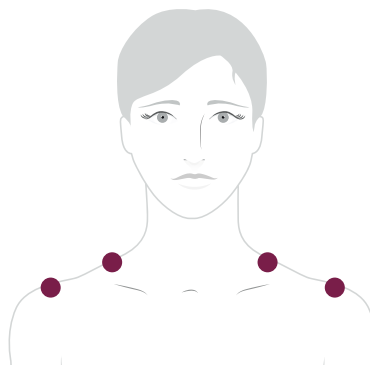
Pressure on the solar plexus (one hand on top of the other) (x 3).

4



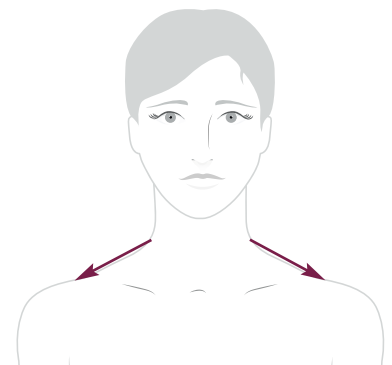
Pressure on the bust (x 3).

5



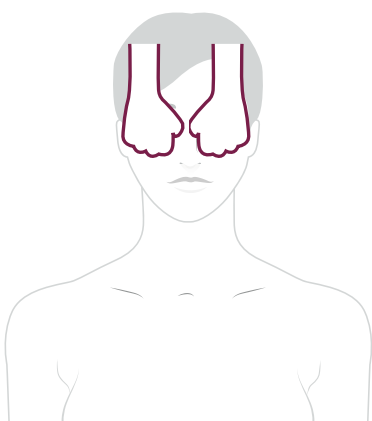
Pressure on the shoulders (x 3).

6



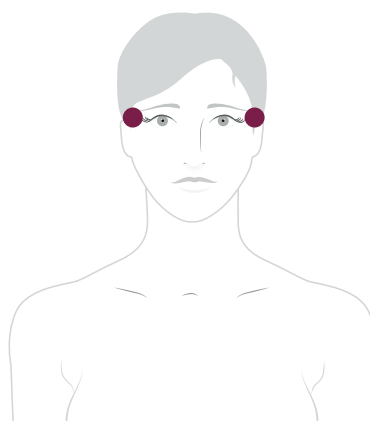
Smoothing action on the trapezius muscles (x 3).

7



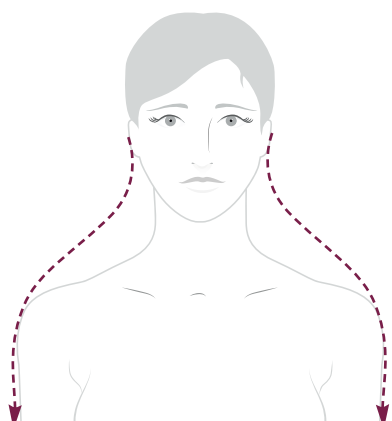
Closed fists placed palms down on the face (x 3).

8



Pressure on the temples (x 3).

9



General smoothing action.

Eye cleansing

Effects : removes make-up, soothes and decongests.

Product selection :



ref. 134060 *

Gentle eye make-up remover lotion

Active ingredient : cornflower water

Facial cleansing

Effects :

- removes make-up and eliminates excess sebum.
- cleanses thoroughly, refreshes.

Product selection :



ref. 400015 *

Foaming cleansing milk

Active ingredients : moisturizing and softening agents

+



ref. 400036 *

Tonifying lotion with plant extracts

Active ingredients : Aloe vera, plant extracts

Eyebrow plucking

Effects : maintains the shape of the eyebrows.

Product selection :



ref. 601116

Pre-epilation lotion

Active ingredient : multivitamin complex

Exfoliation

Effects : refines the skin grain, brightens the complexion, encourages the penetration of the active ingredients.

◆ Exfoliating peel



ref. 400163

Radiance revealing cream scrub *

Active ingredients : Keratoline™, flower acids

Steam treatment **

Effects : oxygenates the skin, dilates the pores, stimulates.

Product selection : vapozone with added ozone.

TREATMENT PHASE

Special equipment **

Effects : Encourages the penetration of the active ingredients in the ampoule: reduces wrinkles and fine lines and smooths away signs of tiredness.

Product selection : High-frequency electrical treatment



Electrical treatment + radiance aqueous serum ampoule 400752 *

Active ingredients : plant-based skin-tightening agent, tomato, hydrating polysaccharide

Sculpting

Effects : activates the microcirculation, boosting tissue oxygenation.

Product selection :



ref. 401522 *
Sculpting cream

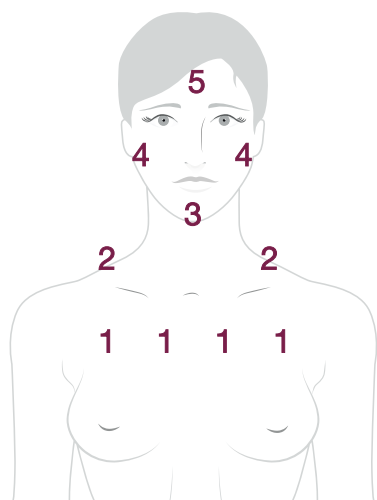
Active ingredients : grape seed oil

+



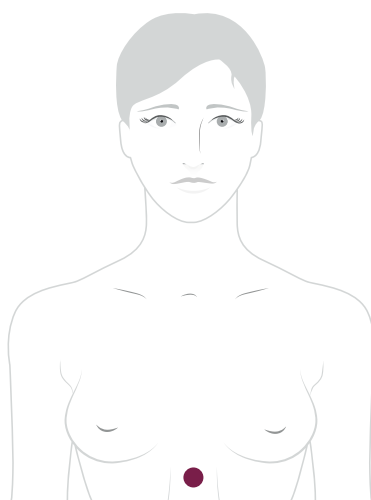
ref. 401530
Energizing essential oils complex

1



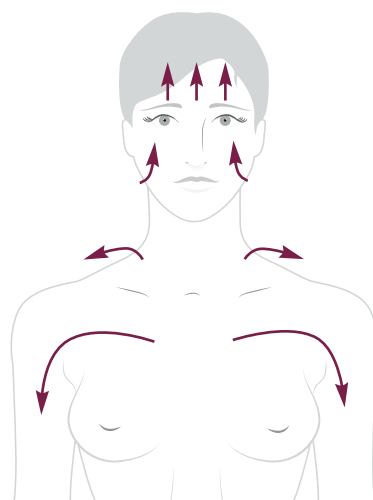
Pressure on the bust, trapezius muscles, chin, cheeks and forehead when applying the cream.

2



Pressure on the solar plexus (one hand on top of the other) (x 3).

3

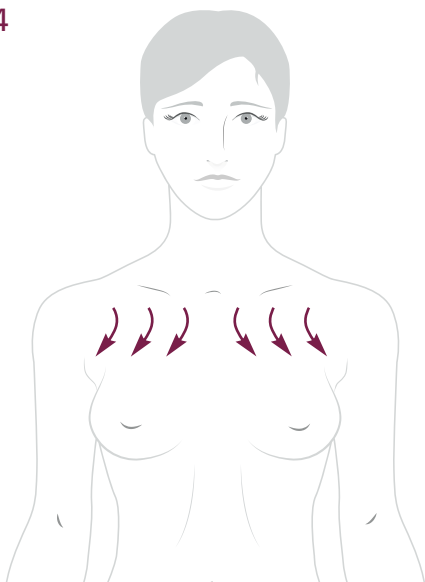


Smoothing action to spread the cream.

** Device suggestions only

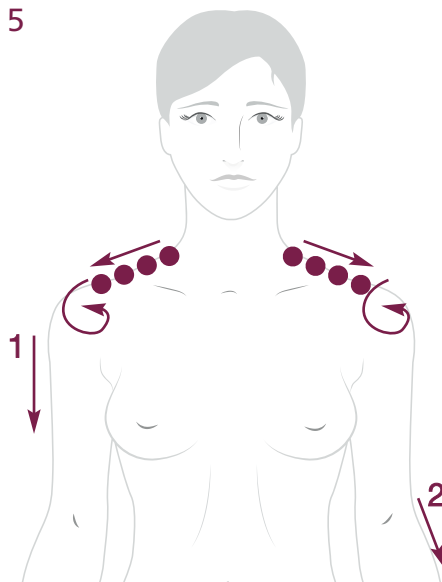
* Other product packaging sizes are available. See the manual of Product Information Sheets for details of all products references.

4



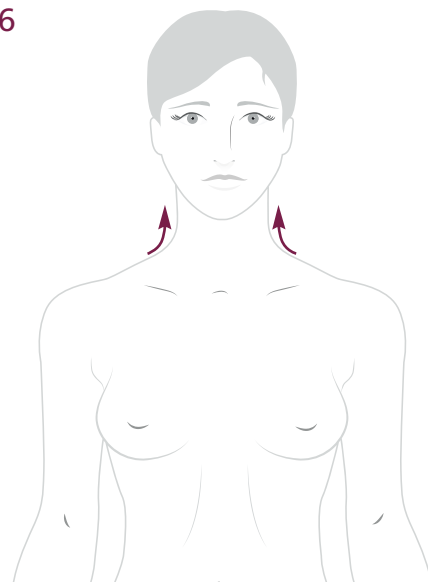
Movements spreading outwards on the décolleté (x 3).

5



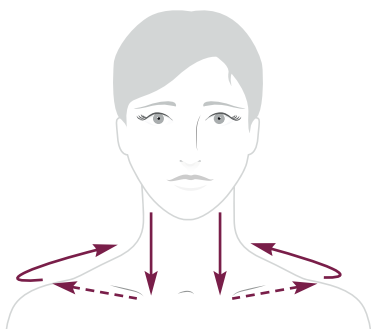
Open hands pressing on the shoulders + to-and-fro movement (x 3). Work the trapezius muscles with circular pressure + smoothing.

6



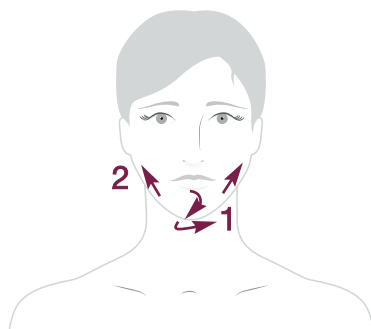
Knead and smooth the nape of the neck centre + sides with both hands (x 3).

7



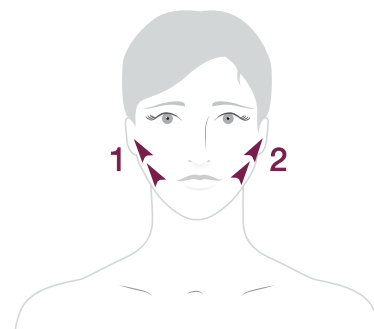
Smooth the sternocleidomastoid muscles with the thumb and index finger + open hands pressing on the shoulders (x 3).

8



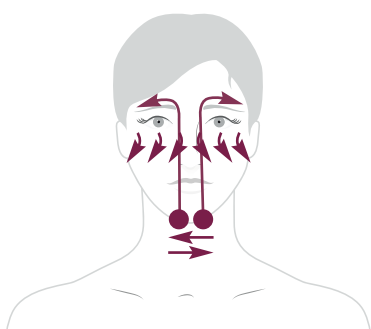
Mentalis muscle and smooth the oval of the face (x 3).

9



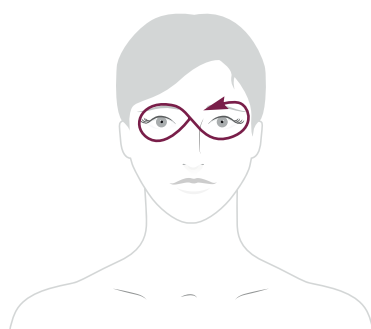
Alternating left and right sliding fingertip pressure on the cheeks.

10



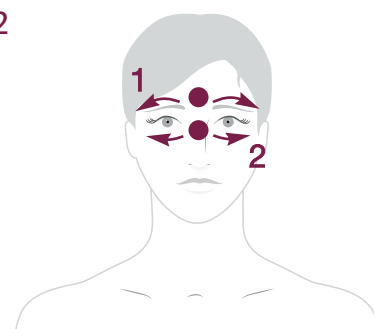
Effleurage of the bottom of the chin (using alternate thumbs under the chin (x 3)) + chin groove + eye contour with smoothing action + pressure spreading outwards to the temples.

11



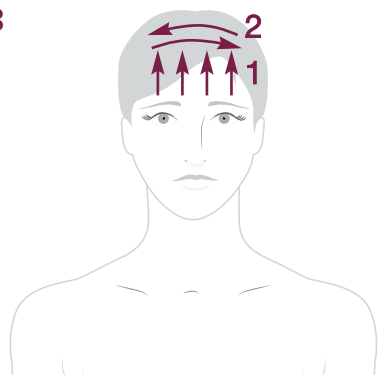
Eye contour: outward smoothing action in a figure of eight with the index and middle fingers (x 3).

12



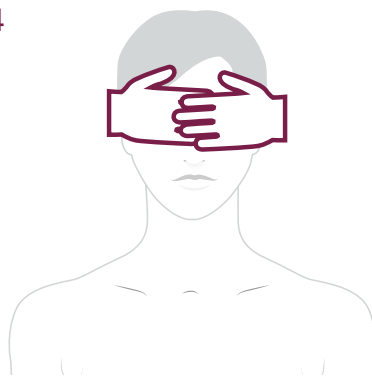
Pressure + smoothing action above and then below the eye contour area (x 3).

13



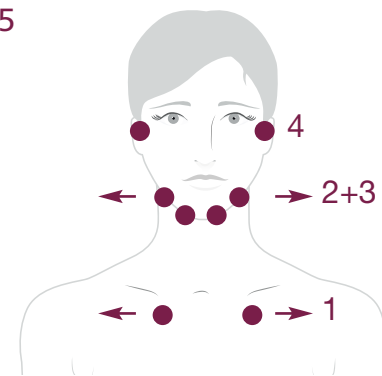
Alternating left and right sliding fingertip pressure on the forehead. + smoothing action with whole hand + hands with fingers interlocked on the forehead. Smoothing action towards the temples (x 3).

14



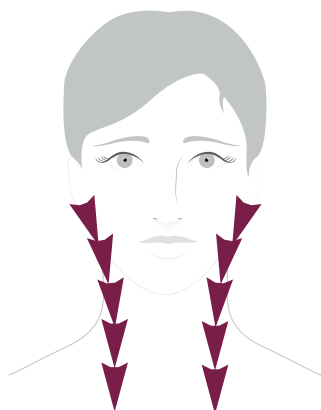
Cupped hands over the eyes (x 3).

15



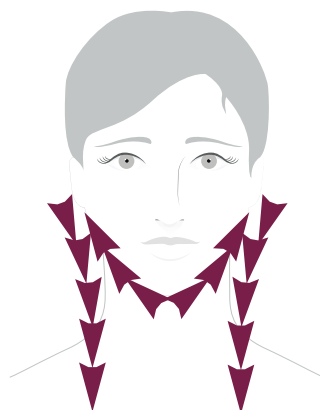
Working with the finger pads: repeated pressing on the lymph nodes (x 7).

16



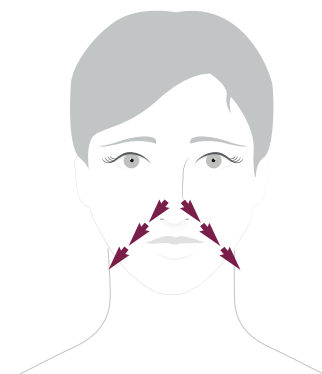
Descending from the ears to the supraclavicular lymph nodes.

17



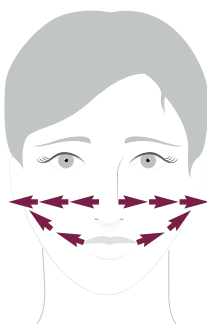
Working from the chin up to the ears and then back down to the supraclavicular lymph nodes.

18



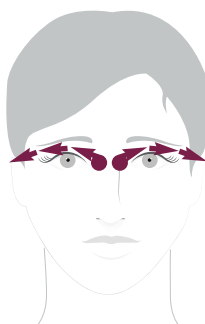
Cheeks: from the base of the nose to the submandibular lymph nodes.

19



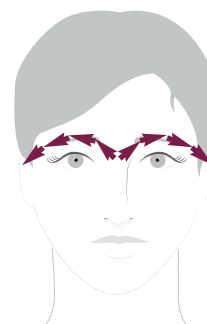
From the mouth contour to the ears and then from the base of the nose to the ears.

20



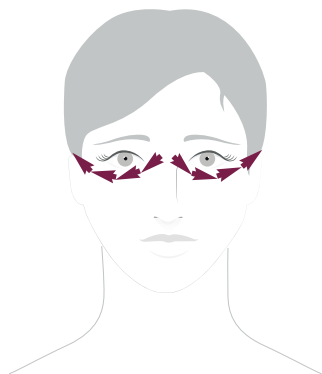
Eyes: repeated pressing of the lacrimal glands. Upper eyelids: from the inside corner of the eye to the ears (light movements).

21



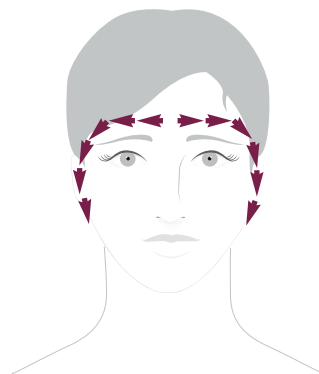
Arcs above the eyelids: from the start of the eyebrows to the ears.

22



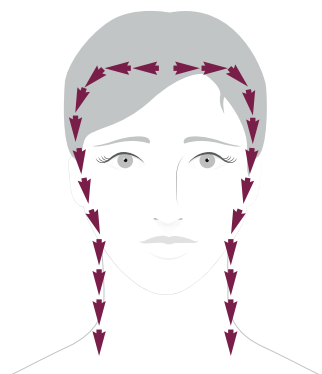
From the lower inside orbicularis muscles of the eyes to the temporal bones.

23



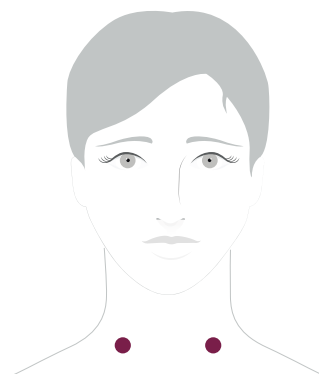
Forehead: from the middle of the forehead to the temporal bones and ears.

24



From the top of the forehead to the temporal bones and ears and supraclavicular lymph nodes.

25



Repeated pressing on the supraclavicular lymph nodes (x 7).



Facial mask

Effects :

- radiance-boosting effect. (1)
- perspiration-inducing action that eliminates toxins and boosts the circulation through the heat imparted for a radiance-boosting effect. (2)
- lightens the complexion. (3)

Product selection :

◆ 1. Alginate



ref. 400750 *

Radiance aqueous serum ampoule

Active ingredients : plant-based skin-tightening agent, tomato, hydrating polysaccharide

+



ref. 440070

Peel-off vitamin mask

Active ingredients : acerola cherry, papain

◆ 2. Thermal



ref. 440042 *

Thermal mask for face and body

Active ingredients : natural gypsum, calcium sulphate

+



ref. 400876 *

High-nutrition regenerating cream mask

Active ingredients : Lipidure®, vitamins A, E and B5, cocoa and shea butter, hazelnut oil

◆ 3. Cream



ref. 440060

Radiance mask with rice powder

Active ingredients : rice powder, shea butter, vitamin E, combination of 5 alpine plants

◆◆ Eye contour mask

Effects : revives, decongests.

Product selection :



ref. 440090

Eye contour alginate mask

Active ingredients : alginate, marine collagen



Serum application

Effects : brightens the complexion, creates a healthy glow.

Product selection :



ref. 400751

Radiance serum

Active ingredients : plant-based skin-tightening agent, tomato, hydrating polysaccharide



Eye contour cream & radiance day cream

Effects :

- decongests, drains.
- protects, boosts radiance and acts on pigmented blemishes.

Product selection :



ref. 400090

Anti-ageing eye contour cream

Active ingredients : witch hazel and cornflower

+



ref. 400710

Radiant complexion cream

Active ingredients : NG Kombuchka, Timecode™

MATURE WRINKLED SKIN TREATMENT



60 min

This treatment is for mature skin that is lacking vitality, for clients wishing to begin an anti-wrinkle rejuvenation treatment regime. It leaves the skin with a radiant complexion, looking more plumped up, smoothing out lines.

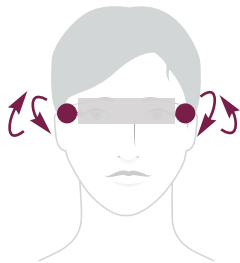
CLEANSING PHASE

Opening sculpting

Effects : initial contact

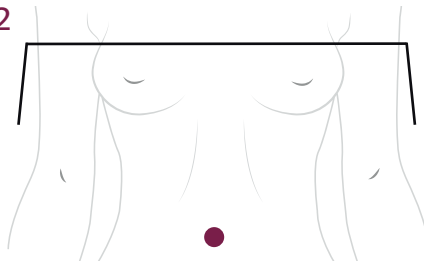
The client lies on her back on a towel, covered with a blanket. A hot towel is placed lengthways over the client's eyes.

1



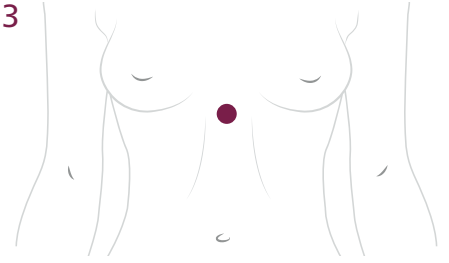
Circular movements with the palms of the hands over the temples (x 3)

2



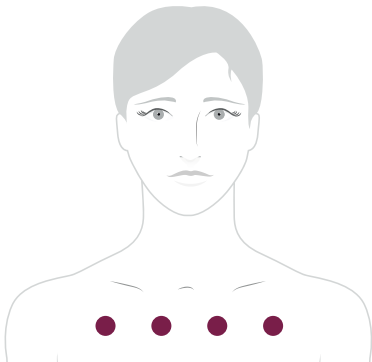
Pressure on the stomach (one hand on top of the other) (x 3).

3



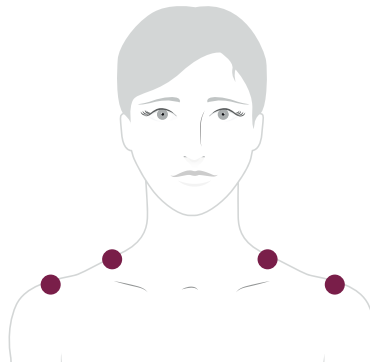
Pressure on the solar plexus (one hand on top of the other) (x 3).

4



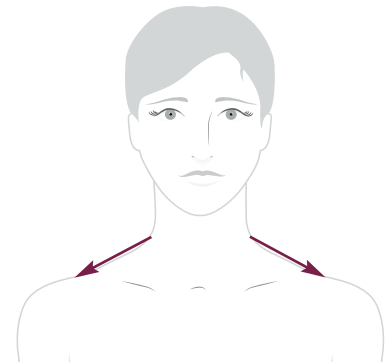
Pressure on the bust (x 3).

5



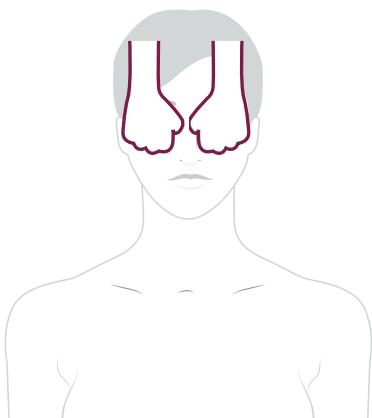
Pressure on the shoulders (x 3).

6



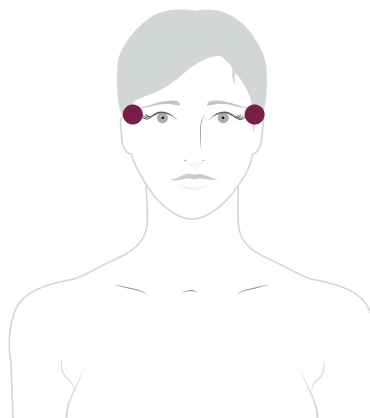
Smoothing action on the trapezius muscles (x 3).

7



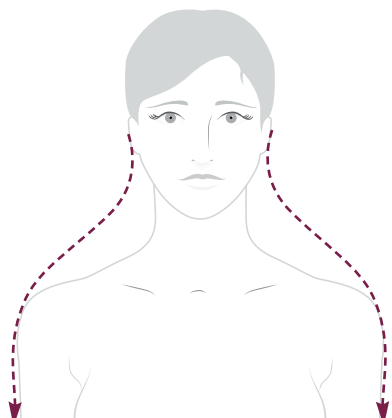
Closed fists placed palms down on the face (x 3).

8



Pressure on the temples (x 3).

9



General smoothing action.

◆◆ Eye cleansing

Effects : removes make-up, soothes and decongests.

Product selection :



ref. 134060 *

Gentle eye make-up remover lotion

Active ingredient : cornflower water

◆◆ Facial cleansing

Effects :

- removes make-up and improves the skin's suppleness.
- cleanses thoroughly, soothes, refreshes.

Product selection :



ref. 400006 *

Cleansing milk with vitamins

Active ingredients : allantoin, shea butter,
vitamin E

+



ref. 400036 *

Tonifying lotion with plant extracts

Active ingredients : Aloe vera, plant extracts

◆◆ Eyebrow plucking

Effects : maintains the shape of the eyebrows.

Product selection :



ref. 601116

Pre-epilation lotion

Active ingredient : multivitamin complex

◆◆ Exfoliation

Effects :

- refines the skin grain
- removes dead skin cells, softens and smooths the skin.
- optimizes the penetration of the active ingredients applied later.

◆ Grain peel or enzyme scrub



ref. 401450

Golden anti-ageing mask *

Active ingredients : champagne extract,
micronized pearls

or



ref. 401466

Chemical scrub *

Active ingredients : Keratoline™, flower acids

◆◆ Spray from less than 30 cm **

Effects : emollient, soothes, dilates the pores.

Product selection :



ref. 400036 *

Lucas Championnière sprayer + tonifying lotion with plant extracts

Active ingredients : Aloe vera, plant extracts

TREATMENT PHASE

◆◆ Special equipment **

Effects :

- plumps up wrinkles.
- encourages penetration of the active ingredients in the regenerating aqueous serum ampoule or ionisable moisturizing and relaxing mask.
- ampoule: smooths and hydrates the epidermis.
- moisturizing mask: hydrates, soothes and softens.
- moisturizing gel: hydrates and smooths.

Product selection :

◆ Suction device

◆ High-frequency electrical treatment



Electrical treatment + aqueous serum ampoule
with caviar 401542

or

indirect sparking treatment

Active ingredients : caviar extract, DNA extract

◆ Iontophoresis



ref. 401251 *

Ionisable moisturizing and relaxing gel mask

Active ingredients : sodium hyaluronate,
panthenol, silk proteins

or



ref. 440411

Moisturizing gel for iontophoresis

Active ingredient : moisturizing complex

** Device suggestions only

* Other product packaging sizes are available. See the manual of Product Information Sheets for details of all products references.

Sculpting

Effects : softens the tissues, drains, special manipulations to create anti-wrinkle effects.

Product selection :



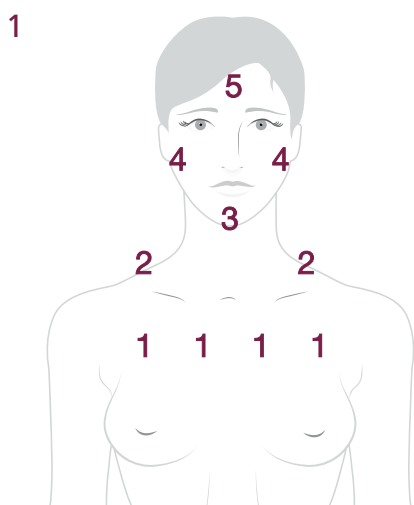
+



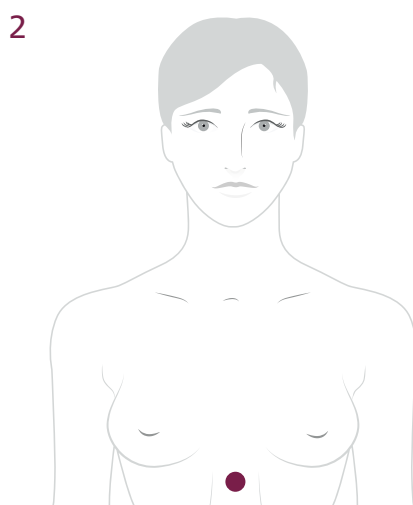
ref. 401522 *
Sculpting cream

ref. 401533
Firming essential oils complex

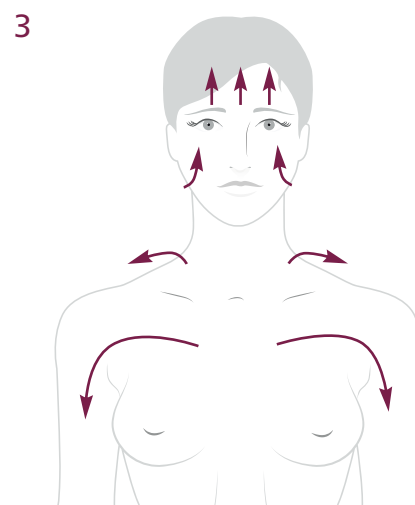
Active ingredient : grape seed oil



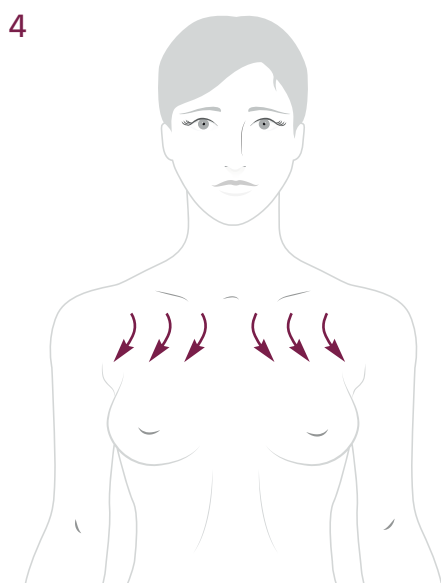
Pressure on the bust, trapezius muscles, chin, cheeks and forehead when applying the cream.



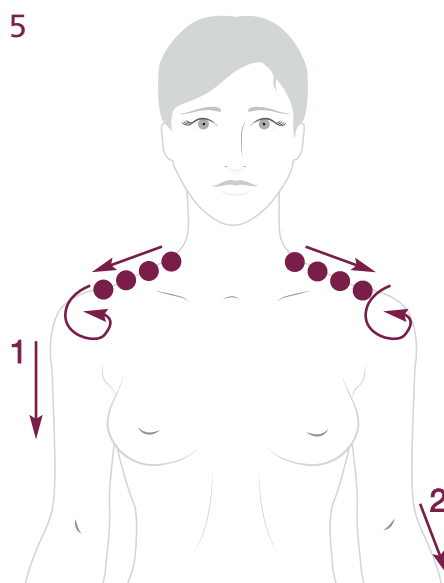
Pressure on the solar plexus (one hand on top of the other) (x 3).



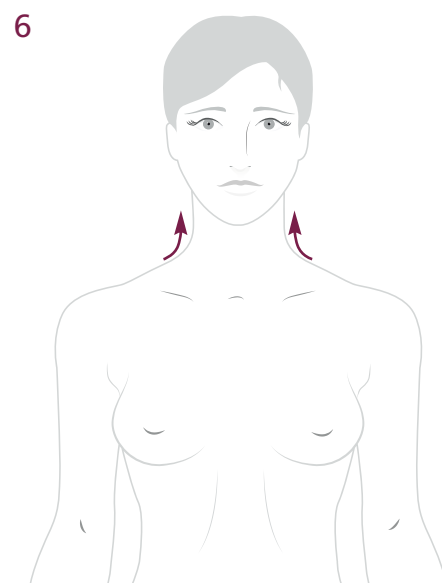
Smoothing action to spread the cream.



Movements spreading outwards on the décolleté (x 3).

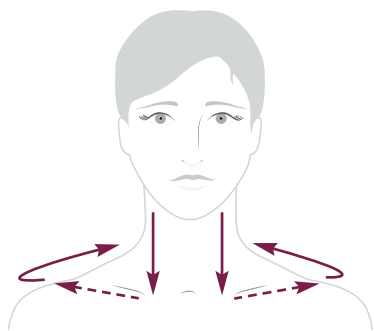


Open hands pressing on the shoulders + to-and-fro movement (x 3).
Work the trapezius muscles with circular pressure + smoothing.



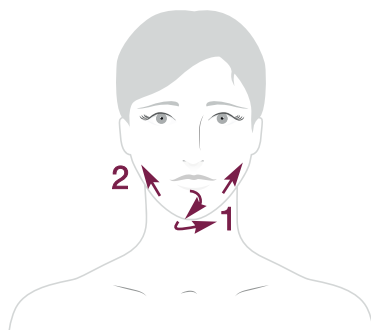
Knead and smooth the nape of the neck centre + sides with both hands (x 3).

7



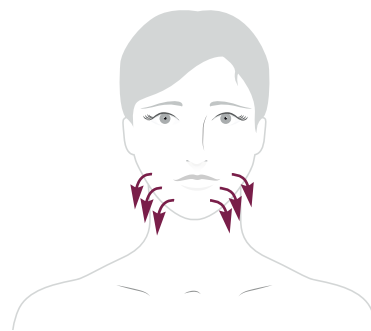
Smooth the sternocleidomastoid muscles with the thumb and index finger + open hands pressing on the shoulders (x 3).

8



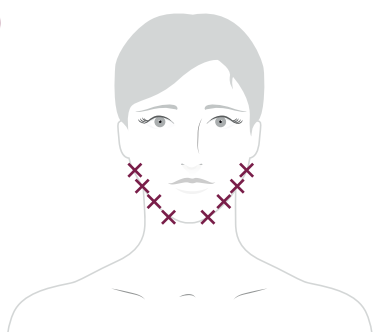
Mentalis muscle and smooth the oval of the face (x 3).

9



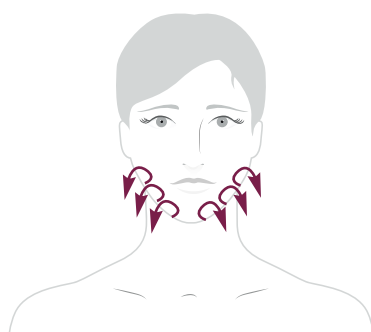
Deep pinches to the oval of the face (x 3).

10



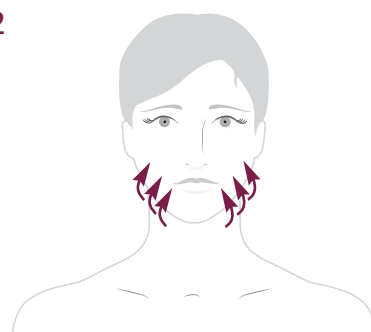
Toning pinches to the oval of the face (x 3).

11



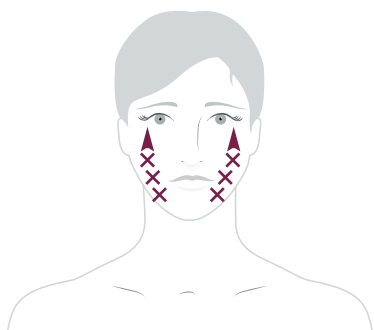
Finger pressure spreading outwards (pressing hard) (x 3).

12



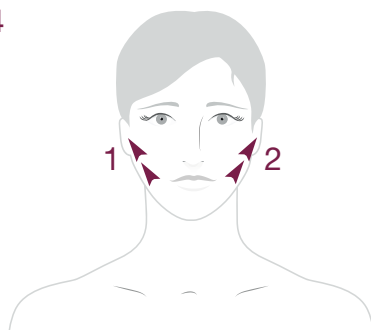
Movements spreading upwards with the fingers spread (toning movements) (x3).

13



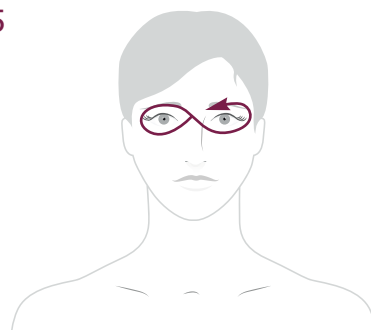
Upward pinching movements along the nasolabial fold (x 3).

14



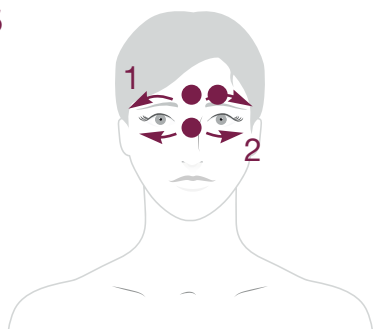
Alternating left and right sliding fingertip pressure on the cheeks (x 3).

15



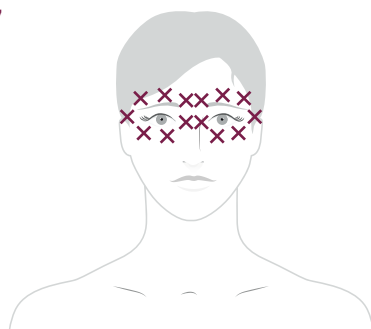
Eye contour: outward smoothing action in a figure of eight with the index and middle fingers (x 3).

16



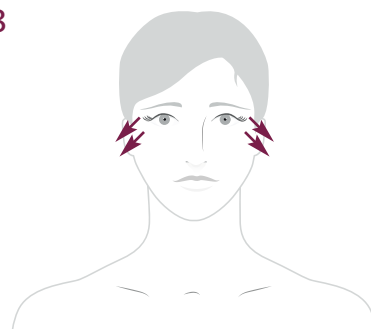
Pressure + smoothing action above and then below the eye contour area (x 3).

17



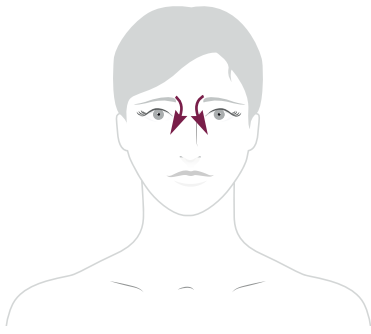
Toning pinching movements around the eye contour (x 3).

18



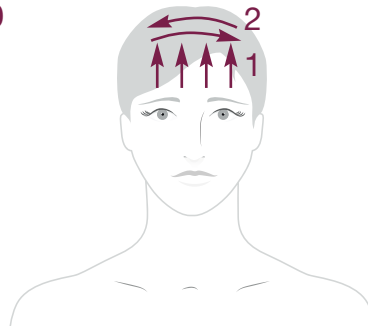
Smoothing crow's feet with alternating movements in the form of an X (x 3).

19



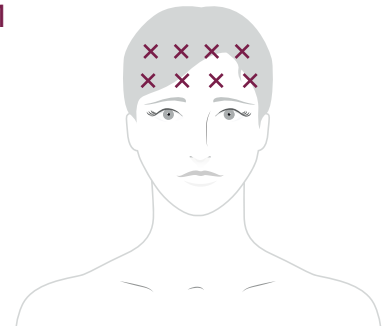
X-shaped movements to smooth the brow line (x 3).

20



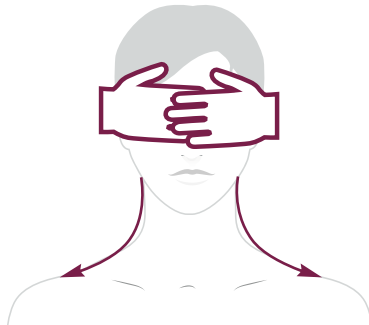
Forehead: alternating left and right sliding fingertip pressure followed by smoothing with the whole hand (x 3).

21



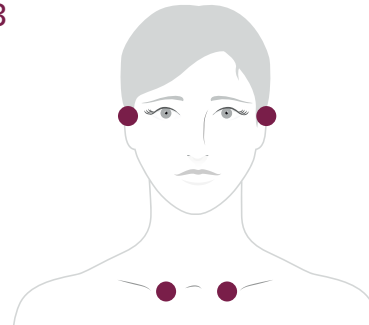
Toning pinching movements along the forehead wrinkles + smoothing movements (x 3).

22



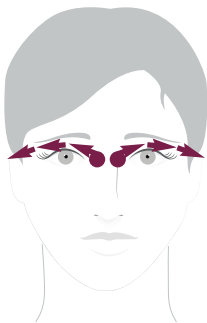
Cupped hands over the eyes and smoothing movement down to the collarbones (x 3).

23



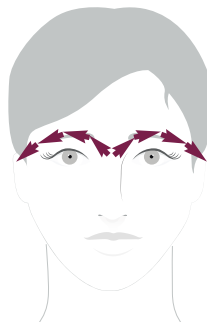
Repeated pressing on the supraclavicular lymph nodes + temporal bones (x 3).

24



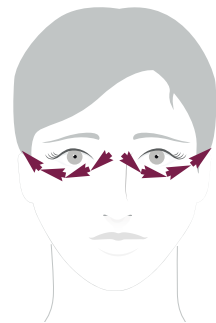
Eyes: repeated pressing of the lacrimal glands. Upper eyelids: from the inside corner of the eye to the ears (light movements).

25



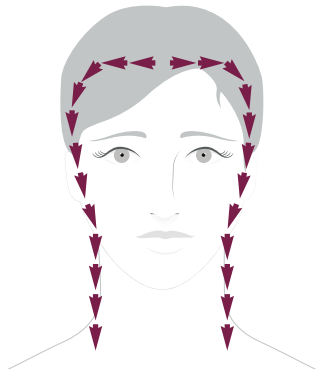
Arcs above the eyelids: from the start of the eyebrows to the ears.

26



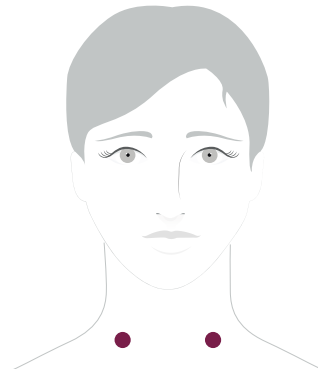
From the lower inside orbicularis muscles of the eyes to the temporal bones.

27



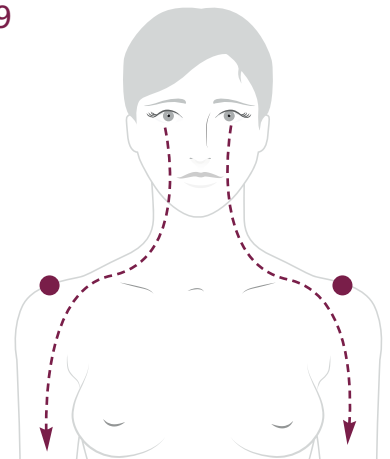
From the top of the forehead to the temporal bones and ears and supraclavicular lymph nodes.

28



Repeated pressing on the supraclavicular lymph nodes (x 7).

29



General smoothing + sweeping + pressure on the shoulders.

Facial mask

Effects :

- occlusion encourages the penetration of the active ingredients in the ampoule, improves the complexion's radiance, nourishes and smooths out wrinkles. (1)
- protects, hydrates and repairs damaged skin. (2)
- plumps up wrinkles, smooths out lines. (3)

Product selection :

◆ 1. Alginate



ref. 400580

Ampoule with regenerating royal jelly

Active ingredients : royal jelly extract, hyaluronic acid, Fucocert®

+



ref. 440050

Golden anti-ageing mask

Active ingredients : cultured pearl, caviar

◆ 2. Thermal



ref. 440042 *

Thermal mask for face and body

Active ingredients : natural gypsum, calcium sulphate

+



ref. 400876 *

High-nutrition regenerating cream mask

Active ingredients : Lipidure®, vitamins A, E and B5, cocoa and shea butter, hazelnut oil

◆ 3. Cream



ref. 400876 *

High-nutrition regenerating cream mask

Active ingredients : Lipidure®, vitamins A, E and B5, cocoa and shea butter, hazelnut oil

Eye contour mask

Effects : - hydrates, smooths, firms. (1)
 - revives, decongests, smooths. (2)
 - soothes, smooths, hydrates. (3)

Product selection :

◆ 1



ref. 401260

Eye contour moisturizing mask

Active ingredients : Rhodofiltrat Palmaria, Osilift, Fucocert®

◆ 2



ref. 440090

Eye contour alginate mask

Active ingredients : alginate, marine collagen

◆ 3



ref. 400126 *

Collagen glasses

Active ingredient : marine collagen

Serum application

Effects : - smooths and re-plumps the skin.
 - acts in synergy with the cream applied at the end of the treatment.
 - prevents ageing.

Product selection :



ref. 400563 *

Youth serum with royal jelly

Active ingredients : royal jelly, Sepilift, pomegranate extract, acerola cherry extract

Eye contour cream and protecting & regenerating day cream

Effects : smooths out wrinkles and fine lines, nourishes and moisturizes

Product selection :



ref. 400100

Anti-ageing eye contour cream

Active ingredient : green tea

+



ref. 400550 *

Anti-ageing cream with royal jelly

Active ingredients : royal jelly, jojoba oil, soya oil, wheat germ oil, mimosa extracts

MATURE SLACK SKIN TREATMENT



60 min

This treatment is for all women who feel a lack of firmness and have deep laughter lines and a less even complexion.

It combats slackening of the skin and loss of tone.

It moisturizes, protects and regenerates the skin and visibly smooths out lines. It reshapes the contours of the face and restores the skin's radiance. Firming. Anti-ageing.

CLEANSING PHASE

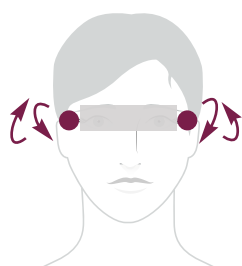
Opening sculpting

Effects : initial contact

The client lies on her back on a towel, covered with a blanket.

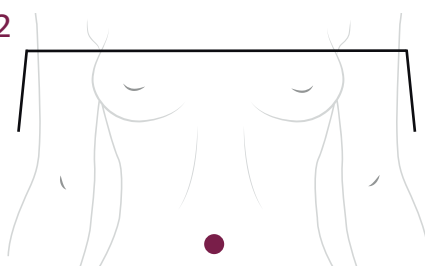
A hot towel is placed lengthways over the client's eyes.

1



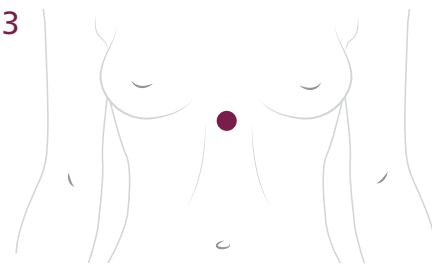
Circular movements with the palms of the hands over the temples (x 3)

2



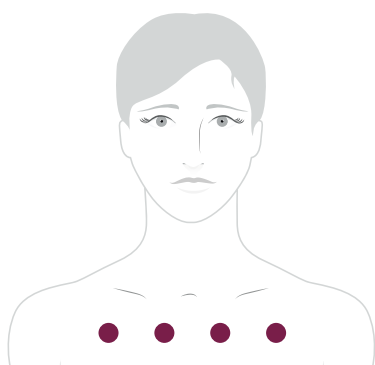
Pressure on the stomach (one hand on top of the other) (x 3).

3



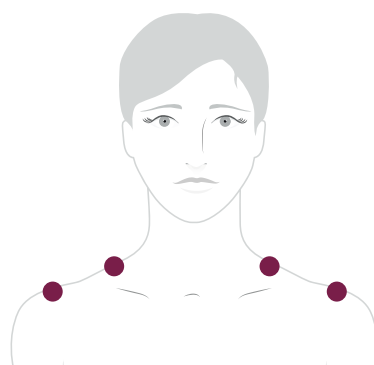
Pressure on the solar plexus (one hand on top of the other) (x 3).

4



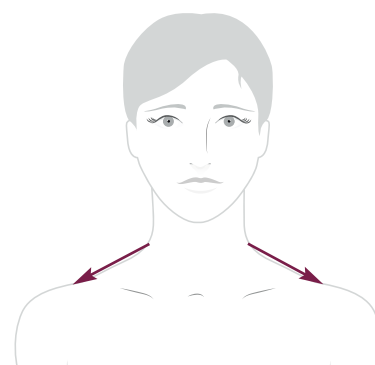
Pressure on the bust (x 3).

5



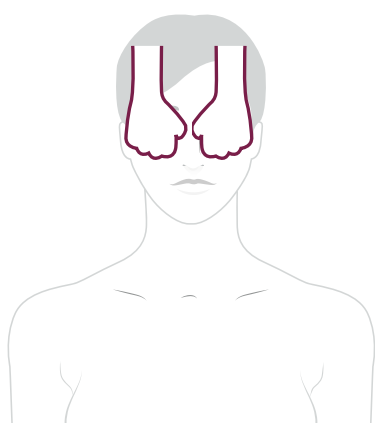
Pressure on the shoulders (x 3).

6



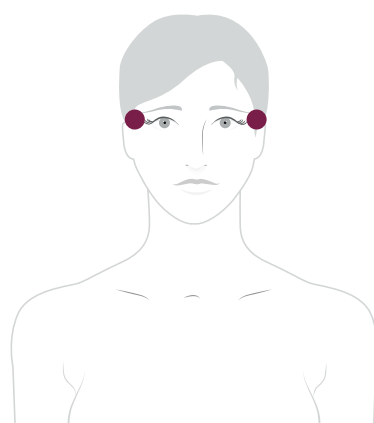
Smoothing action on the trapezius muscles (x 3).

7



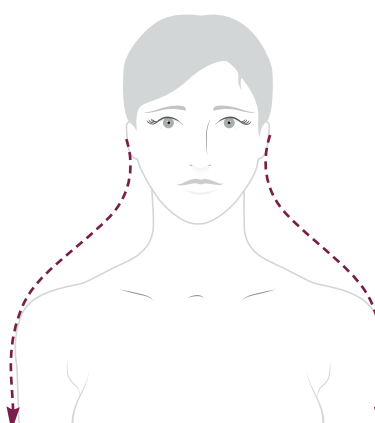
Closed fists placed palms down on the face (x 3).

8



Pressure on the temples (x 3).

9



General smoothing action.

◆◆ Eye cleansing

Effects : removes make-up, soothes and decongests.

Product selection :



ref. 134060 *

Gentle eye make-up remover lotion

Active ingredient : cornflower water

◆◆ Facial cleansing

Effects :

- removes make-up and improves the skin's suppleness.
- cleanses thoroughly, soothes, refreshes.

Product selection :



ref. 400006 *

Cleansing milk with vitamins

Active ingredients : allantoin, shea butter,
vitamin E

+



ref. 400036 *

Tonifying lotion with plant extracts

Active ingredients : Aloe vera, plant extracts

◆◆ Eyebrow plucking

Effects : maintains the shape of the eyebrows.

Product selection :



ref. 601116

Pre-epilation lotion

Active ingredient : multivitamin complex

◆◆ Exfoliation

Effects : removes dead skin cells, softens and smooths the skin and optimizes later penetration of active ingredients.

◆ Enzyme scrub



ref. 401466 *

Chemical scrub

Active ingredients : Keratoline™, flower acids

◆◆ Spray from 30 cm **

Effects : emollient, dilates the pores and tones.

Product selection :



ref. 400036 *

Lucas Championnière sprayer + tonifying lotion with plant extracts

Active ingredients : Aloe vera, plant extracts

TREATMENT PHASE

◆◆ Special device ** suction applied to the oval of the face

Effects : reduces the fleshiness of the oval of the face.

Product selection : suction device

◆◆ Special equipment **

Effects :

- encourages penetration of the active ingredients in the regenerating aqueous serum ampoule, ionisable moisturizing and relaxing mask or moisturizing gel.
- firms.

Product selection :

◆ High-frequency electrical treatment



Electrical treatment + aqueous serum ampoule
with caviar 401542

Active ingredients : cultured pearl, caviar

◆ Iontophoresis



ref. 401251 *

Ionisable moisturizing and relaxing gel mask

Active ingredients : Sodium hyaluronate, vitamin
B5, silk proteins

or

indirect sparking treatment

or



ref. 440411

Moisturizing gel for iontophoresis

Active ingredient : moisturizing complex

** Device suggestions only

* Other product packaging sizes are available. See the manual of Product Information Sheets for details of all products references.

Sculpting

Effects : softens the tissues, drains and firms, with special manipulations to combat sagging of the tissues.

Product selection :



ref. 401522 *
Sculpting cream

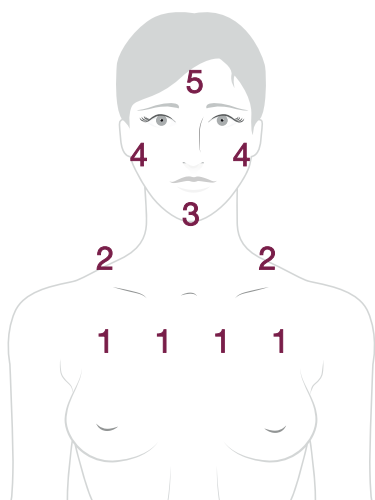
+



ref. 401533
Firming essential oils complex

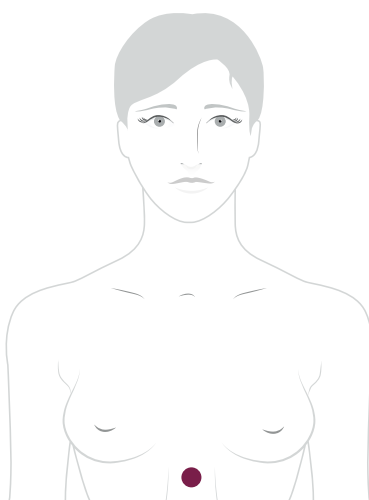
Active ingredient : grape seed oil

1



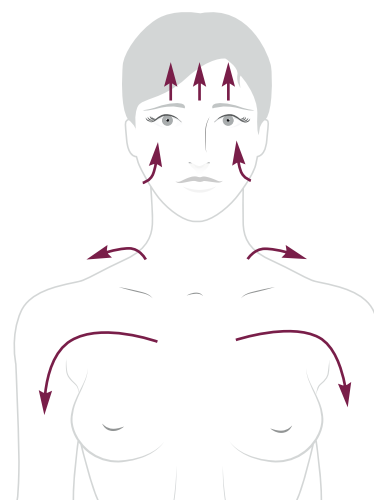
Pressure on the bust, trapezius muscles, chin, cheeks and forehead when applying the cream.

2



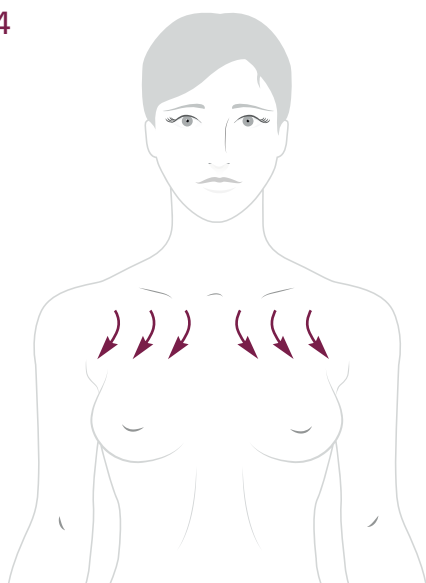
Pressure on the solar plexus (one hand on top of the other) (x 3).

3



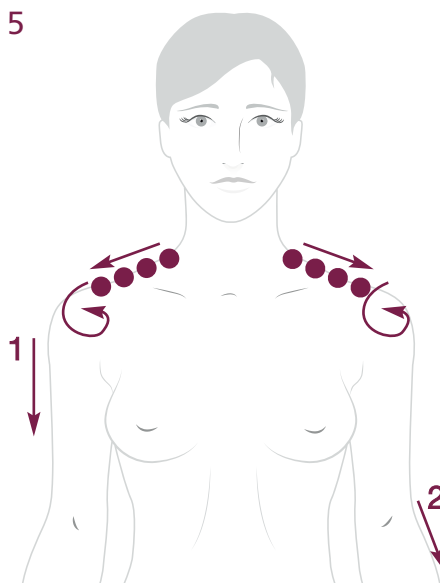
Smoothing action to spread the cream.

4



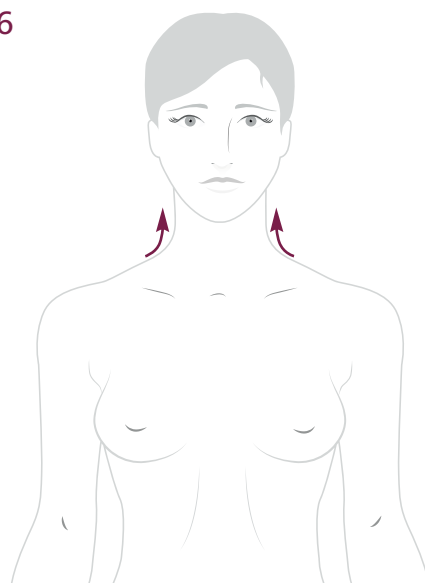
Movements spreading outwards on the décolleté (x 3).

5



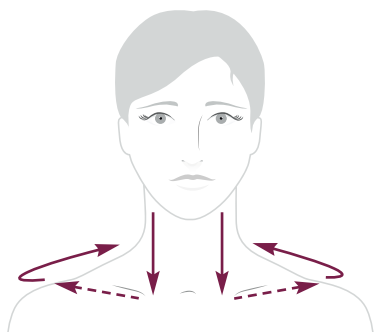
Open hands pressing on the shoulders + to-and-fro movement (x 3). Work the trapezius muscles with circular pressure + smoothing.

6



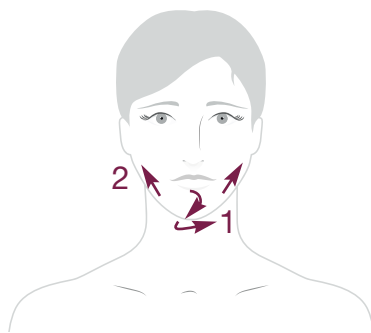
Knead and smooth the nape of the neck centre + sides with both hands (x 3).

7



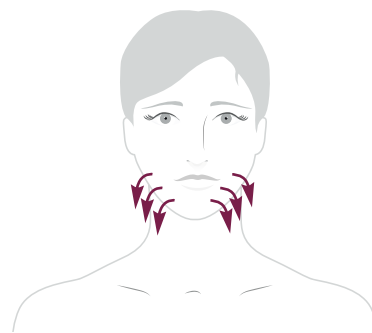
Smooth the sternocleidomastoid muscles with the thumb and index finger + open hands pressing on the shoulders (x 3).

8



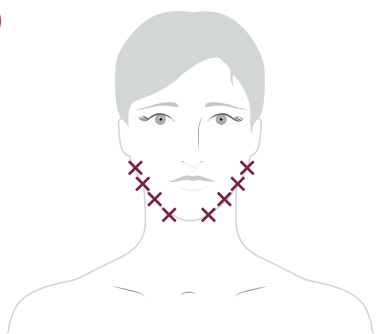
Mentalis muscle and smooth the oval of the face (x 3).

9



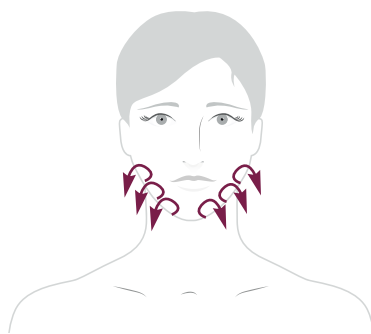
Deep pinches to the oval of the face (x 3).

10



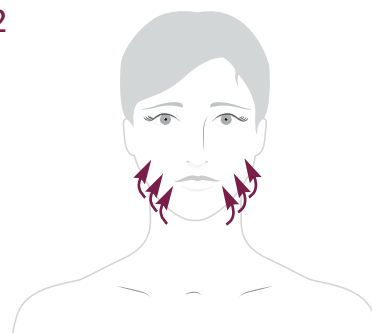
Toning pinches to the oval of the face (x 3).

11



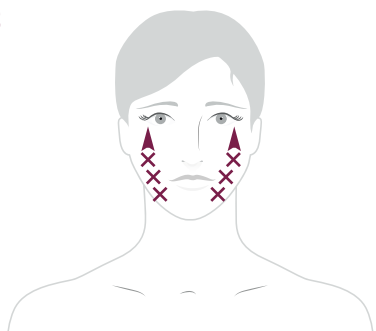
Finger pressure spreading outwards (pressing hard) (x 3).

12



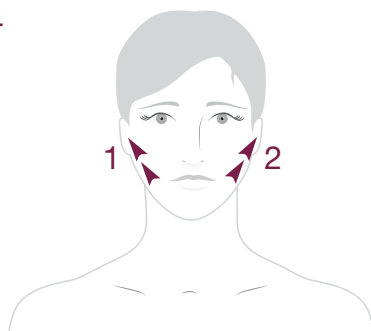
Movements spreading upwards with the fingers spread (toning movements) (x3).

13



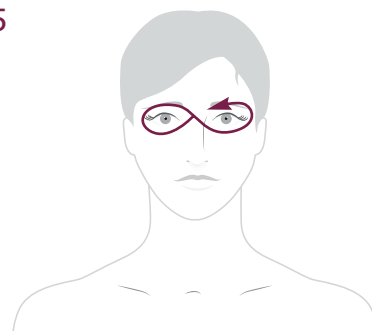
Upward pinching movements along the nasolabial fold (x 3).

14



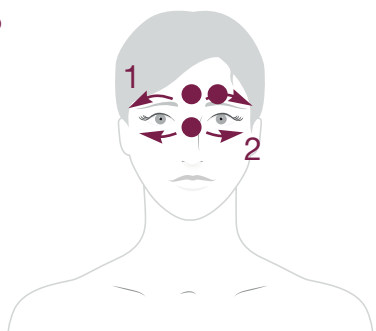
Alternating left and right sliding fingertip pressure on the cheeks (x 3).

15



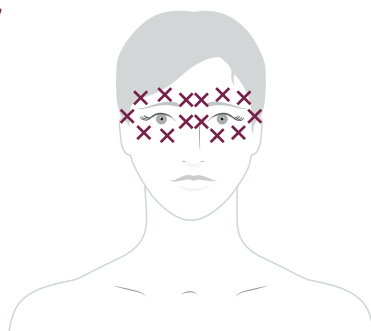
Eye contour: outward smoothing action in a figure of eight with the index and middle fingers (x 3).

16



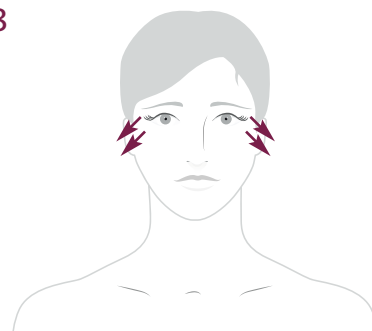
Pressure + smoothing action above and then below the eye contour area (x 3).

17



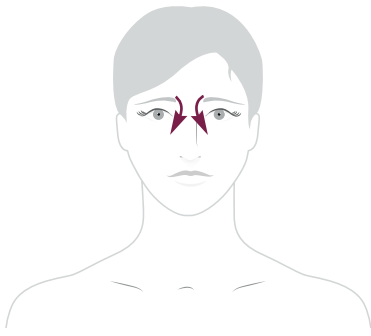
Toning pinching movements around the eye contour (x 3).

18



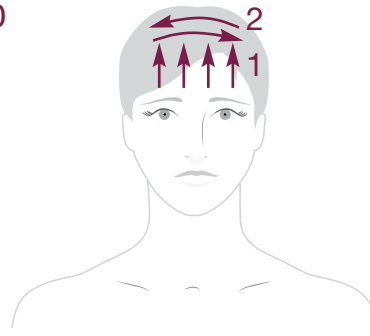
Smoothing crow's feet with alternating movements in the form of an X (x 3).

19



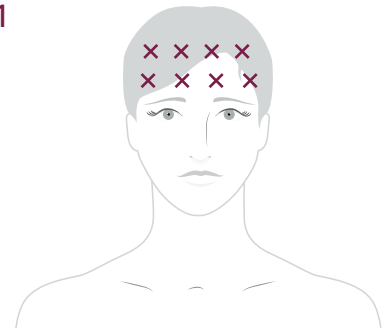
X-shaped movements to smooth the brow line (x 3).

20



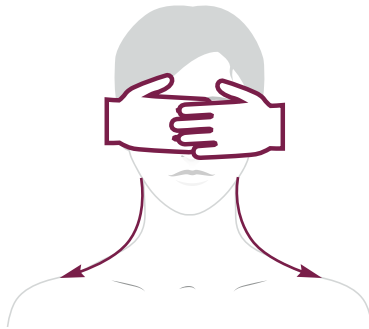
Forehead: alternating left and right sliding fingertip pressure followed by smoothing with the whole hand (x 3).

21



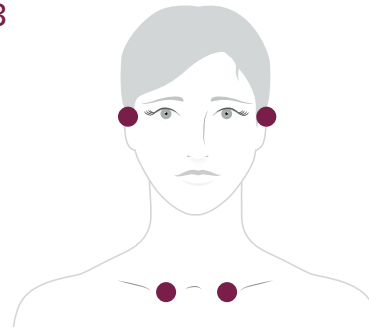
Toning pinching movements along the forehead wrinkles + smoothing movements (x 3).

22



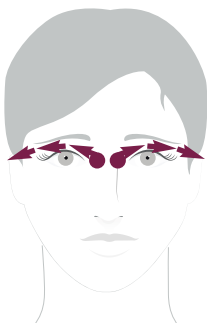
Cupped hands over the eyes and smoothing movement down to the collarbones (x 3).

23



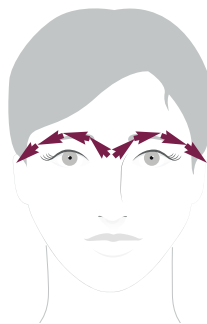
Repeated pressing on the supraclavicular lymph nodes + temporal bones (x 3).

24



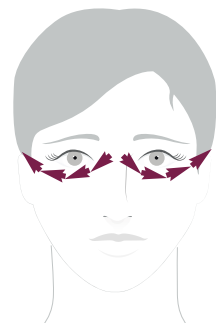
Eyes: repeated pressing of the lacrimal glands. Upper eyelids: from the inside corner of the eye to the ears (light movements).

25



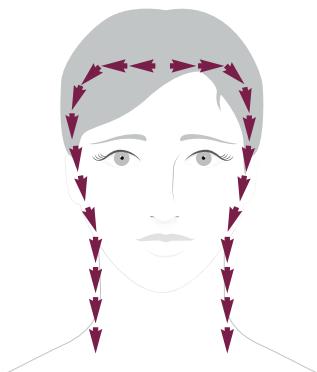
Arcs above the eyelids: from the start of the eyebrows to the ears.

26



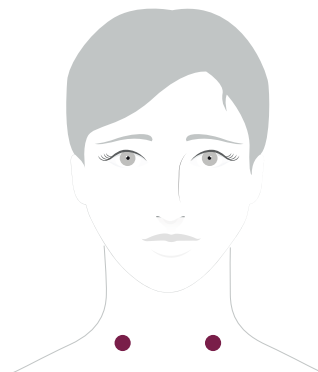
From the lower inside orbicularis muscles of the eyes to the temporal bones.

27



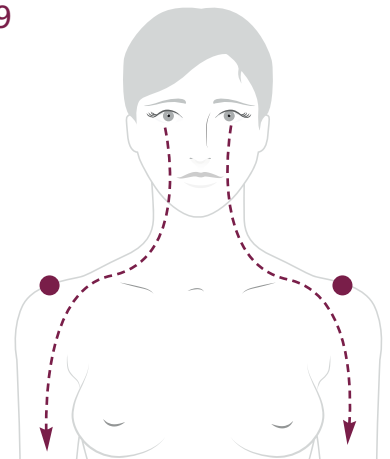
From the top of the forehead to the temporal bones and ears and supraclavicular lymph nodes.

28



Repeated pressing on the supraclavicular lymph nodes (x 7).

29



General smoothing + sweeping + pressure on the shoulders.

Facial mask

Effects :

- occlusion encourages the penetration of the active ingredients in the ampoule, reshapes the oval of the face. (1)
- smooths out wrinkles, reshapes the oval of the face. (2)
- nutritive, soothing, regenerating. (3)
- firming, restructuring, moisturizing and regenerating. (4)

Product selection :

◆ 1. Alginate



ref. 401542
Precious caviar ampoule
Active ingredient : caviar

+



ref. 440050
Golden anti-ageing mask
Active ingredient : cultured pearl

◆ 2. Thermal



ref. 440042 *
Thermal mask for face and body
Active ingredients : natural gypsum,
calcium sulphate

+



ref. 400876 *
High-nutrition regenerating cream mask
Active ingredients : Lipidure®, vitamins A, E and B5,
cocoa and shea butter, hazelnut oil

◆ 3. Cream



ref. 400876 *
High-nutrition regenerating cream mask
Active ingredients : Lipidure®, vitamins A, E and B5,
cocoa and shea butter, hazelnut oil

◆ 4. Sheet mask



ref. 400125 *
Collagen sheet
Active ingredients : collagen fibres

Eye contour mask

Effects : - hydrates, smooths, firms. (1)
 - revives, decongests, smooths. (2)
 - soothes, smooths, hydrates. (3)

Product selection :

◆ 1



ref. 401260

Eye contour moisturizing mask

Active ingredients : Rhodofiltrat Palmaria, Osilift,
 Fucocert®

◆ 2



ref. 440090

Eye contour alginate mask

Active ingredients : alginate, marine
 collagen

◆ 3



ref. 400126 *

Collagen glasses

Active ingredient : marine collagen

Serum application

Effects : - smooths and re-plumps the skin.
 - acts in synergy with the cream applied at the end of the treatment.
 - prevents ageing.

Product selection :



ref. 400563 *

Youth serum with royal jelly

Active ingredients : royal jelly, Sepilift, pomegranate extract,
 acerola cherry extract

Eye contour cream and protecting & regenerating day cream

Effects : - drains, eliminates bags under the eyes, smooths the skin.
 - firming effect.

Product selection :



ref. 400100

Anti-ageing eye contour cream

Active ingredient : green tea

+



ref. 400550 *

Anti-ageing cream with royal jelly

Active ingredients : royal jelly, jojoba oil, soya oil,
 wheat germ oil, mimosa extracts



BODY CARE PROCEDURES ESCALES BEAUTY GETAWAYS, EXOTIC PLEASURES



POLYNESIAN GETAWAY

RELAXING AND NOURISHING TREATMENT



90 min

Departing immediately for far-off Polynesia, this treatment induces a totally exotic and unique sensation of well-being, enveloping your body in subtle aromas and sun-kissed fragrances that will spirit you far away from the hassles of everyday life.

Suitable for:

A client looking for a pampering and deeply moisturizing treatment.

PHASE 1



Sanitizing

Effects : sanitizes the feet.

Product selection :



ref. 601110
Disinfecting wipes



Opening sculpting

Effects : initial contact



Cleansing

Effects : removes all traces of impurities and microorganisms.

Product selection :



ref. 401565
Foaming cleansing gel for face and body
Active ingredients : surfactants, glycerine



Exfoliation

Effects : prepares the skin for the treatment, removes dead skin cells, refines the skin grain.

Product selection :



ref. 480205 *
Fabulous body scrub with sand
Active ingredients : grains of sand, coconut shell

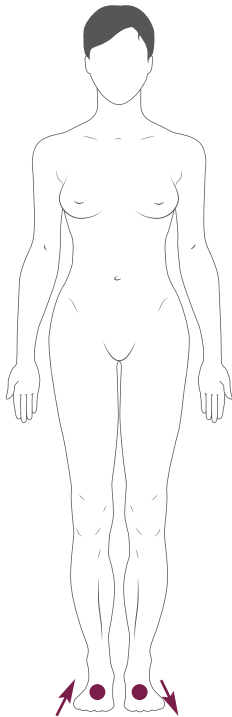
Procedure

Ask the client to lie down on a beauty couch covered with a towel and plastic wrap sheet.

- Sanitize the client's feet with disinfecting wipes.
- Carry out the opening sculpting without using oil

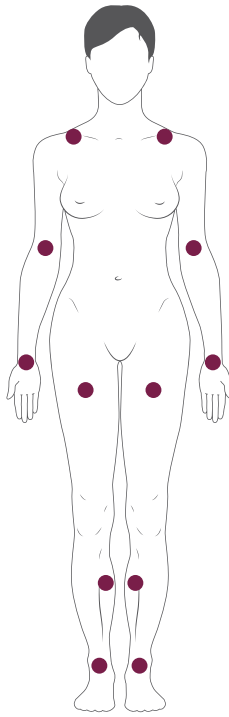
The client lies on her back on a towel, covered with a blanket.

1



Apply hot towels to the client's feet, apply repeated pressure to the foot arches, pressing hard, and stretch each foot by pushing it forward and pulling it back.

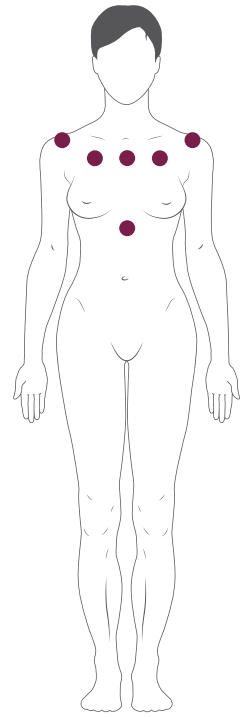
2



Press down with the hands, working upwards:

- ankles
- calves
- thighs
- hands
- arms
- shoulders

3



Apply repeated pressure in rhythm with the client's breathing:

- solar plexus (one hand on top of the other)
- bust

- Cleanse the whole body.
- Apply the scrub: using a spatula, put some fabulous body scrub into the palm of your hand.
- Apply it to the legs and then the stomach, arms and shoulders using circular movements.
- Rinse using natural body sponges ref. 120185 and dry.
- Ask the client to turn over and do the same on the thighs and back.

PHASE 2

Sculpting

Effects : boosts blood oxygenation and circulation, softens.

Product selection :



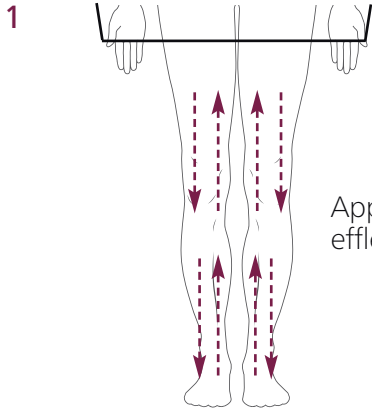
ref. 480240

Sculpting body oil with passion fruit flower oil

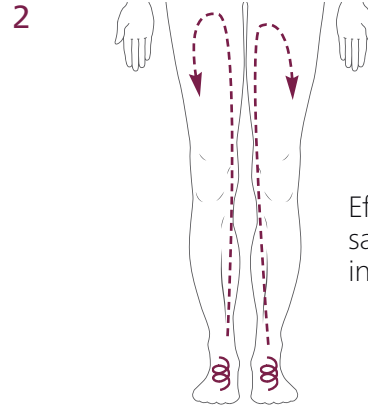
Active ingredients : Tahitian gardenia blossom, passion fruit flower

Procedure: relaxing body sculpting

Client's front

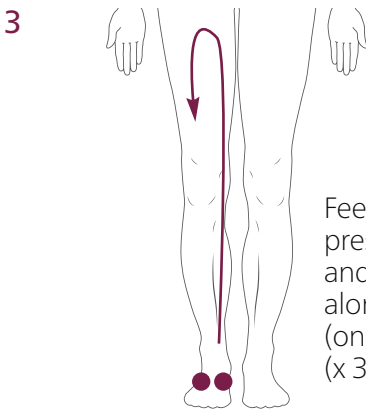


Apply oil to the legs with effleurage movements.

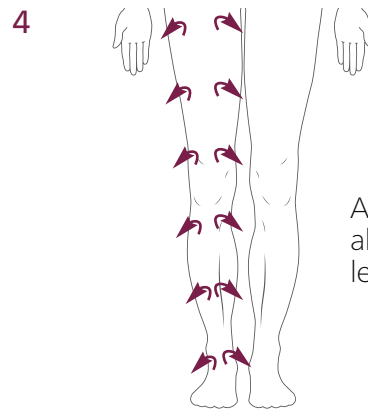


Effleurage both legs at the same time, making sure you include all of both feet.

Work on one leg after the other



Feet: smooth the feet, applying pressure on the foot arches and ankles + deep effleurage along the whole leg (one hand on top of the other) (x 3).



Apply repeated pressure with alternate thumbs up the whole length of the leg (x 3).

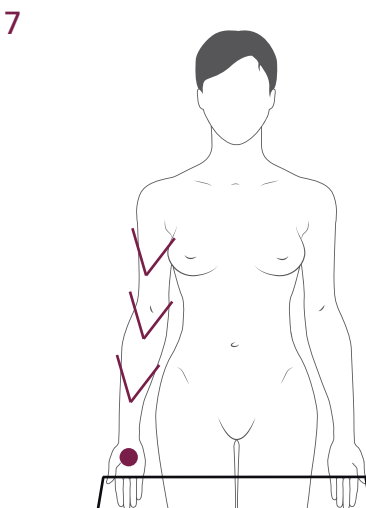
Do the same manipulations on the other leg

5 Feet: smooth the feet, applying pressure on the foot arches and ankles + deep effleurage along the full length of each leg (one hand on top of the other) (x 3) cf.3

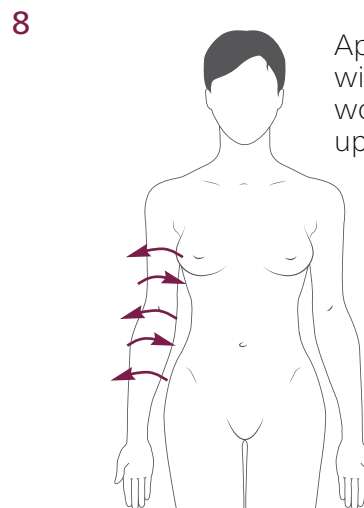
6 Apply repeated pressure with alternate thumbs up the whole length of the leg (x 3). cf.4

Cover up the legs and, pressing repeatedly with the hands, work your way up to position yourself next to the top of the client's body

Work on one arm after the other



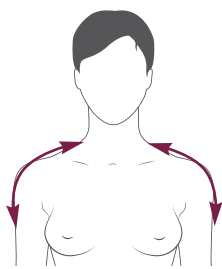
Effleurage the arms using V-shaped movements + repeated pressure on the hands and pull each finger (x 3).



Apply repeated pressure with alternate thumbs, working from the hands up to the shoulders (x 3).

Position yourself next to the client's head

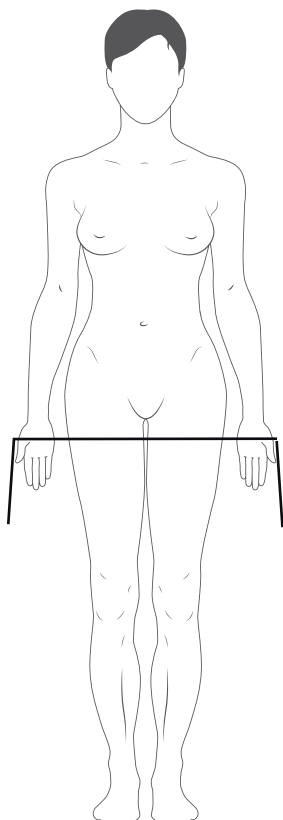
9



Put one hand on each shoulder and rub with a to-and-fro movement.

Cover and knead the trapezius muscles and nape of the neck (x 3).

Do the same manipulations on the other arm



10 Effleurage the arms using V-shaped movements + repeated pressure on the hands and pull each finger (x 3). cf.7

11 Apply repeated pressure with alternate thumbs, working from the hands up to the shoulders (x 3). cf.8

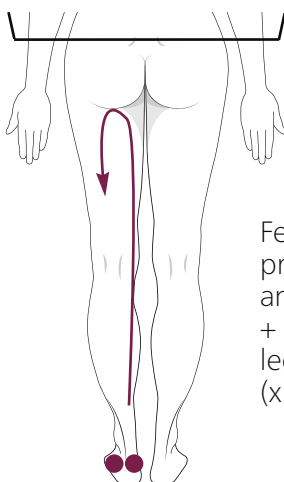
Position yourself next to the client's head

12 Put one hand on each shoulder and rub with a to-and-fro movement. Encircle and knead the trapezius muscles and nape of the neck (x 3). cf.9.

Ask the client to turn over and work on her rear side

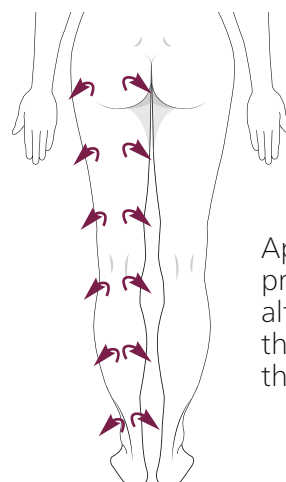
Work on one leg after the other

13



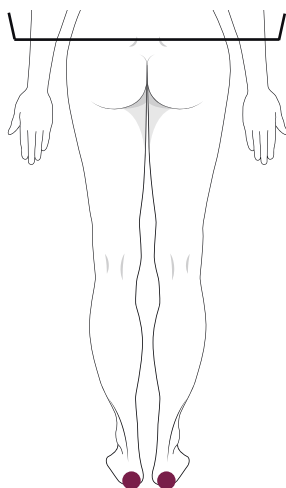
Feet: smooth the feet, applying pressure on the foot arches and ankles + deep effleurage along the whole leg (one hand on top of the other) (x 3).

14



Apply repeated pressure with alternate thumbs up the whole length of the leg (x 3).

Do the same manipulations on the other leg

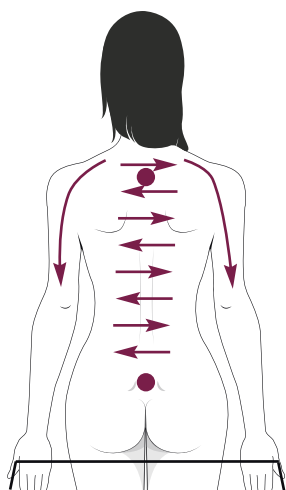


- 15** Feet: smooth the feet, applying pressure on the foot arches with U-shaped movement and pressure on the ankles + deep effleurage along the whole leg (one hand on top of the other) (x 3). cf.13
- 16** Apply repeated pressure with alternate thumbs up the whole length of the leg (x 3). cf.14

Cover up the client and, pressing repeatedly with the hands, work your way up the back.

Apply oil to the back with effleurage movements

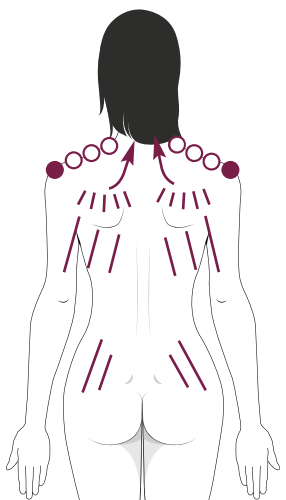
17



Apply repeated pressure with a circular movement in rhythm with the client's breathing:

- Pressure on the sacrum (one hand on top of the other) (x 3)
- Alternating strokes across the spine with the thumbs + pressure on the buffalo hump with the thumbs (x 3)
- Effleurage on shoulders + arms (x 3).

Position yourself next to the client's head



- 18** Effleurage spreading outwards all over the back (x 3)
- Knead the trapezius muscles (x 3)
 - Pressure spreading outwards around the shoulder blades + pressure with a circular movement (x 3)
 - Work the nape of the neck between the thumb and index finger, keeping the client's head completely straight (x 3)
 - Repeated alternating pressure on the shoulders (x 3).
- 19** General effleurage and sweeping with the hand.

PHASE 3

Wrap

Effects : nourishes, relaxes, makes the skin softer, releases tension.

Product selection :



ref. 440170

Nourishing and relaxing coconut wrap

Active ingredients : coconut pulp

+



ref. 170025

Isothermal blanket

Procedure : nourishing and relaxing coconut wrap

Position a plastic wrap sheet underneath the client.

- Apply the wrap to the client's body with a spatula or by hand.
- Wrap the client in the plastic wrap sheet and then an isothermal blanket ref. 170025.
- Leave it in place for 20-25 minutes and then rinse with clean water using natural body sponges ref. 120185.
- Remove the plastic wrap sheet.

PHASE 4

Protect

Effects : moisturizes, protects, comforts.

Product selection :



ref. 480210

Bronzing body milk - gradual tan

Active ingredient : coconut oil

or



ref. 480220

Divine dry body oil - firming active ingredients

Active ingredients : coconut oil, Monoi de Tahiti

Procedure: moisturizing

Using circular strokes, apply bronzing body milk - gradual tan or divine dry body oil from the Lagoon Island range all over the body (with the client lying on a towel).

ORIENTAL GETAWAY DETOXIFYING TREATMENT



90 min

Experience the essence of Oriental tradition with this detoxifying treatment that will induce a feeling of complete well-being. This cocktail of Oriental products purifies the skin, leaving it soft, satin-smooth and delicately perfumed.

Suitable for:

A client who wants to purify and detoxify her body.

A client who favours Oriental treatments.

PHASE 1



Sanitizing

Effects : sanitizes the feet.

Product selection :



ref. 601110
Disinfecting wipes



Opening sculpting

Effects : initial contact



Cleansing

Effects : removes all traces of impurities and microorganisms.

Product selection :



ref. 401565
Foaming cleansing gel for face and body
Active ingredients : surfactants, glycerine



Exfoliation

Effects :

- prepares the skin for the treatment, removes dead skin cells.
- refines the skin grain, eliminates toxins.

Product selection :



ref. 401856 *
Black soap

+



ref. 160210
Kessa glove

Active ingredients : olive oil, vitamin E,
eucalyptus essential oil



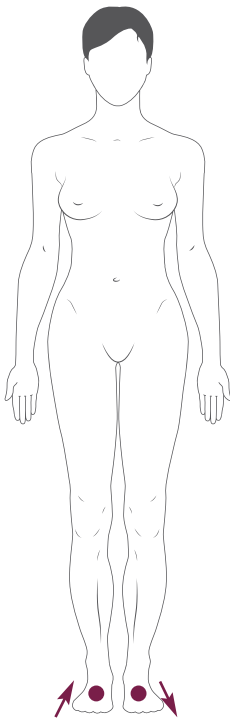
Procedure

Ask the client to lie down on a beauty couch covered with a towel and plastic wrap sheet ref 170040.

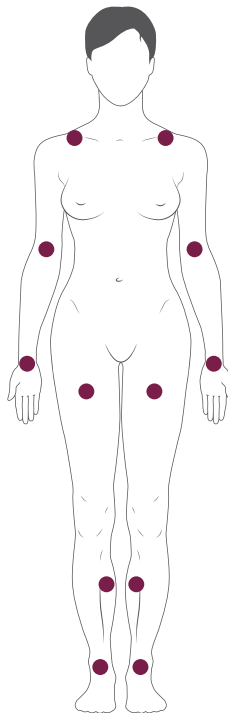
- Sanitize the client's feet with disinfecting wipes ref. 601110.
- Carry out the opening sculpting without using oil.

The client lies on her back on a towel, covered with a blanket.

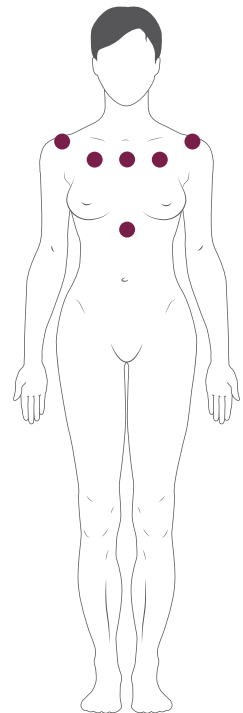
1



2



3



Apply hot towels to the client's feet, apply repeated pressure to the foot arches, pressing hard, and stretch each foot by pushing it forward and pulling it back.

Press down with the hands, working upwards:

- ankles
- calves
- thighs
- hands
- arms
- shoulders

Apply repeated pressure in rhythm with the client's breathing:

- solar plexus (one hand on top of the other)
- bust

- Cleanse the whole body.
- Start the scrub by using a spatula to take up the black soap from the palm of your hand.
- Apply it to the legs and then the stomach, arms and shoulders using circular movements.
- Wet the kessa glove and then work it over the skin with circular strokes.
- Rinse using natural body sponges and then dry.
- Ask the client to turn over and do the same on the thighs and back.



Sculpting

Effects :

- boosts blood oxygenation and circulation.
- softens.
- toning manipulations.

Product selection :



ref. 401885

Fleur d'Orient sculpting oil

Active ingredients : argan oil, apricot oil, sunflower oil, black cumin oil

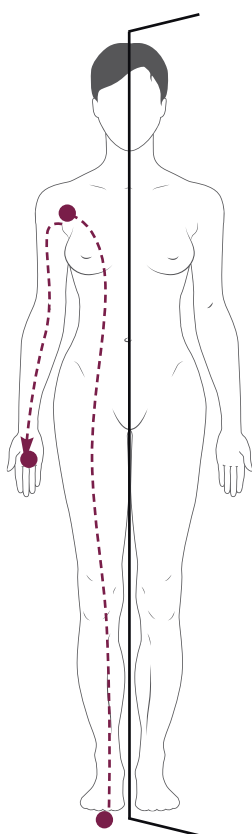


Procedure : detoxifying body sculpting

Sculpt the client's body with Fleur d'Orient sculpting oil (with the client lying on a towel). Work on one half of the body at a time.

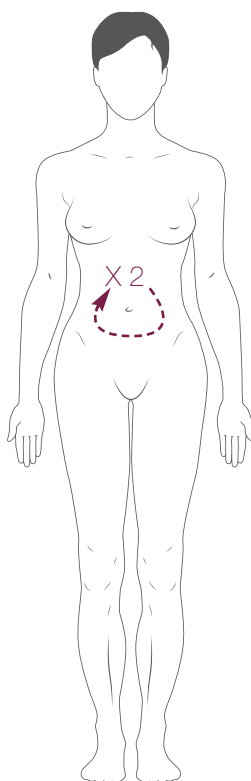
Front - side 1

1



Apply oil to half of the body with effleurage movements. Apply repeated pressure to the foot, shoulder and hand.

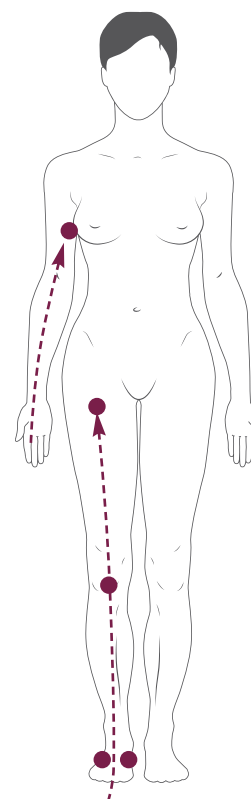
2



Manipulations on the abdomen (x 3):

- chyle cistern (one hand on top of the other)
- clockwise circular smoothing action.

3

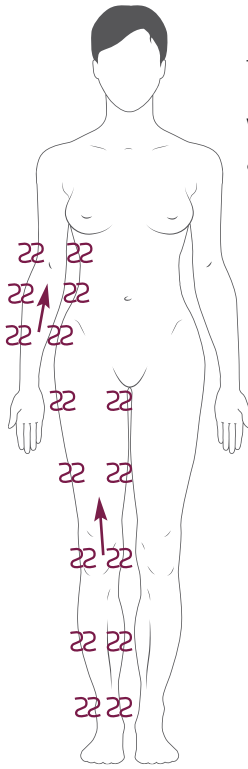


Repeated pressing on the lymph nodes (one hand on top of the other) (x 7):

- ankles
- popliteal fossa (back of the knee)
- groin
- armpit

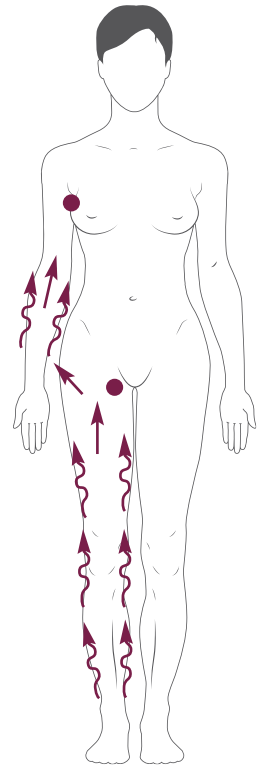
Work your way back down using alternate hands

4



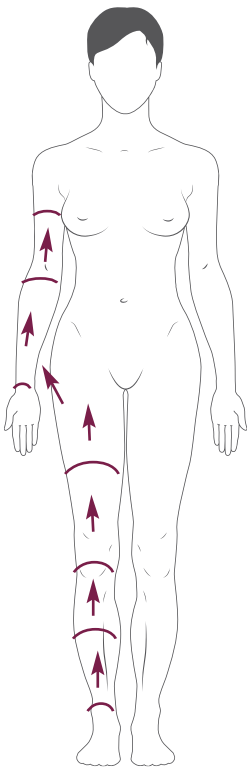
Drainage with the butterfly wing technique (x 2).
Legs then arms
Work your way back down using alternate hands

5



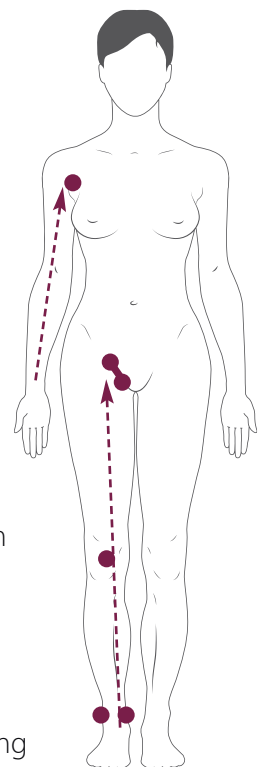
Exterior then interior drainage with the wave technique (one hand on top of the other)
+ pressure on the lymph nodes in the armpit and groin (one hand on top of the other)
+ work your way back down using alternate hands (x 3).

6



Encircling movements pressing down then sweeping upwards from the foot up to the stomach and from the hand to the shoulder (x 3).
Work your way back down using alternate hands

7



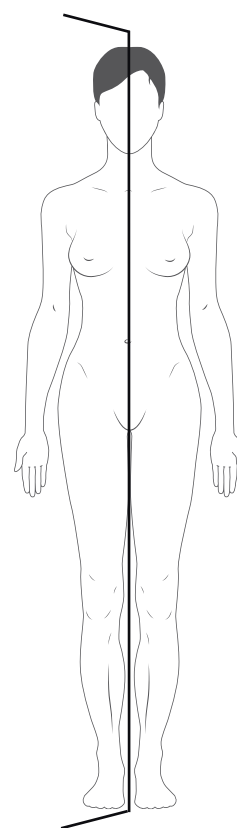
Repeated pressing on the lymph nodes (one hand on top of the other) (x 7):

- ankles
- popliteal fossa (back of the knee)
- groin
- armpit

Work your way back down using alternate hands:

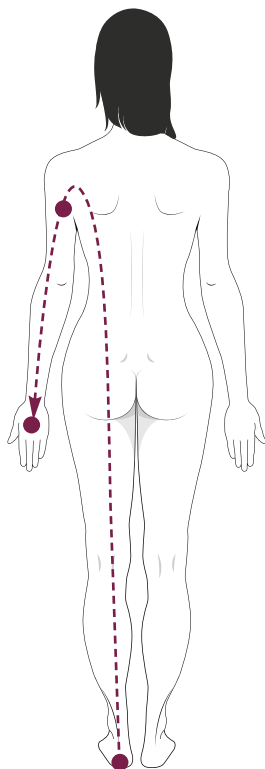
Change sides

- 8 Repeated pressing on the lymph nodes (one hand on top of the other) (x 7) cf.3:
 - ankle
 - popliteal fossa (back of the knee)
 - groin
 - armpit
- 9 Drainage outside and then inside with the butterfly wing technique (x 3). cf.4
- 10 Drainage inside and outside with the wave technique (one hand on top of the other)
 - + pressure on the lymph nodes in the armpit and groin (one hand on top of the other)
 - + work your way back down using alternate hands (x 2). cf.5
- 11 Encircling movements pressing down then sweeping upwards from the foot up to the stomach and from the hand to the shoulder (x). cf.6
- 12 Repeated pressing on the lymph nodes (one hand on top of the other) (x 7) cf.7:
 - ankle
 - popliteal fossa (back of the knee)
 - groin
 - armpit
 Work your way back down using alternate hands.

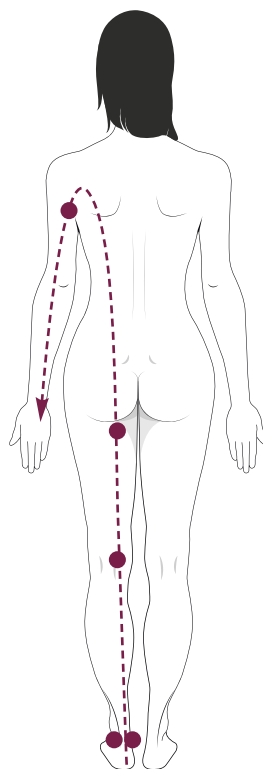


Turn the client over and work on her rear side - side 1

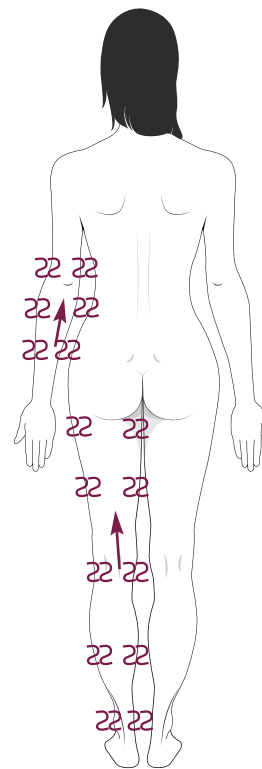
13



14



15



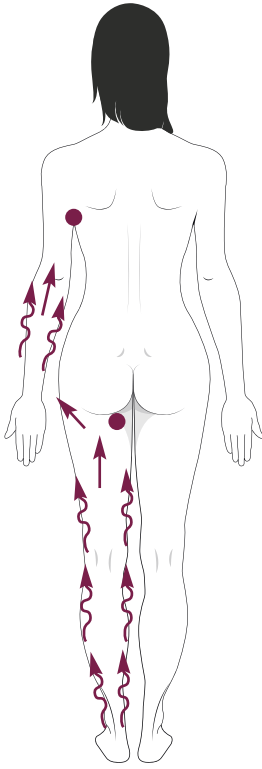
Apply oil to half of the body with effleurage movements. Apply repeated pressure to the foot, shoulder and hand.

Repeated pressing on the lymph nodes (one hand on top of the other) (x 7):

- ankles
- popliteal fossa (back of the knee)
- groin
- armpit

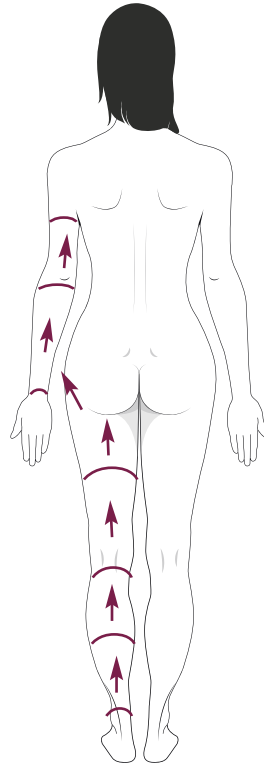
Drainage inside and outside with the butterfly wing technique (x 2).

16



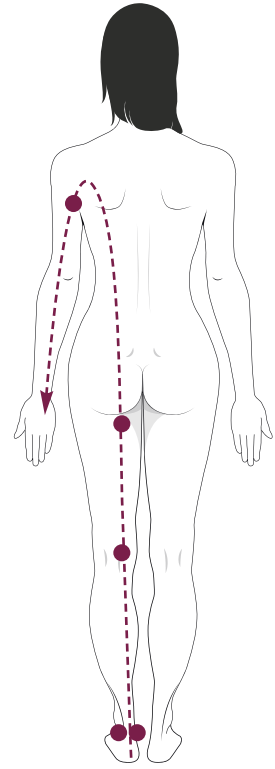
Drainage inside and outside with the wave technique (one hand on top of the other) + pressure on the lymph nodes in the armpit and groin (one hand on top of the other) + work your way back down using alternate hands (x 2).

17



Encircling movements pressing down then sweeping upwards from the foot up to the back and then from the hand to the shoulder (x 2).

18



Repeated pressing on the lymph nodes (one hand on top of the other) (x 7):

- ankles
- popliteal fossa (back of the knee)
- groin
- armpit

Change sides

8 Repeated pressing on the lymph nodes (one hand on top of the other) (x 7) cf.14

- ankle
- popliteal fossa (back of the knee)
- groin
- armpit

9 Drainage inside and outside with the butterfly wing technique (x 2). cf.15

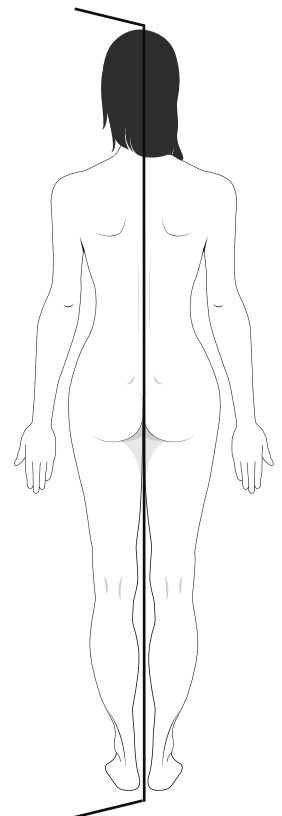
10 Drainage inside and outside with the wave technique (one hand on top of the other) + pressure on the lymph nodes in the armpit and groin (one hand on top of the other) + work your way back down using alternate hands (x 2). cf.16

11 Encircling movements pressing down then sweeping upwards from the foot up to the stomach and from the hand to the shoulder (x). cf.17

12 Repeated pressing on the lymph nodes (one hand on top of the other) (x 7) cf.18::

- ankle
- popliteal fossa (back of the knee)
- groin
- armpit

10 Place the towel back on top of the body and finish with a general effleurage.



PHASE 3

Wrap

Effects :

- absorbent and astringent properties
- purifies, closes the pores.

Product selection :



ref. 440180
Rhassoul mud wrap
Active ingredient : clay

Procedure : Rhassoul mud wrap

Position a plastic wrap sheet underneath the client.

- Prepare the wrap with water, mixing it thoroughly to produce a smooth, even paste.
- Apply quickly to the client's body.
- Wrap the client in the plastic wrap sheet.
- Leave it in place for 20 minutes and then rinse with clean water using natural body sponges ref. 120185.
- Remove the plastic wrap sheet.

PHASE 4

Protect

Effects : moisturizes, protects, comforts.

Product selection :



ref. 401870
Fleur d'Orient moisturizing body milk
Active ingredients : argan oil, shea butter

or



ref. 401860
Fleur d'Orient dry body oil
Active ingredients : argan oil, apricot oil, sunflower oil

Procedure : moisturize - protect

Apply moisturizing body milk or dry body oil from the Fleur d'Orient range by effleurage to the whole body.

ASIAN GETAWAY

CONTOUR-FIRMING TREATMENT



90 min

Escape and give in to the pleasures of an Asian getaway...
In addition to inducing well-being and comfort, this treatment makes the skin firmer and more resistant. The perfect way to a more toned body.

Suitable for:

A client who wants to:

- firm up her body
- combat orange peel skin
- reduce slackening of the skin.

Treatment regime :

One-month Starter regime of 1 or 2 treatments / week + application of contour-firming gel morning and night.

One-month Stop and Rest regime of 1 treatment / week + application of contour-firming gel morning and night.

Maintenance of the results with 1 treatment / month + application of contour-firming gel in the morning.

PHASE 1



Sanitizing

Effects : sanitizes the feet.

Product selection :



ref. 601110
Disinfecting wipes



Opening sculpting

Effects : initial contact



Cleansing

Effects : removes all traces of impurities and microorganisms.

Product selection :



ref. 401565
Foaming cleansing gel for face and body
Active ingredients : surfactants, glycerine

Exfoliation

- Effects :**
- prepares the skin for the treatment.
 - removes dead skin cells.
 - refines the skin grain.
 - oxygenates the skin.

Product selection :



ref. 401745

Citrus and green tea grain scrub

Active ingredients : glycerine, silica, jojoba oil

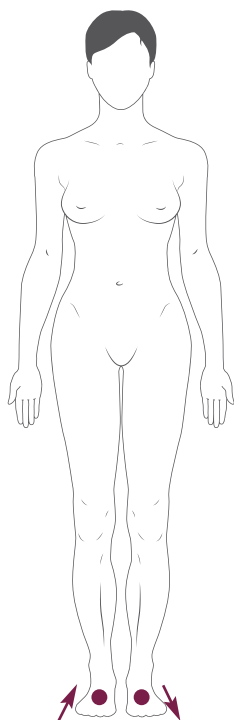
Procedure

Ask the client to lie down on a beauty couch covered with a towel and plastic wrap sheet.

- Sanitize the client's feet with disinfecting wipes.
- Carry out the opening sculpting without using oil.

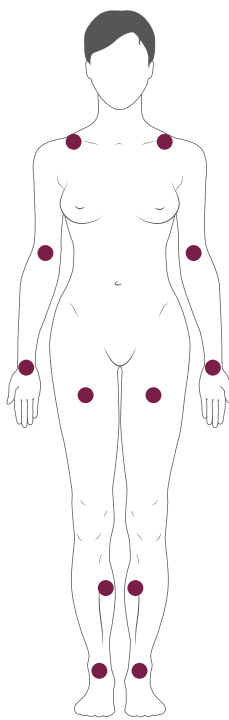
The client lies on her back on a towel, covered with a blanket.

1



Apply hot towels to the client's feet, apply repeated pressure to the foot arches, pressing hard, and stretch each foot by pushing it forward and pulling it back.

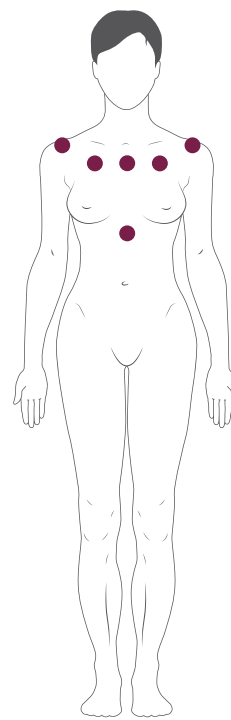
2



Press down with the hands, working upwards:

- ankles
- calves
- thighs
- hands
- arms
- shoulders

3



Apply repeated pressure in rhythm with the client's breathing:

- solar plexus (one hand on top of the other)
- bust

- Cleanse the whole body.
- Start the scrub by using a spatula to take up the 3-tea exfoliating fluid from the palm of your hand.
- Proceed by exfoliating the legs then the stomach, arms and shoulders using circular movements.
- Ask the client to turn over and continue by exfoliating the thighs and back.
- To remove the scrub, rinse with clean water using natural body sponges or in the shower. (The client lies on top of a plastic wrap sheet.)

Sculpting

- Effects :**
- boosts blood oxygenation and circulation.
 - breaks up fatty deposits.
 - improves firmness and elasticity.
 - special manipulations.
 - contour-firming.

Product selection :



ref. 401584

Contour-firming sculpting cream

Active ingredients : concentrates of algae, ruscus, silver birch, horsetail, rosemary, meadowsweet, ivy and escin, caffeine, algisium

or



ref. 401505 *

Sculpting oil - body

Active ingredient : coconut oil, aloe vera

+



ref. 401534 + 401533

Slimming complex
+ firming complex

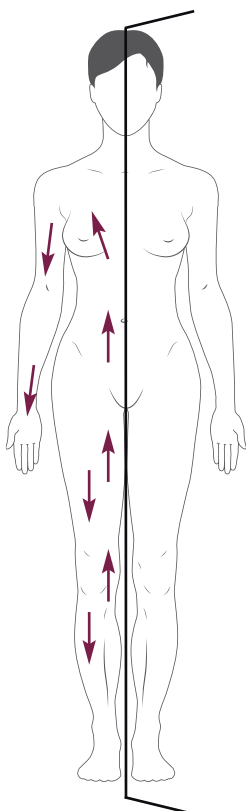
Procedure : contour-firming sculpting

Sculpt the client's body with sculpting oil - body, along with a firming complex and/or slimming complex or contour-firming sculpting cream.

Work on one half of the body at a time - Front

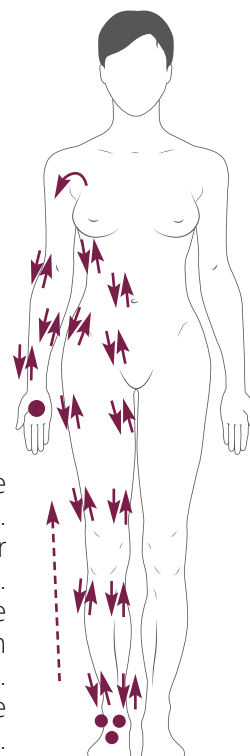
Side 1

1



Apply oil to the body with effleurage movements.

2



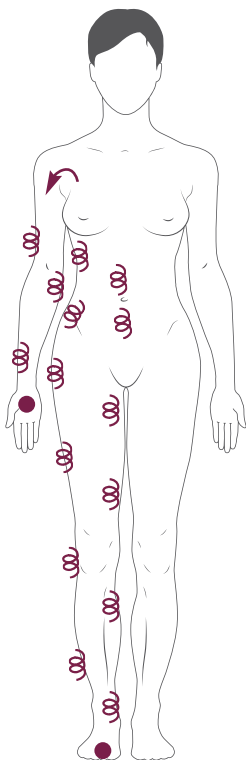
With both hands, surround and apply pressure to the foot and ankle.

Apply friction to the whole leg, working your way up.

Smooth the outside of the waist, encircle the shoulder and apply friction to the arm and then pressure to the hand.

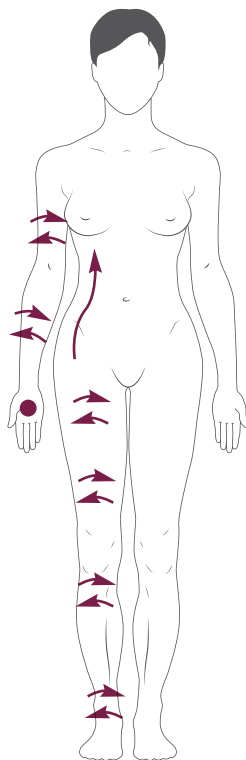
Work your way back down with effleurage movements (whole procedure x 3).

3



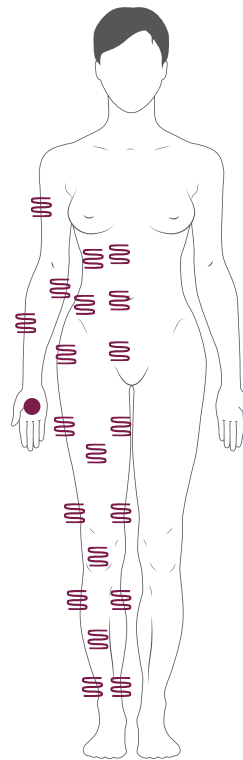
Knead from the foot up to the shoulder, encircle the shoulder and work your way back down, kneading the arm and applying pressure inside the hand. Work your way back down with effleurage movements (whole procedure x 3).

4



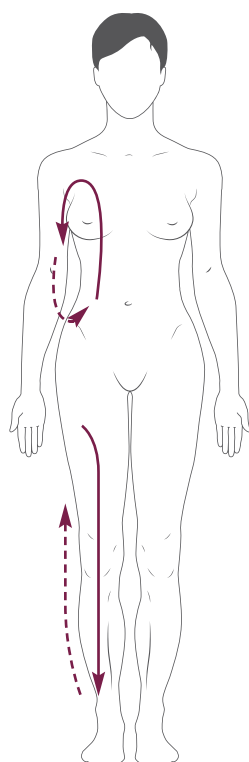
Knead with a twisting motion, moving slowly from the foot up to the shoulder, smooth the waist and work your way down the arm. Work your way back down with effleurage movements (whole procedure x 3).

5



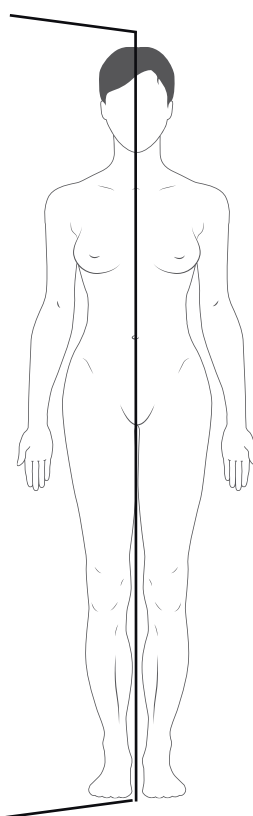
Apply vibrations from the foot up to the shoulder (x 3). Vibrating pinches in 3 lines along the leg.

6



General effleurage and then cover the leg.

Change sides



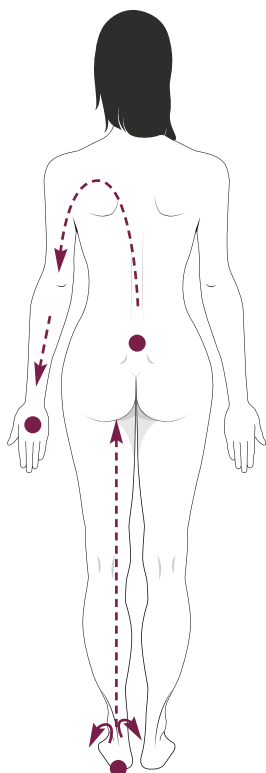
- 7 With both hands, surround and apply pressure to the foot and ankle. Apply friction to the whole leg, working your way up. Smooth the outside of the waist, encircle the shoulder and apply friction to the arm and then pressure to the hand. Work your way back down with effleurage movements (whole procedure x 3). cf.2
- 8 Knead from the foot up to the shoulder, encircle the shoulder and work your way back down, kneading the arm and applying pressure inside the hand. Work your way back down with effleurage movements (whole procedure x 3). cf.3
- 9 Knead with a twisting motion, moving slowly from the foot up to the shoulder, smooth the waist and work your way down the arm. Work your way back down with 5 effleurage movements (whole procedure x 3). cf.4
- 10 Apply vibrations from the foot up to the shoulder (x 3). Vibrating pinches in 3 lines along the leg. cf.5

Turn the client over and work on her rear side

Apply oil to the body with effleurage movements.

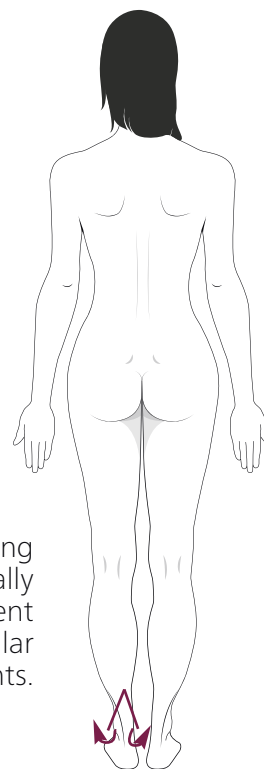
Side 1

11



Apply pressure with your finger pads to the foot arch and then press hard with your fist + pressure on the sacrum + pressure on the hand (whole procedure x 3).

12



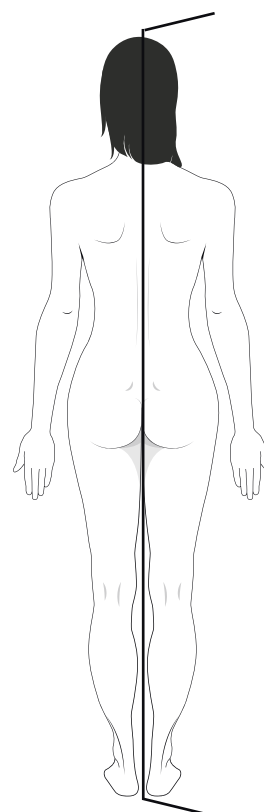
Work the ankle by pressing down with your fingers vertically on either side to form a tent shape and apply circular movements.

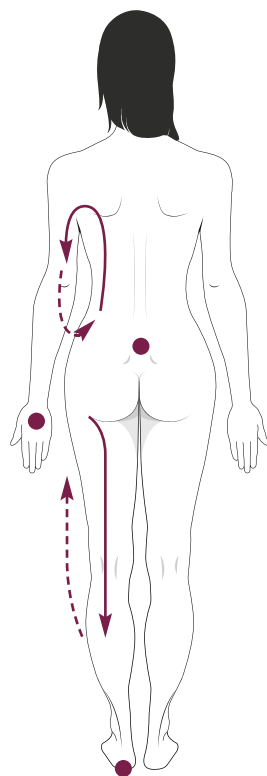
13 Use both hands to cover and apply pressure on the foot and then the ankle. Apply friction to the whole leg, working your way up. Smooth the outside of the waist, encircle the shoulders and apply friction to the arm and then pressure to the hand. Work your way back down with effleurage movements (whole procedure x 3). cf.2

14 Knead from the foot up to the shoulder, encircle the shoulder and work your way back down, kneading the arm and applying pressure inside the hand. Work your way back down with effleurage movements (whole procedure x 3). cf.3

15 Knead with a twisting motion, moving slowly from the foot up to the shoulder, smooth the waist and work your way down the arm. Work your way back down with effleurage movements (whole procedure x 3). cf.4

16 Apply vibrations from the foot up to the shoulder (x 3). Vibrating pinches in 3 lines along the leg. cf.5

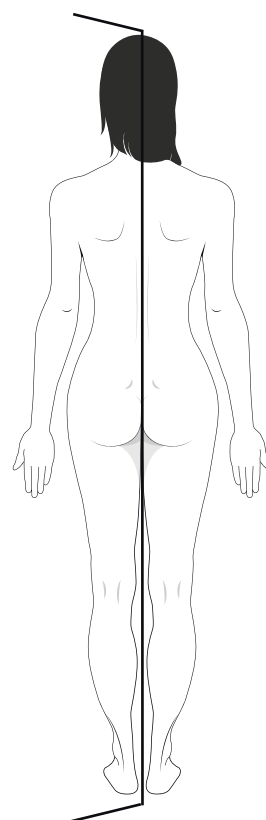




General effleurage + pressure on the sacrum
+ pressure on the hand + pressure on the foot

Change sides

- 18** Apply pressure with your finger pads to the foot arch and then press hard with your fist + pressure on the sacrum + pressure on the hand (x 3). cf.11
- 19** Work the ankle by pressing down with your fingers vertically on either side to form a tent shape and apply circular movements. cf.12
- 20** With both hands, surround and apply pressure to the foot and ankle. Apply friction to the whole leg, working your way up. Smooth the outside of the waist, encircle the shoulders and apply friction to the arm and then pressure to the hand. Work your way back down with effleurage movements (whole procedure x 3). cf.13
- 21** Knead from the foot up to the shoulder, encircle the shoulder and work your way back down, kneading the arm and applying pressure inside the hand. Work your way back down with effleurage movements (whole procedure x 3). cf.14
- 22** Knead with a twisting motion, moving slowly from the foot up to the shoulder, smooth the waist and work your way down the arm. Work your way back down with effleurage movements (whole procedure x 3). cf.15
- 23** Apply vibrations from the foot up to the shoulder (x 3). Vibrating pinches in 3 lines along the leg. cf.16
- 24** General effleurage + pressure on the sacrum + pressure on the hand + pressure on the foot. cf.17



PHASE 3

Wrap

Effects :

- penetration of the slimming and firming active ingredients.
- induces perspiration and soaking into the skin
- drains, remineralizes, tones.

Product selection :



ref. 440162 * + 170025

Slimming wrap + isothermal blanket

Active ingredients : guarana (rich in caffeine), laminaria (brown seaweed), rosemary essential oil

or



ref. 440177 *

Self-heating mud

Active ingredient : spirulina (alga), laminaria (micronized algae)

Procedure : slimming wrap or self-heating mud (35 minutes)

The client lies on her back on a plastic wrap sheet..

- Prepare the wrap, mixing it thoroughly to produce a smooth, even paste (temperature: 20°C).
- Apply quickly to the client's body, being careful not to apply it to wounds or sores.
- Wrap the client in the plastic wrap sheet and place the isothermal blanket on top.
- Leave it in place for 20 minutes and then remove the wrap. Rinse with clean water using natural body sponges.

PHASE 4

Protect

Effects :

- reduces excess fat, reduces the appearance of orange peel skin and firms the skin.
- firms up and restores tone to the cutaneous tissue; prevents and combats the formation of dimples.

Product selection :



ref. 401720

Thermoactive slimming gel

Active ingredients : caffeine, firming agents

or



ref. 401700

Contour-firming gel

Active ingredient : extracts of horsetail, ruscus, meadowsweet, ivy and seaweed

Procedure : moisturizing and treatment

Apply thermoactive slimming gel or contour-firming gel by effleurage to the client's whole body.



Peggy Sage, Glamour and femininity since 1925

Our expertise



Artificial nail
construction
Manicures / Pedicures



Eyelash
extensions



Make-up



Depilation



Facial and
body care



For more than 90 years, Peggy Sage has been offering its extensive expertise and services to beauty industry professionals.