

THALGO

LA BEAUTÉ MARINE



Training Guide ■ Anti-Ageing Treatments

—
PEELING
MARIN
—

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Concept

■ Marine Peel

Who is it for?

For anyone seeking a “new skin effect” that's visible from the 1st treatment.

What's happening in the skin?

Age, the environment (repeated exposure to sun and pollution) and lifestyle (diet, smoking, alcohol) lead to slower epidermal skin renewal. Skin quality gradually deteriorates, encouraging the appearance of the visible signs of ageing:

- WRINKLES: from first wrinkles to deep and pronounced wrinkles, exacerbated by sun exposure.
- PORES: from uneven skin texture to highly visible pores.
- SKIN TONE: from occasional dull skin tone to less even skin tone, and even dark spots.
- TONE: from a slight lack of plumpness to an evident loss of firmness.

The Solution


The 1st Marine Peel, rich in acids from fermented micronised marine algae, titrated into lactic acid, which progressively renews skin quality, for a “new skin” effect that’s visible from the 1st treatment.

A progressive and **customised** method in salons:

1

PEELING MARIN TREATMENT
One-shot treatment - 30 MINS
Light dose
Grade 1


- Smoothing
- Complexion brightness
- Bounce



2

PEELING MARIN TREATMENT COURSE
2 week course - 2 x 30 MINS
Medium dose
Grades 1/2


- Wrinkles are less visible
- Tightened pores
- Tone



3

PEELING MARIN INTENSIVE TREATMENT COURSE
3 week course - 3 x 30 MINS
Strong dose
Grades 1/2/3

- Deep wrinkles
- More even skin tone
- Firmness



Innovation

■ Hero active ingredients



ACIDS FROM FERMENTED ALGAE TITRATED INTO NATURAL LACTIC ACID

ORIGIN

Obtained via a biotechnological process consisting of fermentation by a Lactobacillus type bacteria and a water-based unfiltered Micronised Marine Algae extract (45% fucus, 45% laminaria, 10% lithothamnion). No chemical solvent is used in this process.

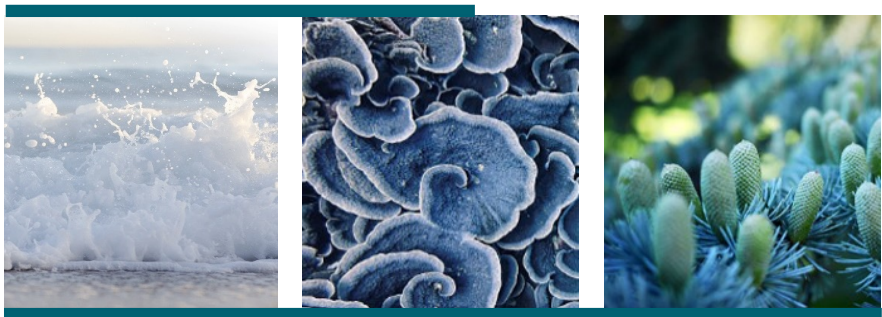
ACTIONS

- Peeling efficacy through stimulation of epidermal renewal, thanks to the weakening of bonds between skin cells.
- Naturally supplemented with highly concentrated soothing trace elements for optimised tolerance (in vitro test).

■ Fragrance

A signature marine scent. Denotes both the sea & the technical sophistication of the formula

Top: Watery accord – Blue coral
Middle: Sea spray flowers
Base: Sea foam



Proven efficacy

PEELING MARIN TREATMENT

Smoothing: **96%***, Radiance: **100%***, Plumpness: **87%***

NEW SKIN effect: **96%***

PEELING MARIN TREATMENT COURSE

Wrinkles are less visible: **78%****, Pores are tightened: **78%****, Improved tone: **78%****

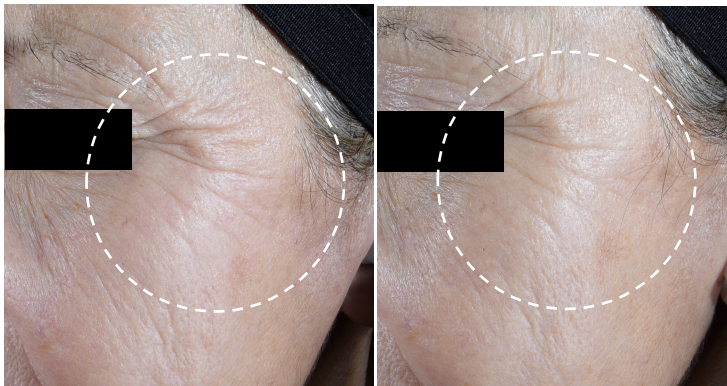
PEELING MARIN INTENSIVE TREATMENT COURSE

Deep wrinkles **-10.2%****** of wrinkles, More even skin tone: **85%*****, Firmness: **77%*****

Skin is RENEWED: **92%*****



- AN EFFECTIVE TREATMENT: **96 %*******
- A PLEASANT TREATMENT: **100%*******
- WOULD RECOMMEND THE TREATMENT TO A FRIEND: **91 %*******



Clinical study under dermatological supervision conducted on 23 volunteers divided into 3 groups according to age and severity of the skin concerns, carrying out 1 to 3 Peeling Marin Treatments according to the Thalgo Cosmetic protocol. Self-assessment by the volunteers, immediately after the 1st Treatment (by 23 volunteers)*, after the 2nd Treatment (by 18 volunteers)** and after the 3rd Treatment (by 13 volunteers)***. Instrumental evaluation by taking skin prints, then analysis using Quantirides® software. (for 13 volunteers with deep wrinkles)****. Self-assessment by all volunteers after completing their respective treatment courses*****.

Professional and Retail Products



FOR

SALONS:
KT15046 – 100 ml

Aquatic Essence:

THALGO's signature olfactory aromatic complex with essential oils.

OLFACTORY PYRAMID	SELLING WORDS	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:
KT18026 – 100 ml

Pre-Peel Cleanser:

A 2-in-1 cleanser that completes cleansing, while preparing the skin for the peel.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">[1.5%] Fermented acids from micronised marine algae[1%] Enzyme based exfoliant derived from Papaya	<ul style="list-style-type: none">Refined skin textureSkin is soft and smooth, ready for the application of the peel	<ul style="list-style-type: none">SALONS: Emulsify 2 ml with water over the entire face and neck, and rinse well using an oshibori



FOR

SALONS:
KT18028 –
6 single-use doses

Grade 1 Peel:

The 1st marine peel with Micronised Marine Algae Acids, combined with Glycolic Acid, for a “new skin” effect.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">[5%] Fermented acids from micronised marine algae[20%] AHA/PHA Complex (glycolic and gluconic acids)	<ul style="list-style-type: none">SmoothingComplexion brightnessPlumped	<ul style="list-style-type: none">SALONS: 1 single-use dose / treatment. Leave-on time: 3 or 5 minutes, 3 minutes for delicate skin. Protect your hand with a glove





FOR
SALONS:
KT18029 –
6 single-use doses

Grade 2 Peel:

The 1st marine peel with Micronised Marine Algae Acids, combined with Glycolic Acid, for a “new skin” effect.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">[10%] Fermented acids from micronised marine algae[20%] AHA/PHA Complex (glycolic and gluconic acids)	<ul style="list-style-type: none">Wrinkles are less visibleTightened poresTone	<ul style="list-style-type: none">SALONS: 2 stage application, using one half of the single-use dose per application. Total leave-on time: 5 minutes, 2 minutes for the 1st application and 3 minutes for the 2nd application Protect your hand with a glove



Grade 3 Peel:

The 1st marine peel with Micronised Marine Algae Acids, combined with Glycolic Acid, for a “new skin” effect.



FOR
SALONS:
KT18030 –
6 single-use doses

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">[15%] Fermented acids from micronised marine algae[30%] AHA/PHA Complex (glycolic and gluconic acids)	<ul style="list-style-type: none">Deep wrinklesMore even skin toneFirmness	<ul style="list-style-type: none">SALONS: 2 stage application, using one half of the single-use dose per application. Total leave-on time: 5 minutes, 2 minutes for the 1st application and 3 minutes for the 2nd application Protect your hand with a glove



Post-Peel Neutraliser:

Double-action post-peel solution: neutralises the pH of the peel and soothes the skin.



FOR
SALONS:
KT18027 – 50 ml

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">[5%] Alkaline solution[10%] Soothing complex: Marine/Glycerine Spring Water	<ul style="list-style-type: none">Comfortable skinSoothed skin	<ul style="list-style-type: none">SALONS: apply 1 ml for grade 1 and 2 x 1 ml for grades 2 and 3, directly onto the skin. Protect your hands with gloves





FOR

SALONS:
BT15013 – Set of 2
Gentle Cleansing
Brushes

Gentle Cleansing Brushes:

A signature of the Thalgo Cleansing Ritual – ultra-soft brushes to perfectly cleanse the face.

CONTENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">2 Gentle Cleansing Brushes in a box.	<ul style="list-style-type: none">Enables 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.



FOR

SALONS:
BT19003 Size S
BT19002 Size M

Vinyl glove:

Comfortable and effective vinyl gloves, minimising any risk of allergic reaction.

CONTENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">Box of 100 gloves	<ul style="list-style-type: none">Optimal protection for hands	<ul style="list-style-type: none">SALONS: Protect your hands during the application of the grade 1, 2 and 3 Peels and the Post-Peel Neutraliser.

Professional and Retail Products



Soothing Repairing Balm:

This “patch” effect balm soothes, instantly nourishes and intensely revitalises the skin.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">[34%] Nutri-soothing complex[2%] Marine mesolift	<ul style="list-style-type: none">Skin is nourished, moisturised and feels comfortable: 100%*Skin is soothed: 92%*The ideal post-peel treatment: 100%*	<ul style="list-style-type: none">RETAIL: Apply a thin layer in the evening during a course of salon treatments, over perfectly clean and dry face and neck.SALONS: Apply a thin layer. Leave on for 10 mins

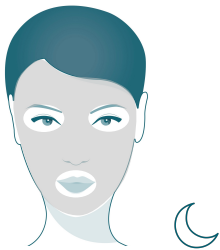
FOR

RETAIL:

VT18028 – 50 ml

SALONS:

KT18033 – 150 ml



Sunscreen SPF50+:

Sun protection treatment, which gives the skin invisible, optimal protection.



ACTIVE INGREDIENTS	RESULTS**	DIRECTIONS FOR USE
<ul style="list-style-type: none">[1%] SUN'YTOL® Marine sun filter5 Natural sun filters	<ul style="list-style-type: none">Optimal protection: 100%**Invisible protection for the skin: 100%**The finish is neither greasy nor shiny: 77%**	<ul style="list-style-type: none">RETAIL: Apply in the morning to the face and neck after your skincare cream. Recommended after the application of a peel and before sun exposure.SALONS: Apply 1 ml at the end of the Peeling Marin Treatment.

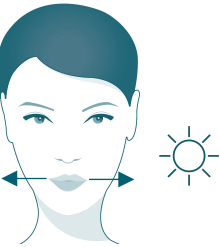
FOR

RETAIL:

VT18027 – 50 ml

SALONS:

KT18032 – 50 ml



*Clinical study under dermatological supervision conducted on 23 volunteers (women, aged 33-65, all skin types, with wrinkles/pores/dull and/or uneven complexion, skin lacking tone) divided into 3 groups according to age and severity of the skin concerns. According to the groups, 1 to 3 Peeling Marin Treatments were carried out according to the Thalgo Cosmetic protocol and an at-home beauty routine (Sunscreen SPF 50+ (1x/day in the morning after the day cream) and Soothing Repairing Balm (1x/day in the evening)) between each treatment or for at least one week after the last treatment. Evaluation of the skin by volunteers' self-assessment at the end of the study, among the 3rd group (13 volunteers) who had had courses of 3 treatments.

**Clinical study under dermatological supervision conducted on 22 volunteers (women, aged 22-69, combination to oily skin types), who had used Sunscreen SPF 50+ over the entire face and neck, applying it in the morning after their usual day cream and again at midday. Evaluation under dermatological supervision of skin tolerance and comedogenic potential. Self-assessment of the product by the volunteers after 28 days' use (% of volunteers who agree and mostly agree with the claim).

Retail Products



FOR

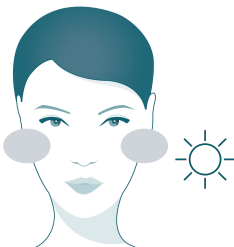
RETAIL:
VT18026 – 125 ml

Micro-Peeling* Water Essence:

Water essence with a daily peeling effect for a gradual “new skin” effect.

ACTIVE INGREDIENTS	DIRECTIONS FOR USE
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- [3%] Fermented acids from micronised marine algae
- [1.5%] AHA/PHA Complex (Glycolic & Gluconic Acids)
- RETAIL: In the morning, apply to perfectly clean and dry skin with fingertips or a cotton pad, over the face and neck.

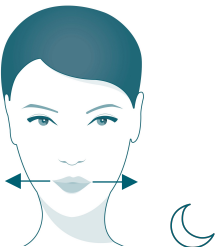


Intensive Resurfacing Night Serum:

This professionally inspired serum contains a high dose of acids from fermented micronised marine algae (MMA) as well as glycolic and gluconic acids, for a “new skin” effect visible after 7 days**.

ACTIVE INGREDIENTS	DIRECTIONS FOR USE
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- [5%] Fermented acids from micronised marine algae
- [10%] AHA/PHA Complex (Glycolic & Gluconic Acids)
- RETAIL: Apply in the evening to face and neck. 10 drops. Let it absorb for a few moments before applying a night cream. Use as a 21-day course of treatment.



FOR

RETAIL:
VT18025 – 30 ml

“NEW SKIN EFFECT” PROGRAMME:

Morning: MICRO-PEELING* WATER ESSENCE
Evening: INTENSIVE RESURFACING NIGHT SERUM

RESULTS

THE NEXT DAY

Skin is smoother: **100%****

AFTER 7 DAYS

Visible “new skin” effect: **100%****

AFTER 21 DAYS

Wrinkles are reduced: **96%****
Skin texture is more regular: **96%****
Skin tone is more even: **96%****
Firmer-looking skin: **95%****



*Superficial peel

**Clinical study under dermatological supervision conducted on 22 volunteers (women, aged 39-64, all skin types except sensitive, with wrinkles/pores/dull and/or uneven complexion, skin lacking tone) having used a skincare routine for 21 days consisting of Micro-Peeling Water Essence (1x/day in the morning), Hydra-Marine 24H Gel-Cream (2x/day, morning and evening), Sunscreen SPF 50+ (1x/day in the morning) and Intensive Resurfacing Night Serum (1x/day in the evening). Self-assessment of the product by the volunteers after 21 days' use (% of volunteers who agree and mostly 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 THALGO cleansers
- + 1 small bowl with 2 ml of Pre-Peel Cleanser
- + 1 small bowl with 8 ml of Soothing Repairing Balm
- + 1 small bowl with 1 ml of THALGO end of treatment cream
- + 1 small bowl with 1 ml of Sunscreen SPF 50+

- **Your workbench with:**

Express Make-up Remover
The Peel, selected according to the session
Post-Peel Neutraliser
Deeply Nourishing Hand Cream

- **Your hot cabi with:**

3 moist oshibori soaked in Aquatic Essence (used to rinse off the Pre-Peel Cleanser, the Post-Peel Neutraliser and the Soothing Repairing Balm)

Before beginning a Peeling Marin treatment or course of treatments, take 15 minutes to carry out a facial diagnosis.

This allows you to determine the type of peel to use, to meet the precise needs of your client.

Inform your client that the peel can cause a feeling of tightness and dry skin, which is normal. Always recommend the use of sun protection throughout the course of treatments and for sun exposure, as well as suitable moisturising and soothing products.

To finish, inform your client of all recommendations and contraindications related to the use of peels.

Peeling Marin Treatment

25 min

Before the treatment, prepare the oshiboris by soaking them in **Aquatic Essence** (1 ml).

5 min

1. IMMERSE

Eveil à la Mer Massage short version

Express Make-up Remover (1 ml)

- Cleansing of eyes & lips

THALGO cleansing ritual adapted to the skin type

Pre-Peel Cleanser (2 ml)

0 min

2. ENERGISE

This step is not carried out for this treatment

19 min

3. CORRECT

Peel* with choice of 3 grades according to the session:

- **SESSION 1 - Grade 1 Peel***

- Apply the entire single-use dose
- Leave-on time: 3 or 5 minutes, 3 minutes for delicate skin

- **SESSION 2 - Grade 2 Peel***

- 2 stage application, using one half of the single-use dose per application
- Leave-on time: 2 minutes for the 1st application and 3 minutes for the 2nd application

(Total leave-on time: 5 minutes for both applications)

- **SESSION 3 - Grade 3 Peel***

- 2 stage application, using one half of the single-use dose per application
- Leave-on time: 2 minutes for the 1st application and 3 minutes for the 2nd application (Total leave-on time: 5 minutes for both applications)

- Carry out a Head Massage – see technical note

Post-Peel Neutraliser (grade 1: 1 ml, double application for grade 2 and 3: 2 ml)

Soothing Repairing Balm (8 ml)

- Leave on for 10 mins, rinse off and remove any remaining product if necessary with two cotton pads soaked in **Beautifying Tonic Lotion**
- Carry out the Deeply Nourishing Hand Massage while the Balm is on

1 min

4. REVEAL

THALGO end of treatment cream according to skin type (1 ml)

Sunscreen SPF 50+ (1 ml)

- Réveil à la Mer massage – see technical note

Carry out one treatment per week:

Peeling Marin Treatment:
Session 1: Grade 1 Peel

Peeling Marin Treatment Course:
Session 1: Grade 1 Peel
Session 2: Grade 2 Peel

Peeling Marin Intensive Treatment Course:
Session 1: Grade 1 Peel
Session 2: Grade 2 Peel

*Superficial Peel

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Immerse

Eveil à la Mer Massage (short version)



This part of the treatment starts with the Eveil à la Mer Massage, Thalgo's signature treatment step.

- 1. Perform the 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. Once back and forth.
- 2. Place your hands on the clients shoulders in an enveloping way and exert pressure. 3 times.
- 3. Keep the same pace and the same pressure for the trapezius muscles. 3 times.
- 4. Repeat on back of the neck. 3 times.
- 5. Finish this initial contact with Sea of Sand, once back and forth.



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■ Make-up removal



- 1. Cleanse the eyes and mouth with **Express Make-up Remover** (1 ml).
- 2. Carry out the **THALGO** cleansing ritual according to the skin type.
- 3. Take a dab of **Pre-Peel Cleanser**, emulsify with water and apply to the entire face and neck, avoiding the eye contour. Make circular movements and then rinse with an oshibori.



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Correct

■ Peel grade 1, 2 or 3



Select the Peel* according to the session and protect your hand with a glove:

SESSION 1 - Grade 1 Peel*: Apply the appropriate Peel directly onto the skin and smooth the product with your hand, wearing a glove, to spread it evenly. Begin with the neck and cheeks, then the forehead, and finish with the nose and crow's feet.

Leave-on time: 3 or 5 minutes, 3 minutes for delicate skin. Use a timer.

SESSION 2 - Grade 2 Peel*: Apply half of the appropriate Peel directly onto the skin and smooth the product with your hand, wearing a glove, to spread it evenly. Begin with the neck and cheeks, then the forehead, and finish with the nose and crow's feet. Apply the other half of the Peel as before after 3 min's application. Leave on for 2 minutes.

Total leave-on time: 5 minutes for both applications. Use a timer.

SESSION 3 - Grade 3 Peel*: Follow the same method as session 2.

Progressing from less concentrated to more concentrated grades enables you to ensure optimal results.

*Superficial peel



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Head Massage

Inspired by the Shirotchampi technique, this massage prepares the mind to switch off during the peel application step.



- 1. Kneading of the 7th cervical**
Index finger and middle finger crossing and uncrossing x1.
- 2. Stretching of the back of the neck**
Carry out alternating pulling movements with your hands x1.
- 3. Octopus finger kneading of the scalp**
With your hands in the shape of an “octopus”, and your fingertips in contact with the scalp, carry out fairly rigorous friction movements, then release. x1.
- 4. Hairline**
Starting from the top of the forehead, with both thumbs, smooth the entire facial contour down to the back of the head. At this point, the four fingers take over to continue down to the nape of the neck. 1 smoothing movement, 1 decongesting circular movement. x1.
- 5. Triple lines on the half head**
The same movement on all 3 lines. 1st line in an arc around the ear, 2nd line (starting point: end of the eyebrow), 3rd line (starting point: mid-eyebrow point).
- 6. Harmonisation**
By kneading the raised parts of the head, over the entire scalp. x1.



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Head Massage



7. Simanta points
With one thumb on top of the other on the top of the head, and the index and middle finger on the parotids, carry out energising circular movements. x1.

8. Comb in waves
Run your fingers through the hair in a wave like movement, and make a full wave from the roots to the ends of the hair. x1.

Once the leave-on time is up, protect your hands with gloves and emulsify directly on the skin with the **Post-Peel Neutraliser**. Massage the product in, concentrating on furrows and lined areas. Carry out a second application for the grade 2 or 3 peels*. Rinse carefully using a cool, wet oshibori, concentrating on furrows and lined areas.



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■ Soothing Repairing Balm



Apply **Soothing Repairing Balm** in a thin layer over the entire face and neck. Leave on for 10 min.

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

Then rinse off the **Soothing Repairing Balm** and dry, if necessary removing any remaining product with two cotton pads soaked in **Beautifying Tonic Lotion**.



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■ Deeply Nourishing Hand Massage



Part 1: Massage of the top side

1. Comforting stroking movements

Hands flat, perpendicular to your client's hand, make stroking movements to the hand and arm moving upwards, then downwards with one hand on top and the other one underneath, enveloping the arm and then the hand.

2. Smoothing of the arm

Thumbs together, smooth the hand and forearm moving upwards, open fingers out in a fan shape above the elbow, and then move downwards sliding flat hands on the sides without pressure.

3. Smoothing of the wrist

Coming back down from the previous manoeuvre, take your client's wrist in your hands and then smooth the wrist with circular movements simultaneously with both thumbs.

4. Relaxing stretches

Simultaneously crush the top of the hand with your thenar eminences, moving from right to left to work on all inter-metacarpal spaces.

5. Relaxing stretching of the fingers

Make 2 swirls on each joint starting from the proximal phalanx to the distal phalanx and continue by stretching the finger.

To move to the next finger make a transition manoeuvre by sliding under the finger with your thumb and forefinger so as not to lose contact.

Same on each finger

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■ Deeply Nourishing Hand Massage



Part 2: "Mirror" hand massage

6. Relaxing smoothing movements

With your thumbs, make alternating smoothing movements on the wrist towards the base of the fingers, from right to left and left to right.

7. Stretching of the wrist and fingers

One hand exerts gradual pressure on the fingers towards the arm to stretch the wrist and fingers, while the thumb of the other hand makes circular movements on the palm and the thenar eminence.

Part 3: Massage of the palm side

8. Transition manoeuvre

Close your hand around the thumb, then turn your client's hand to the palm side.

9. Warming kneading

With your thenar eminences, knead the fingers and the palm of the hand from right to left and left to right.

10. Localised kneading

Position your little finger between the thumb and forefinger and your second finger between the little finger and ring finger to open your client's hand. Make a deep circular movement with your thumb at the base of the index finger and then shift the base of each finger to finish at the base of the little finger.

Come back with a smoothing movement. Start again with deep circular movements at the base of the thenar eminence, smooth the thenar eminence and do the same on the hypothenar eminence. Finish with a pressure point on the solar plexus.

Deeply Nourishing Hand Massage



11. Overall kneading
Make alternating circular movements on the whole hand, placing emphasis on the thenar eminences.

12. Drainage movements
With your thumbs, make alternating circular movements starting from the wrist, moving up to the elbow and then make a fan shape on the arm before moving back, your hand flat along the sides.

13. Transition manoeuvre
At the end of the previous manoeuvre, move back down with one hand below the other in order to turn over your client's hand.

14. Big stretch
Hands flat perpendicular to your client's hand, stroke their hand and forearm moving upwards then back down, with thumbs together, stretching the forearm, hand and fingers.

15. Comforting stroking movements
Repeat the 1st manoeuvre.

Carry out the same movements on the other hand.

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Reveal

- THALGO end of treatment cream
Sunscreen SPF50+



Apply the appropriate **THALGO end of treatment cream** according to skin type, over the entire face and neck.

Complete the treatment by protecting the skin, with an application of **Sunscreen SPF 50+**.



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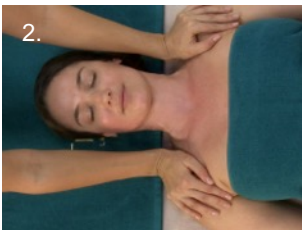
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Réveil à la Mer Massage



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

- Sea of Sand
- Shoulder pressures
- Trapezius pressures
- Neck pressures
- Sea of Sand

2. HEAD MASSAGE

- Kneading of the 7th cervical
- Stretching of the back of the neck
- Octopus finger kneading of the scalp
- Hairline
- Triple lines on the half head
- Harmonisation
- Simanta points
- Comb in waves

3. 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

4. RÉVEIL À LA MER MASSAGE

- Sea of Sand
- Shoulder pressures
- Rocking

APPENDICE – Active ingredients glossary



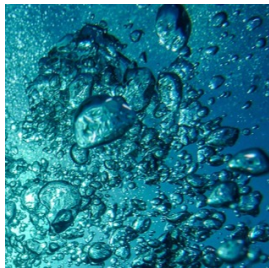
AHA/PHA Complex (Glycolic and Gluconic Acids)

ORIGIN	ACTIONS
<ul style="list-style-type: none">Glycolic acid: Synthetic origin (AHA, alpha-hydroxy acid)Biotechnological Origin Gluconic Acid (PHA, polyhydroxy acid)	<ul style="list-style-type: none">Disrupt intercellular bonds of cells on the surface of the epidermis, for high-performance chemical exfoliation <p>NB: Gluconic Acid is a large molecule, twice as large as Glycolic Acid.</p>



Nutri-Soothing Complex

ORIGIN	ACTIONS
<ul style="list-style-type: none">Plant origin: waxes (jojoba, sunflower, mimosa) and lipids (shea butter, almond oil and ximenia oil)	<ul style="list-style-type: none">A non-occlusive film which supplies fatty acids directly to the skin, supporting the recovery of a weakened epidermis, for revitalised, supple, comfortable skin.



Sève Bleue des Océans

ORIGIN	ACTIONS
<ul style="list-style-type: none">Marine Origin	<ul style="list-style-type: none">RemineralisesIncreases skin's resilience and curbs water loss by stimulating the synthesis of epidermal lipids



Enzyme based exfoliant derived from Papaya

ORIGIN	ACTIONS
<ul style="list-style-type: none">Synthetic and natural origin	<ul style="list-style-type: none">The papaya breaks down the proteins that bind the cells on the surface of the epidermis, accelerating the process of desquamation.



Marine Mesolift: 34 Nutrients*, 1 Hyaluronic Acid**, 1 Nucleotide***

ORIGIN	ACTIONS
▪ Plant, mineral, chemical*, synthetic** and biotechnological*** origin	▪ Poly-revitalisation. Boosts cell metabolism. Reactivates the skin's youth functions.



Alkaline Solution

ORIGIN	ACTIONS
▪ Natural mineral	▪ In the presence of acids, a chemical reaction takes place (an acid-base reaction) leading to the neutralisation of acid molecules and the production of carbon dioxide (CO ₂). CO ₂ is responsible for the effervescence you can see, which signifies the chemical reaction taking place.



SUN'YTOL® Marine Sun Filter

ORIGIN	ACTIONS
▪ Plant (micro-algae) and Biotechnological (red marine macro-algae) origins	▪ Highly effective absorption of a portion of UVA/UVB rays, which gives skin cells protection against damage caused by UV rays.

APPENDICES – Contraindications

CONTRAINDICATIONS
Pregnancy and breastfeeding
Lesions, open wounds
Sensitive, thin and reactive skin
Chronic skin diseases (eczema, psoriasis, urticaria)
During episodes of herpes
Pigmented, thick, progressive and erythematous solar keratoses
HIV carriers
Insulin-dependent diabetes
People who have had a laser treatment: follow the laser manufacturer's instructions
People who have had a recent cosmetic surgery procedure: follow the doctor's instructions
Recent treatment with isotretinoin (Accutane) is a temporary contraindication for 6 to 12 months: follow the doctor's instructions
Wait 3 months for users of an oral anti-acne treatment prescription
History of radiotherapy

APPENDICES – Recommendations

RECOMMENDATIONS

Postpone:

- If the customer has planned long term or intense exposure to the sun: Sailing, skiing, cruise, beach, etc.
- Wait a minimum of 7 days before exposure and never have prolonged exposure.

Before treatment:

- During the week before the peel session avoid waxing and exfoliation.
- Stop a local treatment with vitamin A.

First 24 hours following treatment:

- A slight stinging or hot sensation may be felt, especially on applying cosmetic products.
- Slight redness of the skin is normal.
- Avoid saunas, hammam, swimming pool, seawater based treatments and whirlpool baths (heat, chlorine, etc.).

For the duration of the cure:

- Absolutely no exposure to the sun or sunbeds.
 - Apply Sunscreen SPF50+ when you go out (reapply every 2 hours).
 - Wear a hat and stay in the shade.
 - Apply Thalgo moisturising products regularly, as recommended by your therapist (Soothing Repairing Balm, the Source Marine range, L'Océane) and as often as necessary.
 - Make sure you drink enough water.
 - There may be some peeling during the 3rd and 4th day following the treatment. The peeling effect decreases after a few treatments.
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Notes

Let the sea
empower
your beauty

THALGO
LA BEAUTÉ MARINE

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