

THALGO

LA BEAUTÉ MARINE



Training Guide ■ Anti-Ageing Treatments

—
SILICIUM
MARIN
—

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Concept

■ Silicium Marin

Who is it for?

Women looking to fight against wrinkles, combined with a loss of skin firmness.

What's happening in the skin?

Silicium is an essential trace element for the good architecture of the dermis, a skin support mattress:

Used as a cell "fuel", it contributes to good fibroblast function and also plays a role in the formation of mature collagen fibres, the keys to firm, elastic and toned skin.

With age, the body's ability to absorb silicium diminishes.

The Solution

The first range with the Marine Silicium complex that corrects wrinkles and offers the skin firmness, elasticity and tone



Innovation

■ Hero active ingredient



MARINE SILICIUM COMPLEX

ORIGIN		
Silicium grafted onto a Hyaluronic Acid	Silicium grafted onto an algal alginic acid and encapsulated in marine micro-sponges	Bioactive fraction of an everlasting shrub
ACTIONS		
▪ Triggers Collagen neosynthesis for a restructured dermis	▪ "Perfusion" to the heart of skin to maintain dermal volume	▪ Simulation of periostin, a matricellular protein, capable of improving the skin's biomechanical properties

■ Fragrance

A feminine scent of fresh, powdery flowers.*

Top: Jasmine & Plant sap
Heart: White roses
Base: White musk



*Except for the Silicium Cream

Professional Products and Accessories



FOR

SALONS:
KT15046 – 100 ml

Aquatic Essence:

THALGO's signature olfactory aromatic complex with essential oils.

OLFACTORY PYRAMID	SELLING POINTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">Top: GrapefruitMiddle: Marine algaeBase: Musk	<ul style="list-style-type: none">Warm scented oshiborisGentle rinsingFinishing touch for the cleansing ritual	<ul style="list-style-type: none">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



FOR

SALONS:
KT16008 – 6 treatments

Marine Silicium Programme:

Includes all the essential products for performing the Silicium Marin Super-Lift Facial designed to treat wrinkles and nascent loss of firmness.

BOX CONTENTS	RESULTS ⁽¹⁾	DIRECTIONS FOR USE
<ul style="list-style-type: none">Wrinkle Lifting SerumHyaluronic FillerCollagen-Hyaluronic MaskMarine SerumCryo-Firming MaskRolls of gauze	<ul style="list-style-type: none">The most marked wrinkles appear smoothedFirmer skin	<ul style="list-style-type: none">SALONS: Apply the products one at a time, following the THALGO protocol.



FOR

SALONS:
KT19009 – 150 ml

Dermastim+ Massage Balm:

Transforming galenic formula maximising the Dermastim+ effectiveness

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">3 Hyaluronic acids and marine pro-collagenHigh molecular weight hyaluronic acid	<ul style="list-style-type: none">Instant wrinkle correctionPlumping	<ul style="list-style-type: none">SALONS: Massage with the Dermastim+ Massage Balm, using the THALGO method for 10 minutes.



FOR

SALONS:
BT15013 – Set of 2 Gentle Cleansing Brushes

Gentle Cleansing Brushes:

These ultra-soft brushes – a signature of the Eveil à la Mer Ritual – perfectly cleanse the face.

CONTENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">2 Gentle Cleansing Brushes in a carton.	<ul style="list-style-type: none">Enable deep cleansing, to very gently remove make-up and eliminate impurities.	<ul style="list-style-type: none">SALONS: Wash in soapy water and carefully disinfect your Gentle Cleansing Brushes before and after each use. Leave flat to dry.

(1) Self-assessment of the effectiveness of a treatment by 5 volunteers (aged 45-65), results confirmed by a jury of 14 beauticians.

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 ⁽¹⁾	DIRECTIONS FOR USE
<ul style="list-style-type: none">Sève Bleue des OcéansProvitamin B5	<ul style="list-style-type: none">Perfect cleansing of eyes and lipsNo eye watering or stinging sensationSuitable for sensitive skin	<ul style="list-style-type: none">RETAIL / SALONS: Shake well before use, then apply 1 ml to cotton pads.



FOR

RETAIL:
VT15049 – 200 ml

SALONS:
KT15043 – 500 ml

Gentle Cleansing Milk:

A luscious, silky smooth milk with Sève Bleue des Océans, which effectively cleanses even sensitive skin.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">Sève Bleue des OcéansAllantoin	<ul style="list-style-type: none">Perfect cleansing0 feelings of discomfort on skin⁽²⁾0 tears or stinging eyes⁽²⁾	<ul style="list-style-type: none">SALONS: Apply 5 ml, emulsify with the Gentle Cleansing Brushes, then rinse with a lukewarm oshibori.



FOR

RETAIL:
VT15048 – 200 ml

SALONS:
KT15042 – 500 ml

Beautifying Tonic Lotion:

The first tonic lotion with Sève Bleue des Océans, the perfect gentle finishing touch for cleansing, for all skin types, even sensitive. Face and eyes. Alcohol-free.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">Sève Bleue des Océans	<ul style="list-style-type: none">Toned, soft and soothed skin0 feelings of discomfort on skin⁽³⁾0 tears or stinging eyes⁽³⁾	<ul style="list-style-type: none">SALONS: Apply 3 ml all over the face and neck using two cotton pads.



(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 16 volunteers having used the Gentle Cleansing Milk for 14 days
(3) Usage test under dermatological and ophthalmological control conducted on 17 volunteers having used the Beautifying Tonic Lotion for 21 days



FOR

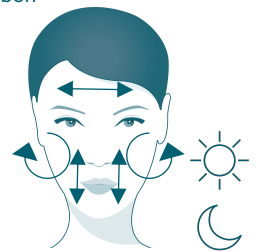
RETAIL:
VT16005 – 50 ml

SALONS:
KT16004 – 150 ml

Resurfacing Cream:

Precision action to erase wrinkles and irregularities, one by one. Rich in Aluminium Oxide microcrystals and Shea, this cream offers optimal exfoliation without drying out skin.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">Aluminium oxide microcrystalsShea butter	<ul style="list-style-type: none">Retextured skinSupple skinSmoothed skinGlowing, even skin tone	<ul style="list-style-type: none">RETAIL / SALONS: Apply 2 ml specifically, wrinkle by wrinkle. Emulsify and then rinse with a warm oshibori



FOR

RETAIL:
VT15053 – 150 ml

SALONS:
KT15045 – 250 ml

Reviving Marine Mist:

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

ACTIVE INGREDIENTS	RESULTS (1)	DIRECTIONS FOR USE
<ul style="list-style-type: none">Sève Bleue des Océans27 poly-revitalising nutrients	<ul style="list-style-type: none">Skin revitalised: 88%Soft and hydrated skin: 94%.Fresher complexion: 100%	<ul style="list-style-type: none">RETAIL / SALONS: No need to shake. Spray 1 ml on the face



FOR

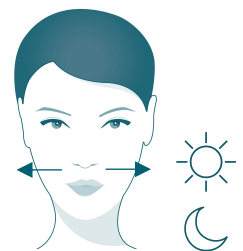
RETAIL:
VT16039 – 50 ml

SALONS:
KT18022 – 150 ml

Silicium Cream:

By combating visible wrinkles and skin slackening, this melt-in cream smooths skin and redefines the facial contours of normal to dry skin.

ACTIVE INGREDIENTS	RESULTS(2)	DIRECTIONS FOR USE
<ul style="list-style-type: none">Silicium grafted onto Hyaluronic Acid	<ul style="list-style-type: none">Smooths wrinklesRedefines facial contours	<ul style="list-style-type: none">RETAIL / SALONS: Apply 1 ml all over the face and neck



(1) 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)
(2) Clinical study on 25 volunteers (aged 46-65) having used the Silicium Cream, Silicium Concentrate and Silicium Extracts - Face Contours & Neck twice daily for 28 days - Self-assessment



FOR

RETAIL:
VT16022 – 15 ml

SALONS:
KT16052 – 50 ml

Lifting Correcting Eye Cream:

This precision product delivers threefold efficacy: it targets wrinkles, dark circles and puffiness.

ACTIVE INGREDIENTS	RESULTS ⁽¹⁾	DIRECTIONS FOR USE
<ul style="list-style-type: none">Marine Silicium ComplexBioactive HesperidinSweet Clover Extract	<ul style="list-style-type: none">+39% refreshing effect+57% anti-dark circles effect+32% smoothing effect	<ul style="list-style-type: none">RETAIL / SALONS: Apply 1 ml to the eye contour area



(1) Evaluation by clinical scoring on 22 volunteers (aged 40-51), after 28 days' twice-daily use of the Lifting Correcting Eye Cream (average %)

Retail Products



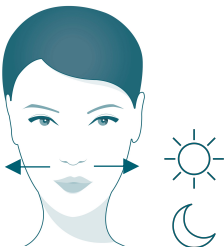
FOR

RETAIL:
VT16025 – 30 ml

Wrinkle Lifting Serum:

This lifting serum highly dosed in the Marine Silicium Complex delivers effective action on marked wrinkles.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">Marine Silicium Complex<i>Achillea Millefolium</i> extract	<ul style="list-style-type: none">Tautening effect demonstrated on 100% of women⁽¹⁾Less deep wrinkles: 91%⁽²⁾Firmer face: 95%⁽²⁾	<ul style="list-style-type: none">RETAIL: Apply 1 ml all over the face and neck



Lifting Correcting Day Cream:

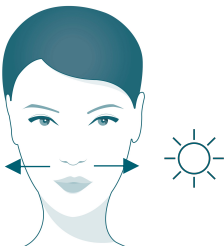
This gel-cream for normal to combination skin restores the skin's natural firmness, elasticity and tone, and visibly smooths the appearance of wrinkles.



FOR

RETAIL:
VT16023 – 50 ml

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">Marine Silicium ComplexSilicium encapsulated in marine sponges	<ul style="list-style-type: none">+32% skin elasticity⁽³⁾Smoother skin and firmer face: 81%⁽⁴⁾	<ul style="list-style-type: none">RETAIL: Apply 1 ml all over the face and neck



Lifting Correcting Night Cream:

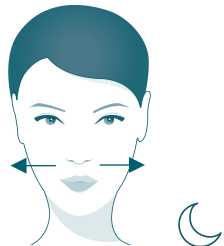
This cream optimises the skin's natural capacity to regenerate overnight, targeting visible signs of ageing and stubborn marks of tiredness, while improving the skin's tone and elasticity.



FOR

RETAIL:
VT16024 – 50 ml

ACTIVE INGREDIENTS	RESULTS ⁽⁵⁾	DIRECTIONS FOR USE
<ul style="list-style-type: none">Marine Silicium ComplexLumisourceOrganic White Lupin	<ul style="list-style-type: none">Renewed radiance restored: 86%Smoother skin: 81%Firmer skin: 81%	<ul style="list-style-type: none">RETAIL: Apply 1 ml all over the face and neck



(1) Percentage of volunteers presenting an improvement in skin tension evaluated by cutometry after 42 days' twice-daily use of the Wrinkle Lifting Serum by 20 volunteers
(2) Usage test carried out on 22 volunteers after 42 days' twice-daily use of the Wrinkle Lifting Serum – Self-assessment (% of volunteers who agree and mostly agree with the claim)
(3) Average result obtained by cutometry for skin elasticity, on 19 volunteers, after 42 days' daily use in synergy with the Lifting Correcting Night Cream
(4) Usage test carried out on 21 volunteers, after 42 days' daily use in synergy with the Lifting Correcting Day Cream
(5) Usage test carried out on 21 volunteers, after 42 days' daily use in synergy with the Lifting Correcting Day Cream



FOR

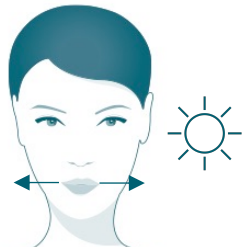
RETAIL:
Natural: VT16027 –
30 ml*

* While stocks last

Anti-Ageing Foundation:

The perfect blend of colour and THALGO's anti-ageing expertise, this ultra-sensory foundation beautifully enhances skin, for a natural-looking result in every light.

ACTIVE INGREDIENTS	RESULTS ⁽¹⁾	DIRECTIONS FOR USE
<ul style="list-style-type: none">▪ Silicium encapsulated in marine sponges▪ Silicium grafted onto Hyaluronic Acid	<ul style="list-style-type: none">▪ Even skin tone: 100%▪ Diminishes colour irregularities: 100%▪ Smoother skin in 3 weeks: 95%	<ul style="list-style-type: none">▪ RETAIL: Apply all over the face and neck



(1) Self-assessment by 20 volunteers (aged 43-55) having used the Anti-Ageing Foundation daily for 21 days. % of women who fully agree and agree with the claim

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 small bowl with 2 ml of Resurfacing Cream
+ 1 small bowl with 1 ml of Silicium Cream

- **Your work surface with:**

Reviving Marine Mist
Express Make-up Remover
Dermastim+ Massage Balm
The Marine Silicium Programme

- **Your hot cabi with:**

2 wet oshiboris soaked in Aquatic Essence (used to rinse off the Resurfacing Cream and the Cryo-Firming Mask)
+ 1 small bowl with 5 ml of Gentle Cleansing Milk
+ 2 cotton pads soaked in 3 ml of Beautifying Tonic Lotion

Remember to find out about your client's previous purchases 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.

Silicium Marine Super-Lift Treatment

70 min

Beforehand, prepare the oshiboris moistened with **Aquatic Essence** (1 ml) and the products selected for cleansing; warm them in the Hot Cabi.

20 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 Cleansing Milk (5 ml) apply using the Gentle Cleansing Brushes

Beautifying Tonic Lotion (3 ml)

Resurfacing Cream (2 ml) – 10 min

- Apply over all wrinkles
- Work wrinkle by wrinkle
- Dermal stimulation

Steamer and extraction (optional)

3 min

2. ENERGISE

Reviving Marine Mist (1 ml)

- Energising Digitopressure – *see technical note*

43 min

3. CORRECT

Wrinkle Lifting Serum

- Massage into skin in smoothing, refining manoeuvres

Hyaluronic Filler + Dermastim+ Massage Balm

- Apply Hyaluronic Filler specifically to wrinkles Dermastim+ Massage Balm on the décolleté, shoulders and trapezius, then perform the Dermastim+ massage – 15 min – *see technical note*

Collagen-Hyaluronic Mask

- Place the sheet on the top half of the face and then dampen it with a dose of **Marine Serum** and a damp brush.

Silicium Cream

- Apply a thick layer, from the sides of the nose to the base of the neck
- Cover the area with gauze (see method on the box)

Cryo-Firming Mask

- Pour 70 ml of water at room temperature onto the powder of the mask
- Mix, then apply a medium layer in an upward direction. *Do not go beyond the gauze and avoid the trachea.*
- Leave on for 15 minutes
- Carry out the Hand Massage - *see technical note*

4 min

4. REVEAL

Lifting Correcting Eye Cream (1ml)

Silicium Cream (2 ml)

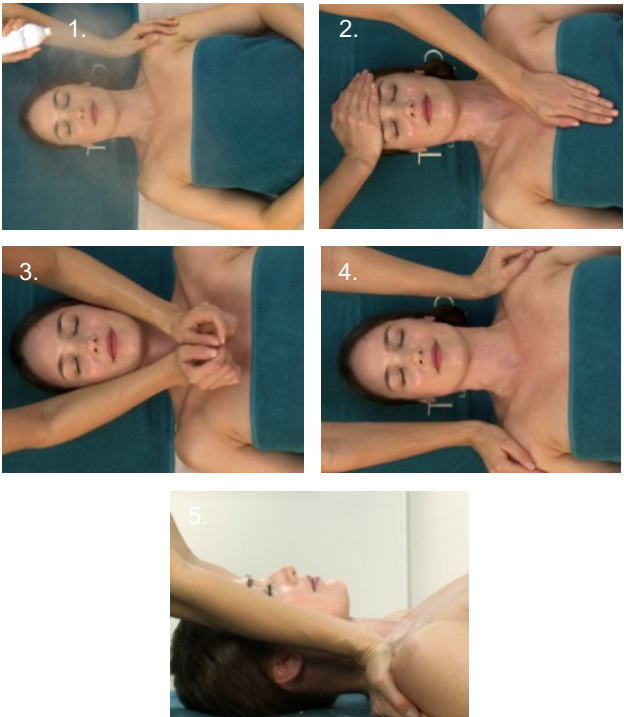
- Réveil à la Mer massage – *see technical note*

Collagène 10 000

Immerse

■ Éveil 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.



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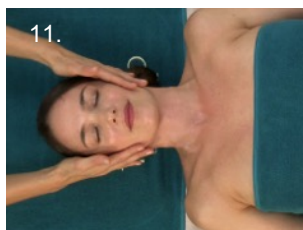
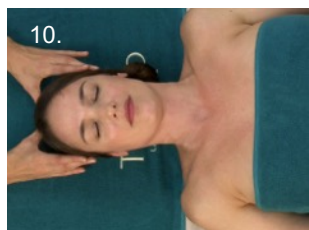
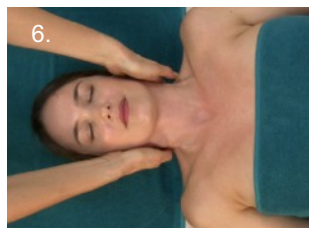
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■ Éveil à la Mer Massage



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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■ Make-up removal



1. Cleanse the eyes and lips with the **Express Make-up Remover** (2 ml).

2. Emulsify the **Gentle Cleansing Milk** (5 ml) using the Gentle Cleansing Brushes. Then rinse with a warm oshibori soaked in **Aquatic Essence**.

3. Then apply the **Beautifying Tonic Lotion** (3 ml) for the perfect finishing touch to cleansing and to treat the skin. Next, dry using a paper tissue or dry oshibori.



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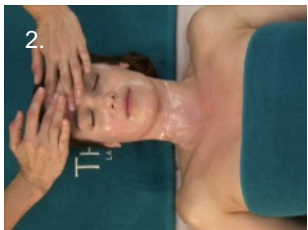
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Exfoliation



1. Apply 2 ml of **Resurfacing Cream** over all wrinkles on the face, neck and décolleté.

2. Wrinkle by wrinkle
Work on each wrinkle one by one in circular smoothing movements and back and forth rubbing movements.

3. Dermal stimulation
Work on one side of the face, then the other with energising movements to stimulate the skin, with your 2 index fingers on small areas (frown lines, crow's feet, lips) and with your 2 index fingers and middle fingers on large areas (forehead, folds, neck).

To finish, emulsify with water so you can spread the scrub evenly over the entire face and neck, then rinse with a lukewarm oshibori and dry with a dry oshibori.

Leave the client under the steamer for 2 min (optional)



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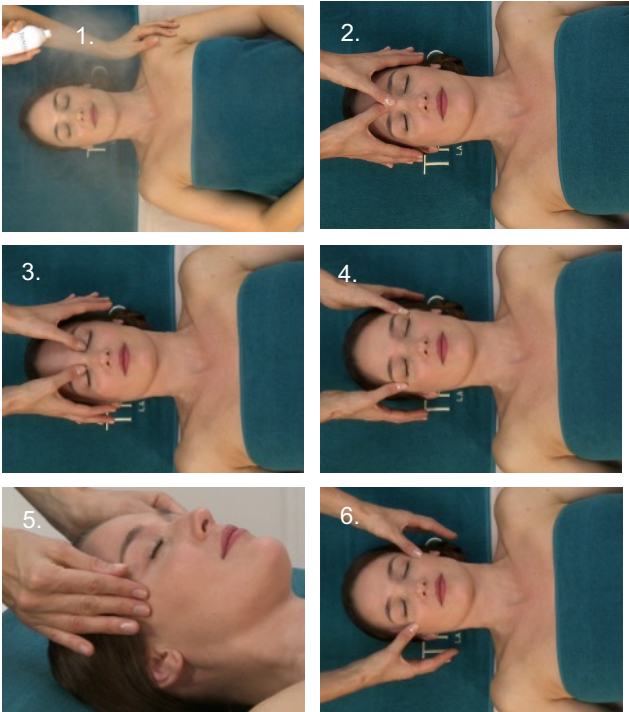
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Energise

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.



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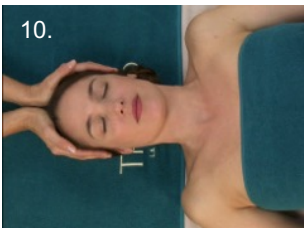
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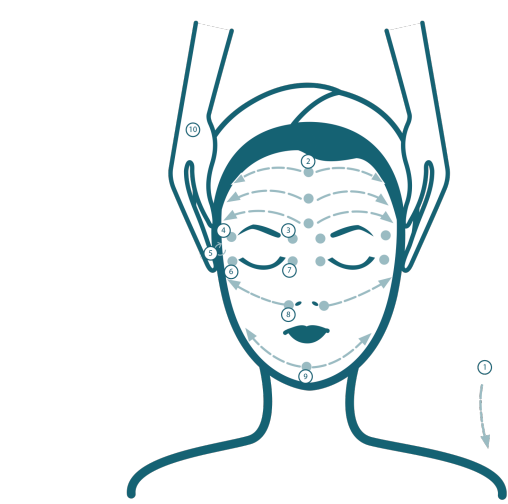
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■ Energising Digitopressure



- 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.



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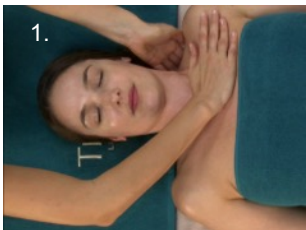
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Correct

■ Dermastim+ – Marine Bubble



Apply the Wrinkle Lifting Serum on the face and neck. Apply the **Hyaluronic Filler** locally on the wrinkles of the face and neck and Dermastim+ Massage Balm on the décolleté, shoulders and trapeziums.

RELAX

1. Alternating wave

Make alternating light sweeping strokes with one hand flat on the décolleté and the other at the nape of the neck; simultaneously apply pressure to the opposite shoulder and nape of the neck.

2. Relaxing decompression

Make light sweeping strokes, starting from the middle of the décolleté, then, knead the trapezium muscles with your knuckles, then apply gentle pressure with flat hands on the face, before gently releasing.



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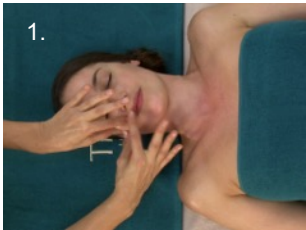
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■ Dermastim+ - Dermal stimulation



SMOOTH

1. Make stimulation movements with the index and middle fingers of both hands, on one side of the face, neck and forehead.
>> 1 back and forth
2. Depending on the area, perform the movement with 1 or 2 fingers.
3. Carry out the same movement on the other side of the face.



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Dermastim+ - Wrinkle to wrinkle stimulation



FILL

- 1. With the index and middle fingers, create a wave motion, moving back and forth, on the lines of the forehead.
- 2. Stretch the forehead with your thumbs. Starting from the beginning of the eyebrows to the tips.
- 3. Your thumbs take the place of your index fingers. The index fingers are placed under the eyebrows. Move your index fingers towards your thumbs, making lifting movements. Work deep down, taking care not to pinch the skin.
- 4. Stimulate the area between the eyebrows in the centre, then to the left and then to the right.

Dermal stimulation manoeuvres

- 5. Eye contour with an upward movement
- 6. Nasolabial fold and lip contour, diagonally and then vertically.
- 7. Neck wrinkles

Carry out the same manoeuvres on the other side of the face.



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■ Dermastim+ - Lifting manoeuvres



LIFT

1. Knead the jawline with the phalanges.
2. Create a fan effect with the fingers of both hands over facial contours and cheeks.
3. With your thumbs and index fingers, make small alternating pinching motions on facial contours and cheeks. On one side then the other.
4. Carry out stimulating tapping motions.



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■ Dermastim+ – Marine Bubble



Finish with the marine bubble, identical to the beginning of the massage.

RELAX

- 1. Alternating wave
- 2. Relaxing decompression



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■ Dual Mask



1. Collagen-Hyaluronic Mask

Place the Collagen Mask sheet on the top half of the face. Dampen it using a dose of Marine Serum and a wet "Gentle Cleansing" brush.

2. Cryo-Firming Mask

2.1. Apply a thick layer of the **Silicium Cream** from the sides of the nose to the base of the neck. Cover the area with gauze (see method on the box).

2.2. Pour 70 ml of water at room temperature onto the **Cryo-Firming Mask** powder. Mix and apply a medium layer with the spatula, moving upwards. Do not go beyond the gauze and avoid the trachea.

Leave on for 15 min.

2.3. Remove the 2 masks while asking the client to smile when removing the **Cryo-Firming Mask**. Gently rinse the lower face with lukewarm water.

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 creams



Apply 1 ml of **Lifting Correcting Eye Cream** to the eye contour and 2ml of **Silicium Cream** 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.

Offer the **Collagène 10 000** to your client.

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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. DERMASTIM+

- Marine Bubble
- Dermal stimulation
- Wrinkle to wrinkle stimulation
- Lifting manoeuvres
- Marine Bubble

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 ingredients glossary



Allantoin

ORIGIN	ACTIONS
<ul style="list-style-type: none">Synthetic origin: small nitrogenous molecule	<ul style="list-style-type: none">Moisturising and softeningSoothing and effective against tightnessRestorative



Shea butter

ORIGIN	ACTIONS
<ul style="list-style-type: none">Plant origin: Shea tree nut	<ul style="list-style-type: none">Infuses skin with vitamins and essential fatty acids to repair skin lipid deficiencies, prevent age-related dryness and instantly restore natural suppleness and hydration



Achillea Millefolium extract

ORIGIN	ACTIONS
<ul style="list-style-type: none">Plant origin: extract from the aerial parts of Achillea Millefolium	<ul style="list-style-type: none">ResurfacingRestructuringRadiance booster



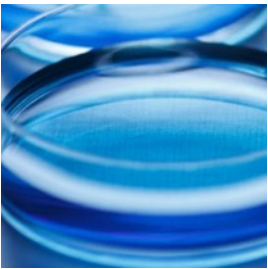
Sweet Clover Extract

ORIGIN	ACTIONS
<ul style="list-style-type: none">Plant origin	<ul style="list-style-type: none">Anti-puffinessSoothing



Bioactive Hesperidin

ORIGIN	ACTIONS
<ul style="list-style-type: none">Plant origin: citrus zest	<ul style="list-style-type: none">Tones"Pick-me-up" effect



Lumisource

ORIGIN	ACTIONS
<ul style="list-style-type: none">Biotechnological origin: yeast extract	<ul style="list-style-type: none">Limits the accumulation of skin waste (oxidised proteins), which is responsible for dull complexionsBetter light transmission across the skin



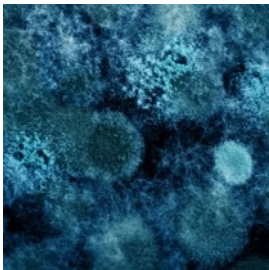
Organic White Lupin

ORIGIN	ACTIONS
<ul style="list-style-type: none">Plant origin	<ul style="list-style-type: none">Stimulates the synthesis of major epidermal lipids and structural proteins, ensuring good structure/functioning of the stratum corneum: thus limiting water loss and the penetration of stressors.Restores the skin barrier



Aluminium Oxide Microcrystals

ORIGIN	ACTIONS
<ul style="list-style-type: none">Natural mineral: white corundum	<ul style="list-style-type: none">Smooth rough patches, fine lines and skin blemishesBrighten the complexion



27 Poly-revitalising nutrients

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



Provitamin B5

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



Sève Bleue des Océans

ORIGINE	ACTIONS
<ul style="list-style-type: none">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.	<ul style="list-style-type: none">RemineraliseAugmente la résistance de la peau et freine la perte en eau en stimulant la synthèse des lipides épidermiques

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
Pregnant woman Do not proceed
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



Let the sea
empower
your beauty

THALGO
LA BEAUTÉ MARINE

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