

# THALGO

LA BEAUTÉ MARINE



Training Guide ■ Skin Solutions

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PURETE  
MARINE

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# Concept

## ■ Pureté Marine

### Who is it for?

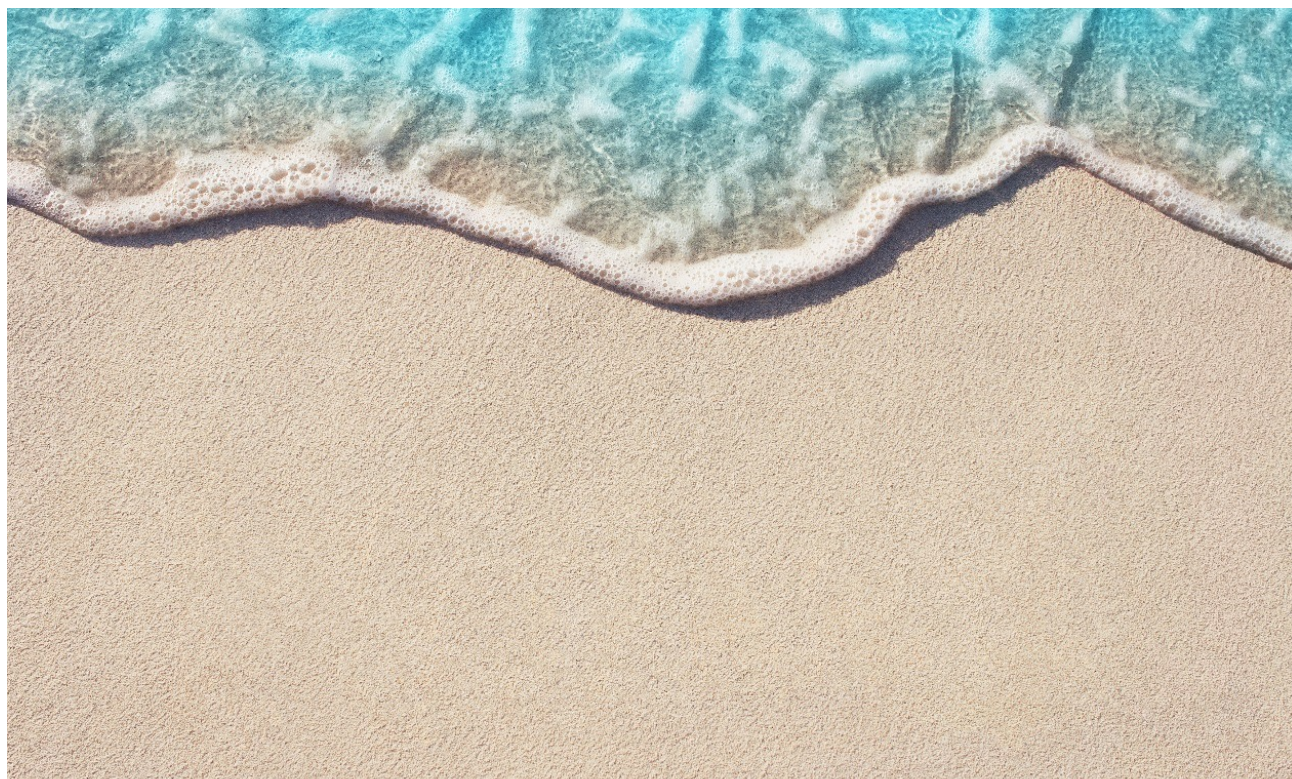
Anyone with combination to oily skin who has dilated pores, shine or imperfections.

### What's happening in the skin?

The production rate of sebum, a natural component of the hydrolipidic film, varies under the influence of hormonal factors and external aggressors (e.g. pollution, stress and climate). Skin with oily tendencies overreacts, producing excessive seborrhoea. These conditions are conducive to the proliferation of bacteria, but also the release of messengers, creating the appearance of imperfections that are sometimes red.




### The Solution

1<sup>st</sup> Purity range boasting a duo of zinc-rich algae, which ensures a long-lasting matte look and reduces blemishes in combination to oily skin.



# Innovation

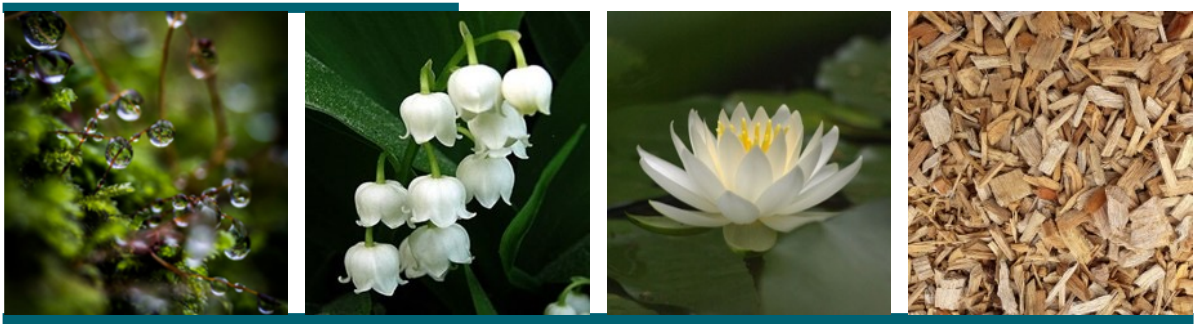
## ■ Hero active ingredients

ZINC-RICH ALGAE DUO		
		
<b>SÈVE BLEUE FROM THE OCEANS</b>	<b>FUCUS SPIRALIS</b>	<b>TETRASELMIS CHUI</b>
<b>ORIGIN</b>	<b>ORIGIN</b>	<b>ORIGIN</b>
This beauty water is drawn from deep in the heart of the oceans. 14 times higher in Silicon, 12 times higher Manganese concentrations and 8 times more Zinc than in seawater.	Brown macroalgae harvested on the Brittany coast.	Green microalgae high in Zinc, thanks to a specific bioaccumulation process.
<b>ACTIONS</b>	<b>ACTIONS</b>	
<ul style="list-style-type: none"><li>▪ Remineralises</li><li>▪ Increases the skin's resistance and prevents water loss by stimulating the synthesis of epidermal lipids</li></ul>	<ul style="list-style-type: none"><li>• Regulates excessive sebum production</li><li>• Cleanses the skin</li><li>• Reduces the appearance of dilated pores</li></ul>	

## ■ Fragrance

A fresh and pure unisex scent

Top: Plant Sap  
Middle: Lily of the Valley & Water Lotus  
Base: Cedar wood



# Professional Products



FOR

SALONS:  
KT15046 – 100 ml

## Aquatic Essence:

THALGO's signature olfactory aromatic complex with essential oils.

OLFACTORY PYRAMID	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>▪ Top: Grapefruit</li><li>▪ Middle: Marine algae</li><li>▪ Base: Musk</li></ul>	<ul style="list-style-type: none"><li>▪ Warm scented oshiboris</li><li>▪ Gentle rinsing</li><li>▪ Finishing touch for the cleansing ritual</li></ul>	<ul style="list-style-type: none"><li>▪ SALONS: Dilute 1 ml of Aquatic Essence in 1 L of water. Mix and soak the oshiboris in the solution. Wring them out, roll them up, then place them in the Hot Cabi</li></ul>



FOR

SALONS:  
KT15014 – 150 ml

## Oligo-Marine Massage Cream:

Remineralising massage cream with Sève Bleue des Océans, offering a unique texture for a long and relaxing massage.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>▪ Sève Bleue des Océans</li><li>▪ Macadamia nut oil</li><li>▪ Raspberry seed oil</li></ul>	<ul style="list-style-type: none"><li>▪ Skin remineralised</li><li>▪ Replenished skin</li><li>▪ Relaxed client</li></ul>	<ul style="list-style-type: none"><li>▪ SALONS: Take 4 ml and use for 10 minutes of massage</li></ul>



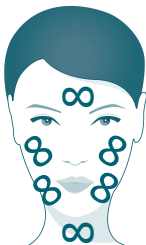
FOR

SALONS:  
KT18006 – 150 ml

## Melt-In Scrub with Marine Crystals:

A treatment-scrub, high in sea minerals, which reveals the skin's radiance, thanks to its triple exfoliation: enzyme-based, mechanical and deep-cleansing.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>▪ Sève Bleue des Océans</li><li>▪ Enzyme-based exfoliant papaya extract</li><li>▪ Mechanical exfoliants: featuring diatoms, almond shells and sea salt</li><li>▪ Pore-unclogging: plant-sourced sebum sensor</li></ul>	<ul style="list-style-type: none"><li>▪ Triple exfoliation</li><li>▪ Pores unclogged</li><li>▪ Clean and soft skin</li></ul>	<ul style="list-style-type: none"><li>▪ SALONS: Warm 1 ml of scrub in the palm of your hands then emulsify with the water before rinsing</li></ul>





### Marine Infusion Mask:

A professional marine mask with Sève Bleue des Océans and alginates that have high concentrations of minerals and trace elements present in the active ingredients of each range.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>▪ Sève Bleue des Océans</li><li>▪ Alginate</li></ul>	<ul style="list-style-type: none"><li>▪ Soft, fresh and replenished skin</li></ul>	<ul style="list-style-type: none"><li>▪ SALONS: Mix 110 ml of cold water + 1 mini-bottle of Oligo-Mineral Lotion with the mask. Apply a moderate layer of this over the cream mask then leave on for 15 min</li></ul>

#### FOR

SALONS:  
KT15015 – 12  
treatments



# Professional and Retail Products



FOR

RETAIL:  
VT15045 – 125 ml

SALONS:  
KT15039 – 250 ml

## Express Make-up Remover:

Bi-phase lotion for eyes and lips, with Sève Bleue des Océans, which removes all make-up in one step, even waterproof make-up. Fragrance-free.

ACTIVE INGREDIENTS	RESULTS <sup>(1)</sup>	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Provitamin B5</li></ul>	<ul style="list-style-type: none"><li>Perfect cleansing of eyes and lips</li><li>No eye watering or stinging sensation</li><li>Suitable for sensitive skin</li></ul>	<ul style="list-style-type: none"><li>RETAIL / SALONS: Shake well before use, then apply 1 ml to cotton pads.</li></ul>



FOR

RETAIL:  
VT17001 – 200 ml

SALONS:  
KT17001 – 500 ml

## Gentle Purifying Gel:

1<sup>st</sup> purity routine for combination to oily skin that deeply cleanses while removing impurities and excess sebum, leaving your skin feeling fresh and clear.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Complex of 2 thousand-year-old algae</li><li>Moringa seeds</li></ul>	<ul style="list-style-type: none"><li>Cleans without drying</li><li>Purifies the skin</li><li>Smooth hair-free skin</li></ul>	<ul style="list-style-type: none"><li>SALONS / RETAIL: Apply 1.5 ml to wet skin, avoiding the eye contour area. Emulsify to get it to foam. Rinse thoroughly</li></ul>



FOR

RETAIL:  
VT15053 – 150 ml

SALONS:  
KT15045 – 250 ml

## Reviving Marine Mist:

An indispensable beauty mist to offer skin the moisturising and revitalising benefits of seawater on a daily basis.

ACTIVE INGREDIENTS	RESULTS <sup>(2)</sup>	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>27 poly-revitalising nutrients</li></ul>	<ul style="list-style-type: none"><li>Skin revitalised: 88%</li><li>Soft and hydrated skin: 94%.</li><li>Fresher complexion: 100%</li></ul>	<ul style="list-style-type: none"><li>RETAIL / SALONS: No need to shake. Spray 1 ml on the face</li></ul>



(1) Usage test under dermatological and ophthalmological control, conducted on 17 volunteers who had used the Express Make-up Remover for 14 days  
(2) Usage test under dermatological and ophthalmological control, conducted on 17 volunteers who had used the Mist for 21 days – self-evaluation (% of volunteers who agree and mostly agree with the claim)



FOR

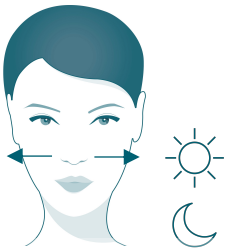
RETAIL:  
VT14028 –  
7x1.2 ml

SALONS:  
KT14027 –  
12x1.2 ml

Intense Regulating Concentrate:

This 7-day treatment controls seborrhoea, restores good-quality sebum, dilutes the skin and unclogs pores.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Complex of 2 thousand-year-old algae</li><li>Activ'pur</li></ul>	<ul style="list-style-type: none"><li>Sebum levels after only 7 days of treatment: -10% on average<sup>(1)</sup></li><li>Healthier skin: 90%<sup>(2)</sup></li><li>Reduced shine: 86%<sup>(2)</sup></li></ul>	<ul style="list-style-type: none"><li>RETAIL: One half-dose morning and evening (1 vial – 2 applications)</li><li>SALONS: 1 vial</li></ul>



FOR

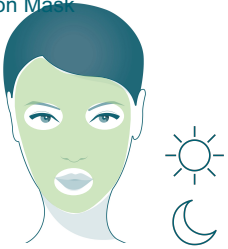
RETAIL:  
VT14030 – 40 ml

SALONS:  
KT14028 – 150 ml

Absolute Purifying Mask:

This treatment mask removes sebum and impurities in 10 minutes, leaving purified, clarified and instantly clearer skin.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Complex of 2 thousand-year-old algae</li><li>Witch Hazel extract</li></ul>	<ul style="list-style-type: none"><li>Skin cleansed and shine visibly under control: 96%<sup>(3)</sup></li><li>Tightened pores: 95%<sup>(3)</sup></li><li>Visibly brighter complexion: 86%</li></ul>	<ul style="list-style-type: none"><li>RETAIL: Leave on for 10min. 2 times per week</li><li>SALONS: 15 min wearing the Marine Infusion Mask</li></ul>



FOR

RETAIL:  
VT17002 – 200 ml

SALONS:  
KT17002 – 500 ml

Mattifying Powder Lotion:

A two-phase treatment lotion combining an astringent with mattifying powders for immediate and long-lasting shine correction.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Complex of 2 thousand-year-old algae</li><li>Zinc + Alcohol</li><li>Mattifying powders: silica &amp; rice</li></ul>	<ul style="list-style-type: none"><li>On application<sup>(4)</sup>:<ul style="list-style-type: none"><li>Skin is more matte: 100%</li><li>Skin is evened out: 94%</li></ul></li></ul>	<ul style="list-style-type: none"><li>RETAIL / SALONS: Shake before use. Apply 2 ml using a cotton pad, paying attention to the T-zone</li></ul>



(1) Evaluation of the Sebum-regulating efficacy carried out on 20 volunteers who had used the Intense Regulating Concentrate twice daily for 7 days. Effect observed in 65% of volunteers  
(2) Usage test carried out on 21 volunteers who had used the Intense Regulating Concentrate twice a day for 7 days. Self-assessment (% of volunteers who fully agree and mostly agree with the claim)  
(3) Usage test under dermatological control conducted on 21 volunteers who had used the Absolute Purifying Mask twice daily for 28 days. Self-assessment (% of volunteers who agree and mostly agree)  
(4) Usage test under dermatological control conducted on 15 volunteers who had used the Mattifying Powder Lotion twice daily for 21 days. Self-assessment (% of volunteers who agree and mostly agree)



FOR

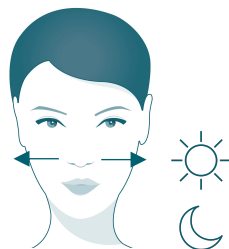
RETAIL:  
VT14031 – 40 ml

SALONS:  
KT14029 – 150 ml

## Perfect Matte Fluid:

1<sup>st</sup> daily-use product for combination to oily skin that offers both immediate shine correction and for the next 8 hours. Suitable for men.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>▪ Sève Bleue des Océans</li><li>▪ Complex of 2 thousand-year-old algae</li><li>▪ Acti'sebum</li></ul>	<ul style="list-style-type: none"><li>▪ Significant reduction in shine, on average<sup>(1)</sup>:<ul style="list-style-type: none"><li>➢ -32% in ½ hour</li><li>➢ -33% after 4 hours</li><li>➢ -25% after 8 hours</li></ul></li></ul>	<ul style="list-style-type: none"><li>▪ RETAIL / SALONS: Apply 1 ml to the face and neck</li></ul>



(1) Assessment of mattifying efficacy on 22 volunteers after a single standardised application of the Perfect Matte Fluid.. This effect was observed in all volunteers at T30', in 95% of volunteers at T4h and in 82% of volunteers at T8h

# Retail Products

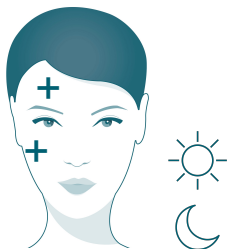


**FOR**  
RETAIL:  
VT14029 – 15 ml

## Imperfection Corrector:

Acting like a drying 'dressing' saturated with rebuilding Hyaluronic Acid, it eradicates bacterial hubs.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Complex of 2 thousand-year-old algae</li><li>Hyaluronic acid duo</li></ul>	<ul style="list-style-type: none"><li>Accelerates the disappearance of blemishes: 95%<sup>(1)</sup></li><li>Skin visibly healthier and post-blemish repair promoted: 86%<sup>(1)</sup></li></ul>	<ul style="list-style-type: none"><li>RETAIL / SALONS: Targeted application</li></ul>



(1) Self-evaluation carried out on 21 volunteers after 28 days

# Preparation for the treatment

- To facilitate the flow of your protocol, we recommend that you prepare before your treatment:

- **Your treatment room ambiance:**

An inviting treatment room, inspiring peace and relaxation  
Select music that will be suitable for the treatment

- **Your THALGO tray with:**

1 Intense Regulating Concentrate  
+ 1 small bowl with 1.5 ml of Gentle Purifying Gel  
+ 1 small bowl with 2 ml of Gentle Scrub with Marine Crystals  
+ 1 small bowl with 5 ml of Absolute Purifying Mask  
+ 1 small bowl with 1 ml of Perfect Matte Fluid

- **Your work area with:**

Reviving Marine Mist  
Express Make-up Remover  
Marine Infusion Mask

- **Your hot cabi with:**

3 oshiboris moistened with Aquatic Essence (used to rinse off the Gentle Purifying Gel, the Melt-in Scrub with Marine Crystals and the Absolute Purifying Mask)  
+ 1 small bowl with 4 ml of Oligo-Marine Massage Cream

Remember to find out about your client's previous purchases and treatments by checking your customer file.

All this information will allow you to tailor your discussion to give it impact, and make it relevant and personalised, but also to best coach your customer.

# Pureté Marine Purifying Treatment

55 min

Prepare the oshiboris before the treatment, by soaking them in **Aquatic Essence** (1ml), warm them in the Hot Cabi and prepare the cleansing products.

15 min

## 1. IMMERSE

**Reviving Marine Mist** (1 ml)

- Éveil à la Mer massage – see technical note

**Express Make-up Remover** (1 ml)

- Cleansing of eyes & lips

**Gentle Purifying Gel** (1.5 ml) emulsify with water all over the face and neck

**Melt-in Scrub with Marine Crystals** (2 ml) perform large figures of eight:

- Facial contours/Masseter/Forehead/Nose/Neck/Décolleté

Then small figures of eight:

- Forehead/Frown lines/Temples/Nose/Nasal labial lines/Chin/Neck/Décolleté

Steamer and extraction (optional)

3 min

## 2. ENERGISE

**Reviving Marine Mist** (1 ml)

- Energising Digitopressure – see technical note

33 min

## 3. CORRECT

**Intense Regulating Concentrate**

- Facilitate absorption with light gliding strokes

**Oligo-Marine Massage Cream** (4 ml)

- Heart of the Ocean massage – 15 min – see technical note

**Absolute Purifying Mask** (5 ml)

- Apply sparingly to the face and neck.

**Marine Infusion Mask**

- 110 ml of cold water + a mini-bottle of **Oligo-Mineral Lotion**
- Leave on for 15 min
- Carry out the Hand Massage – see technical note

4 min

## 4. REVEAL

**Mattifying Powder Lotion** (2 ml)

**Appropriate eye contour product** (1 ml)

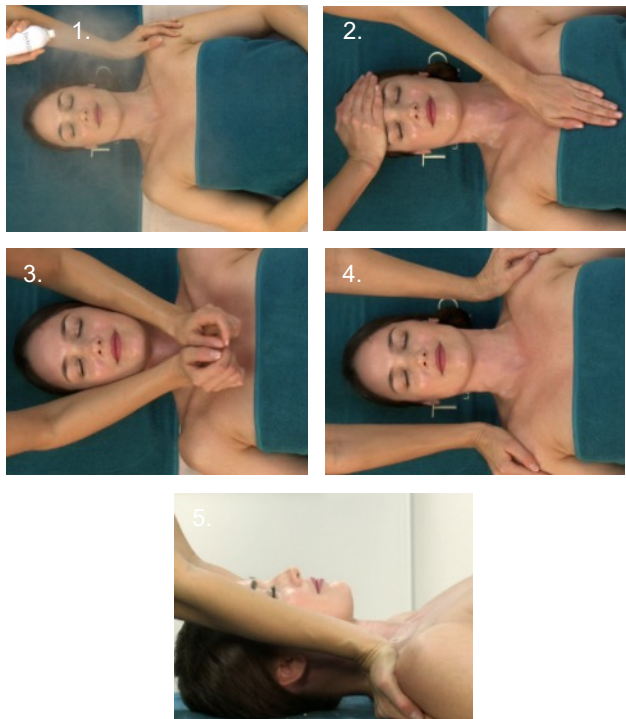
**Perfect Matte Fluid** (1 ml)

- Réveil à la Mer massage – see technical note

# Immerse

## ■ Eveil à la Mer Massage

Before starting the Éveil à la Mer massage, place a towel around the head to protect the hair.



## 1. Contact

Lightly spray **Reviving Marine Mist** diffusely all over the client's face. This will create a marine world atmosphere around her.

## 2. Breathing

Take advantage of this moment to get her to breathe deeply and let go. Your left hand on her forehead exerts controlled pressure and your right hand on the plexus is much lighter. 3 times.

### 3. Sea of Sand.

The movements reproduce the sound of the waves that come and go on the beach. This is a very slow and gentle movement to perform over the towel by the client's ears. 3 times.

#### 4. Shoulder Pressures

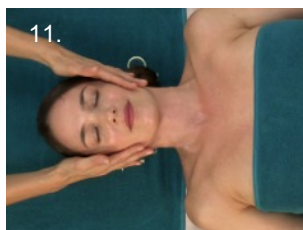
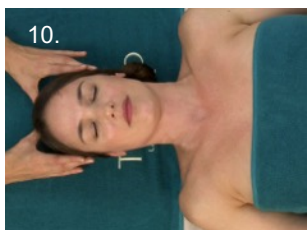
Place your hands on her shoulders in an enveloping way and exert pressure. 3 times.

## 5. Trapezius Pressures

Keep the same pace and the same pressure for the trapezius muscles. 3 times.

[illegible]

## ■ Eveil à la Mer Massage



### 6. Neck Pressures

Repeat on back of the neck. 3 times.

### 7. Facial Contour Pressure

Ensure you exert pressure in-depth and not in horizontal stretching.

It is not at all the same sensation. 3 times.

### 8. Eye Contour Pressures

Hands are cupped over the eyes with very light pressure in the centre and more intense pressure on the bone of the eye contour. 3 times.

### 9. Forehead Pressures. 3 times.

### 10. Head Pressures

On the central axis. 3 times.

### 11. Sea of Sand

Again to complete this welcome massage. 3 times.



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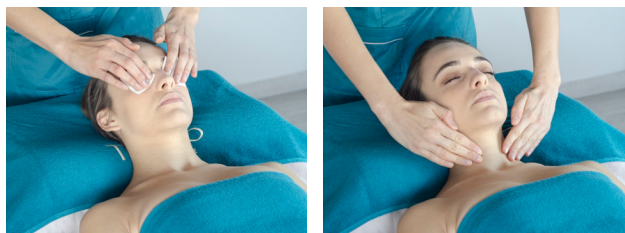
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# ■ Make-up removal



- 1. Cleanse the eyes and lips with **Express Make-up Remover** (1 ml).
- 2.Emulsify the **Gentle Purifying Gel** (1.5 ml) all over the face and neck.  
Then rinse with a warm oshibori soaked in **Aquatic Essence**.



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## ■ Exfoliation



Take a small amount of **Melt-in Scrub with Marine Crystals** (2 ml), warming it in the palm of your hands, and apply to the face, neck and décolleté.

### 1. The big eight

- Facial contours / Masseter muscles / Forehead / Nose / Neck / Décolleté

### 2. The little eight:

- Forehead / Frown lines / Temple / Nose (wing/bridge/wing) / Temple / Laugh lines / Chin / Neck / Décolleté

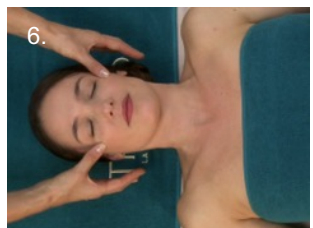
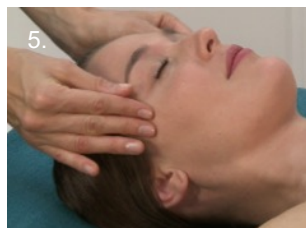
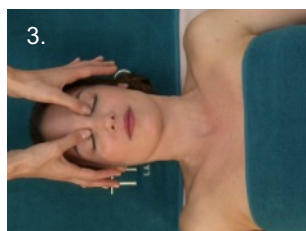
Emulsify with the tips of your fingers. Rinse using a warm oshibori, then dry the face with a dry oshibori.

*Leave the client under the steamer for 2 mins (optional)*



# Energise

## ■ Energising Digitopressure



## 1. Contact

With one hand on the client's shoulder, spray **Reviving Marine Mist** (1 ml), then perform Energising Digitopressure.

Apply pressure three times for each point, gradually increasing the intensity: light, medium then deep.

## 2. Forehead: Governing Vessel points

3 points from the hairline to the In Do point.

On completion of each point, smooth the forehead outwards.

### 3. Start of the eyebrows: Bladder point

Smooth to reach the following point.

#### 4. Tip of the eyebrows: Triple Warmer point

Smooth to reach the following point.

## 5. Temples

Circular pressures on the temples.

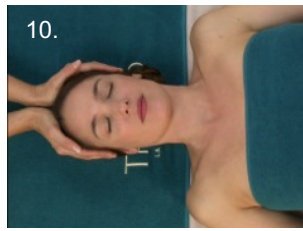
Smooth to reach the following point.

## 6. Outer corner of the eye: Gallbladder point

Small hollow in the outer corner of the eye. Smooth to reach the following point.

[illegible]

## ■ Energising Digitopressure



## 7. Lacrimals glands: Bladder point

## On the lacrimal glands

### 8. Wings of the nose: Large Intestine point

On completion of the point, smooth the cheek outwards.

### 9. Middle of the chin: Conception Vessel point

On completion of the point, smooth the jawline outwards.

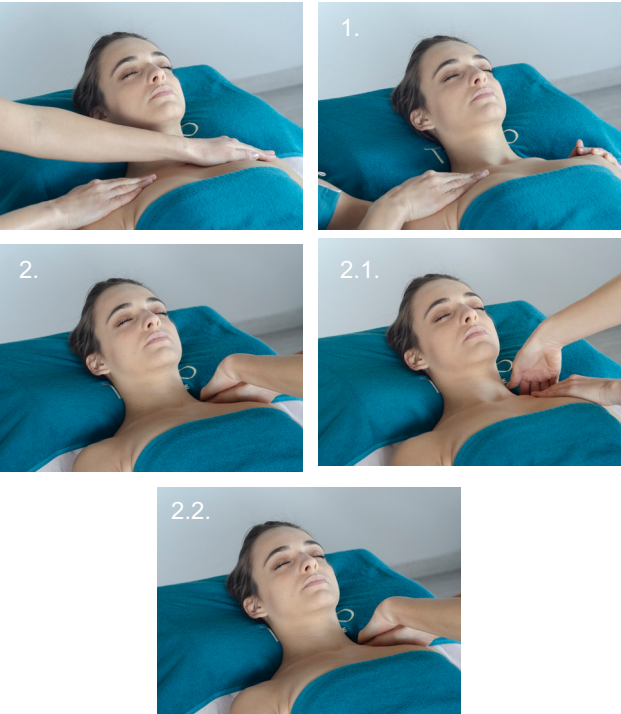
## 10. Scalp

Finish with scalp kneading on the towel.

[illegible]

# Correct

## ■ Heart of the Ocean Massage



### PART 1: MASSAGE OF DECOLLETE, ARMS, TRAPEZIUS MUSCLES.

Apply the **Oligo-Marine Massage Cream** to the whole arm, décolleté and nape of the neck.

**1. Broad relaxing smoothing:**  
Smooth the upper back and décolleté symmetrically.  
>> 3 times back and forth.

**2. Relaxing the trapezius:**  
Starting from behind the shoulder, smooth the trapezius muscle towards the spine, moving downwards then move back up the same path smoothing more firmly >> 3 times.

**2.1 Relaxing the trapezius alternating:**  
Same smoothing movements, alternating downwards and upwards.

**2.2 Relaxing the trapezius in 'wave':**  
Same movement in relaxing 'waves' moving upwards. Finish by placing your hands either side of her shoulder and move downwards to the inside of her elbow.



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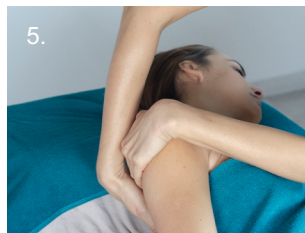
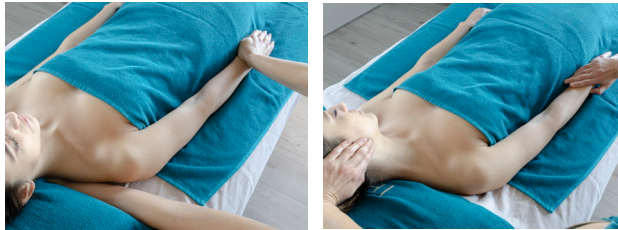
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## ■ Heart of the Ocean Massage



### 3. Stretching of the arms and neck:

Your right hand smooths towards your client's hand; your left hand smooths towards her neck. When you get to her wrist and shoulder, turn her hands at right angles to finish your movement simultaneously with your fingers flat on your client's hand and beneath the nape of her neck.

Move back downwards to the crease of the elbow.  
>> 3 times.

### 4. Stretching of the arms and mastoid:

(bone behind the ear).

Same movement but finishing on the mastoid process, using your middle finger for more pressure as needed.

### 5. Stretching of the upper back:

Gently place the client's arm on her stomach without losing contact and move to the other side of the treatment bed. Grasp her shoulder to turn it towards the masseur. Perform deep, alternating smoothing strokes, at right angles to the spine, on the shoulder blade and sides.

# ■ Heart of the Ocean Massage



## PART 2: FACIAL MASSAGE

Apply **Oligo-Marine Massage Cream** to the face and neck.

**1. Aquatic smoothing:**  
With hands flat, make slow and light, alternating smoothing strokes on one side of the face starting from the décolleté, continue on the neck, facial contours and move up to the forehead.  
Do the same on the other side. >> 3 times

**2. Finger kneading:**  
Circular mobilisation on the spot with the finger pads. Perform this manoeuvre on the forehead, cheeks and finish with facial contours, each time using light pressure.  
>> 3 times back/forth

**3. Ocean rolls on half the face:**  
Place yourself by your client's side. Perform large circular movements, with hands flat, on the opposite side of the face, always moving the tissues upwards. Start with the forehead then continue by with the eye contour, cheek, facial contours and finish with the outside of the neck.  
Repeat on the other side >> 3 times back/forth.

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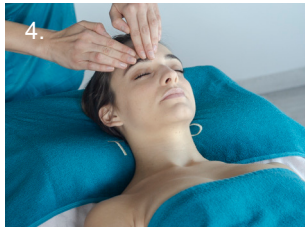
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## ■ Heart of the Ocean Massage



### **4. Mini ocean rolls on half the face:**

Stay by your client's side to perform small circular movements with the pads of your index and middle fingers on the opposite side of the face, always moving the tissues upwards. Start with the forehead, then continue with the eye contour, masseter muscles and nasolabial fold.

Repeat on the other side of the face >> 3 times back/forth.

### **5. Palm kneading on one side of the face:**

Still on the opposite side of the face with one hand, smooth the forehead with your hand flat and pointing upwards, with your other hand moving down on the masseter to massage it with the thenar eminence. Continue with the thumb on top of the masseter muscle near the eye contour. Then move down to the facial contours and neck up to the collar bone and then move back up. >> 3 times.

### **6. Aquatic smoothing:**

Perform the same manoeuvre as the beginning of the massage. >> 3 times.

### **7. Marine decompression:**

Place hands in a "shell" shape over the ears for a few seconds, then remove your hands gently and slowly, then slide along the towel with a lifting motion to break skin contact.

## ■ Dual Mask



Follow the following method:

1. Apply the **Absolute Purifying Mask** sparingly to the face and neck using a brush.

2. Pour the contents of the **Marine Infusion Mask** sachet into a flexible bowl. Measure 110 ml of cold water and incorporate 1 mini-bottle of **Oligo-Mineral Lotion**.

Apply a slightly thicker layer of this preparation over the **Absolute Purifying Mask**.

3. After leaving on for 15 min, remove in one go and rinse off any excess using a warm oshibori.

While the mask is on, carry out the Hand Massage with **Deeply Nourishing Hand Cream**.



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# Reveal

## ■ Eye contour and end-of-treatment lotion & cream



Apply **Mattifying Powder Lotion**. 1 ml of appropriate **eye contour product** to the eye contour and 1 ml of **Perfect Matte Fluid** in light sweeping strokes to the face and neck.



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# Réveil à la Mer Massage



**1.. Sea of Sand**  
The movements reproduce the sound of the waves that come and go on the beach. This is a very slow and gentle movement to perform over the towel by the client's ears. 3 times. Open the towel.

**2. Pressure to the shoulders 3 times**

**3. Rocking**  
Slide downwards along the arms, position your hands on top of the clients hands on the stomach, and gently rock the client so that she gradually awakes.



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# Manual Techniques

## 1. ÉVEIL À LA MER MASSAGE

- Contact
- Breathing
- Sea of sand
- Shoulder pressures
- Trapezius pressures
- Neck pressures
- Facial contour pressures
- Eye contour pressures
- Forehead pressures
- Head pressures
- Sea of sand

## 2. ENERGISING DIGITOPRESSURE

- Contact
- Forehead: Governing Vessel points
- Start of the eyebrows: Bladder point
- Tip of the eyebrows: Triple Warmer point
- Temples
- Outer corner of the eye: Gallbladder point
- Lacrimal glands: Bladder point
- Wings of the nose: Large Intestine point
- Middle of the chin: Conception Vessel point
- Scalp kneading

## 3. HEART OF THE OCEAN MASSAGE

### Massage of the décolleté, arms and trapezius muscles

- Broad relaxing smoothing
- Relaxing the trapezius
- Relaxing the trapezius, alternating
- Relaxing the trapezius in waves
- Stretching of the arms and neck
- Stretching of the arms and mastoid
- Stretching of the upper back

*Repeat on the other half of the body*

### Facial massage

- Aquatic smoothing
- Finger kneading
- Ocean rolls on half the face
- Mini ocean rolls on half the face
- Palm kneading on half the face
- Aquatic smoothing
- Marine decompression

## 4. HAND MASSAGE

### Part 1: Massage of the upper hand

- Comforting stroking movements
- Soothing of the arm
- Smoothing of the wrist
- Relaxing stretches
- Relaxing stretching of the fingers

### Part 2: "Mirror" hand massage

- Alternating smoothing movements
- Stretching of the wrist and fingers

### Part 3: Massage of the palm side

- Transition movements
- Warming kneading
- Localised kneading
- Overall kneading
- Draining movements
- Transition movements
- Big stretch
- Comforting stroking movements

## 5. RÉVEIL À LA MER MASSAGE

- Sea of Sand
- Shoulder pressures
- Rocking

# APPENDICES – Active ingredient glossary



\*different from AHAs

## Activ'Pur

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Synthetic and plant origin: Combination of acids* solubilised in an osmotic gel with antibacterial properties</li></ul>	<ul style="list-style-type: none"><li>Inhibits the development of bacteria responsible for blemishes</li><li>Corrects the thickening of the skin causing clogged pores</li></ul>



## Acti'Sebum

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant origin: Oil fraction of pumpkin seeds</li></ul>	<ul style="list-style-type: none"><li>Neutralises the mirror effect of sebum by changing its viscosity to decrease its shine and the feeling of shiny skin</li></ul>



## Ethyl

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Synthetic origin</li></ul>	<ul style="list-style-type: none"><li>Reinforces the purifying action</li><li>Offers freshness on application</li></ul>



## Alginates

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant / marine algae origin: polysaccharide extracted from the cell walls of brown algae</li></ul>	<ul style="list-style-type: none"><li>Film-forming effect</li><li>Preserves skin hydration</li><li>Limits transepidermal water loss</li></ul>



### Sebum sensor

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant origin: soya bean protein and fatty acids derived from coconut oil</li></ul>	<ul style="list-style-type: none"><li>Mechanical dispersion of the sebum on the skin's surface</li><li>The phenomenon of shine and sensation of oily skin are prevented</li></ul>



### Hyaluronic acid duo

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Biotechnological origin</li></ul>	<ul style="list-style-type: none"><li>Medium-molecular-weight hyaluronic acid repairs and stimulates the skin's natural antimicrobial defences</li><li>High-molecular-weight hyaluronic acid hydrates and forms a film to insulate the treated blemishes</li></ul>



### Papaya extract

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant origin</li></ul>	<ul style="list-style-type: none"><li>Enzyme-based exfoliation that is both powerful and gentle</li></ul>



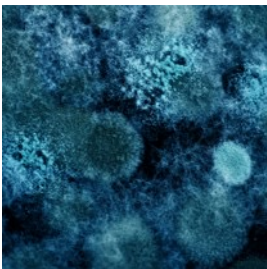
### Witch hazel extract

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant origin</li></ul>	<ul style="list-style-type: none"><li>Tightens pores through the astringent action of its tannins</li></ul>



### Moringa seeds

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant origin: extraction and purification of Moringa peptides</li></ul>	<ul style="list-style-type: none"><li>'Coagulates' impurities and 'attracts' them like a magnet, to then remove them more effectively when the product is rinsed off, thus cleansing and perfectly purifying the epidermis</li></ul>



### 27 Poly-revitalising nutrients

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Natural (mineral &amp; plant-based) 8 minerals and trace elements + 18 amino acids + 1 organic molecule (gluconate)</li></ul>	<ul style="list-style-type: none"><li>Nourish and remineralise the epidermis</li></ul>



### Mattifying powders: Silica & rice

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Natural origin: mineral &amp; plant-based</li><li>Two ultra-fine micro-powders: rice starch and ultra-absorbent silica</li></ul>	<ul style="list-style-type: none"><li>Instantly diminishes the amount of sebum on the surface of the skin, resulting in a clear reduction in unsightly shine and skin that is soft to the touch and not greasy.</li></ul>



### Provitamin B5

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Synthetic origin</li></ul>	<ul style="list-style-type: none"><li>Repairs, strengthens and coats lashes to encourage their growth</li></ul>



### Trio of mechanical exfoliants

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>▪ Diatomaceous earth</li><li>▪ Almond shells</li><li>▪ Salts</li></ul>	<ul style="list-style-type: none"><li>▪ 'Rough' mechanical and intermediate exfoliation: Almond shells + Salts</li><li>▪ Fine mechanical exfoliation: Diatomaceous earth</li></ul>



### Zinc

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>▪ Natural origin: mineral and plant-based</li><li>▪ Zinc, carried by plant-sourced gluconate (from wheat and corn)</li></ul>	<ul style="list-style-type: none"><li>▪ sebum regulator par excellence</li><li>▪ Purifying agent, limiting the proliferation of undesirable microorganisms that can lead to excess sebum and blackheads.</li><li>▪ Protective and soothing action.</li></ul>

# APPENDICES – Contraindications

PARTICULARITIES TIME PERIODS AND PRECAUTIONS TO BE RESPECTED
Recent surgical intervention Wait until it has completely healed or you have received advice from the doctor
Facelift Wait 8 years or for a doctor's advice (to detect whether someone has had a facelift, look and feel: in front of/behind the ears, eyelid crease)
Injections: Restylane / Collagen / Botox / Hyaluronic Acid, etc. Wait 1 month + request a doctor's advice according to the type of injection (to detect whether someone has had injections, look and feel: Nasolabial folds, cheeks, lips, forehead, eyelids)
Microdermabrasion No treatment for 3 days (to detect whether someone has had microdermabrasion, look at and feel the smoothness of the skin, and check if there is any redness)
U.V., facial hair removal Wait 24 to 48 hrs
Plate, metal pin, facial paralysis Do not proceed
Serious illness (cancer or other illness) and/or progressive disease On medical advice only
Person with epilepsy On medical advice only
Open or recent wounds or scars dating from less than 2 months, lesions of all kinds (irritation, sunburn, etc.) Wait until it has completely healed or you have received advice from the doctor
Chronic skin diseases (eczema, psoriasis, urticaria) or pigmented solar keratoses (thick and progressive) On medical advice only

# Notes





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Let the sea  
empower  
your beauty

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LA BEAUTÉ MARINE

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