

# THALGO

LA BEAUTÉ MARINE



Training Guide ■ Skin Solutions



COLD CREAM  
MARINE





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# Concept

## ■ Cold Cream Marine

### Who is it for?

Anyone with dry to very dry and/or sensitive skin experiencing recurrent feelings of discomfort, tightness and even redness.

### What's happening in the skin?

Dry skin and sensitive skin have a damaged protective barrier:

- Deterioration of the surface's hydrolipidic film and intercellular lipid cement

>>> creating skin dryness: the skin dries out, tightens and lacks suppleness.

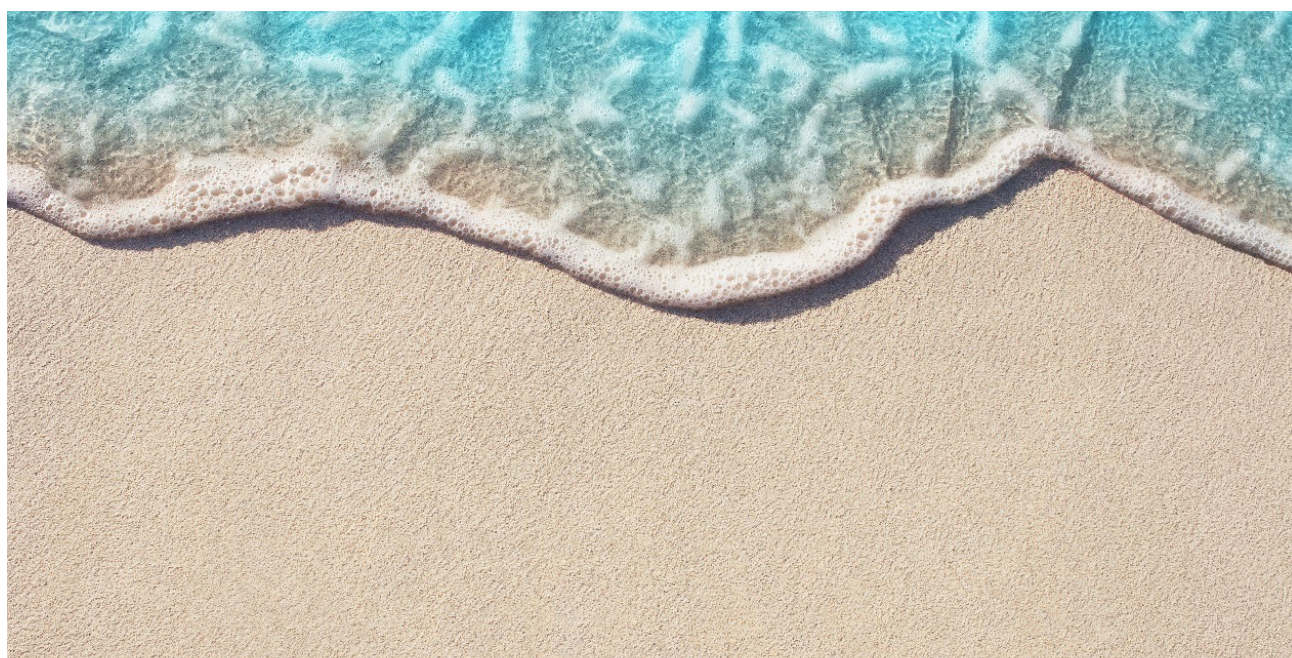
It has a dull appearance and a rough feel.

- Penetration by potentially irritating external agents

>>> The skin loses its ability to protect itself effectively. It is more permeable and fragile, and causes burning sensations and localised redness.

### The Solution

1<sup>st</sup> Cold Cream Marine range,  
a unique THALGO recipe, which effectively repairs,  
soothes and replenishes lipids in dry and/or sensitive skin,  
providing long-lasting comfort.





# Innovation

**Cold Cream Marine:**

Otherwise known as Galen's Wax, this recipe contains 4 ingredients:  
Bee's wax / Rose water / Sweet almond oil / Sodium borate

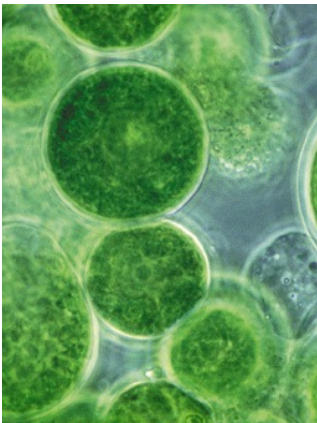
## Hero active ingredients



**SÈVE BLEUE FROM THE OCEANS**

ORIGIN
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.
ACTIONS

- Remineralises
- Increases the skin's resistance and prevents water loss by stimulating the synthesis of epidermal lipids



**100% MARINE ALGAE OIL**

ORIGIN
Sourced from a phytoplankton microalgae that contains a high concentration (up to 30%) of EPA-type Omega-3 fatty acids, the rarest and most complex essential fatty acids to be synthesised by the organism. The marine-sourced product has been revealed to have an exceptional affinity with the skin as well as unparalleled bio-assimilation potential.
ACTIONS

- Replenish lipids



**MARINE WAX**

ORIGIN
Complex of an extract of brown macroalgae <i>Laminaria ochroleuca</i> and protective olive wax
ACTIONS

- Soothe

## Fragrance

A sweet and enveloping scent of white flowers

**Top: Cotton**

**Middle: Blossom Flavour**

**Base: Heliotrope flowers & White musk**



# Professional Products

## Aquatic Essence:

The THALGO's signature olfactory aromatic complex with essential oils.



FOR

SALONS:  
KT15046 – 100 ml

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:  
KT15015 – 12  
treatments

## 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>



# 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"><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:  
VT18024 – 125 ml

SALONS:  
KT18025 – 150 ml

## Make-up Removing Cleansing Gel Oil:

Waterproof make-up removal oil for face and eyes, for cleansing without drying out normal to dry skin.

ACTIVE INGREDIENTS	RESULTS(2)	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Plant oil trio</li><li>Lipodispersible technology</li></ul>	<ul style="list-style-type: none"><li>Face &amp; eye make-up removing efficacy: 100%</li><li>Removes all types of make-up, even waterproof and long-lasting: 100%</li><li>Softer and comfortable skin: 100%</li></ul>	<ul style="list-style-type: none"><li>RETAIL / SALONS: Work 2 ml until dry then emulsify with water and rinse thoroughly</li></ul>



FOR

RETAIL:  
VT15051 – 50 ml

SALONS:  
KT15044 – 150 ml

## Gentle Exfoliator:

Rich, melting cream that offers both mechanical and chemical exfoliation, to brighten dry and delicate skin.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Jojoba oil microspheres</li><li>Phytic acid from rice</li></ul>	<ul style="list-style-type: none"><li>Skin softened and brightened</li></ul>	<ul style="list-style-type: none"><li>SALONS: Apply 2 ml, leave on for 2 to 3 minutes. Massage dry then with water</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) Clinical study under dermatological and ophthalmological control carried out on 16 female users of waterproof make-up with normal to dry skin and 50% of whom declared they had sensitive skin. Self-assessment of the product by volunteers after 14 days of twice-daily use (% of volunteers who agree and mostly agree with the claim)



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>(1)</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>



FOR

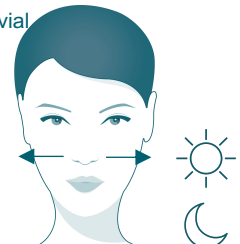
RETAIL:  
VT15008 –  
7x1.2 ml

SALONS:  
KT15008 –  
12x1.2 ml

## Multi-Soothing Concentrate:

This 7-day treatment, which controls excessive release of stress messengers and increases the tolerance threshold of sensitive skin.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Allantoin</li><li>Witch hazel extract</li><li>Biomimetic lipopeptide</li></ul>	<ul style="list-style-type: none"><li>Visible redness correction in 7 days<sup>(2)</sup></li><li>40% reduction* in the amount and intensity of facial redness</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

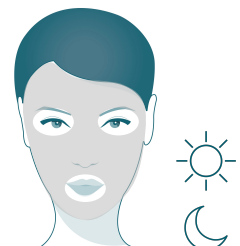
RETAIL:  
VT15009 – 50 ml

SALONS:  
KT15009 – 150 ml

## Deeply Nourishing Mask:

This 'lipid plaster' is enriched with micro-encapsulated Borage oil to repair dry skin in only 10 minutes.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Cold Cream Marine</li><li>Microencapsulated borage oil</li><li>Organic white lupin</li></ul>	<ul style="list-style-type: none"><li>Intensely nourished skin<sup>(3)</sup>: 100%</li><li>Feelings of tightness<sup>(4)</sup> and itchiness<sup>(5)</sup> are reduced: 100%</li><li>Rough<sup>(6)</sup> and flaky<sup>(5)</sup> patches less visible: 93%</li></ul>	<ul style="list-style-type: none"><li>RETAIL: Leave on for 10min. 2 times per week</li><li>SALONS: Apply 5 ml then leave on for 15 min, covering with the Marine Infusion Mask</li></ul>



(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) Scorage dermatologique du nombre/intensité des rougeurs au niveau du visage sur 21 volontaires après 7 jours d'utilisation en association avec la Crème Nutri-Apaisante  
(3) Self-assessment 10 minutes after application by 21 volunteers who had been using the Deeply Nourishing Mask twice daily for 21 days. (% of volunteers who agree and mostly agree with the claim)  
(4) Self-assessment 10 minutes after application by 19 volunteers who had been using the Deeply Nourishing Mask twice daily for 21 days. (% of volunteers who agree and mostly agree with the claim)  
(5) Self-assessment 10 minutes after application by 15 volunteers who had been using the Deeply Nourishing Mask twice daily for 21 days. (% of volunteers who agree and mostly agree with the claim)  
(6) Self-assessment 10 minutes after application by 14 volunteers who had been using the Deeply Nourishing Mask twice daily for 21 days. (% of volunteers who agree and mostly agree with the claim)





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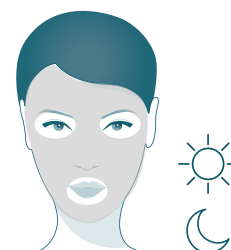
RETAIL:  
VT17029 – 50 ml

SALONS:  
KT17034 – 150 ml

## SOS Soothing Mask:

This mask for dry skin combines three 'anti-discomfort' active ingredients to reduce sensations of hypersensitivity and strengthen the skin's resistance to attacks, in 10 minutes.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>▪ Cold Cream Marine</li><li>▪ Sichuan pepper extract</li><li>▪ Aloe</li></ul>	<ul style="list-style-type: none"><li>▪ Instantly refreshes: 100%<sup>(1)</sup></li><li>▪ Immediately soothes</li><li>▪ Irritations: 100%<sup>(2)</sup></li></ul>	<ul style="list-style-type: none"><li>▪ RETAIL: Leave on for 10min. 2 times per week</li><li>▪ SALONS: Apply 5 ml then leave on for 15 min, covering with the Marine Infusion Mask</li></ul>



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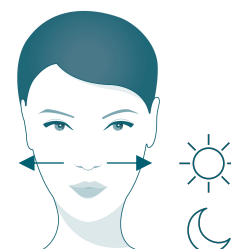
RETAIL:  
VT15006 – 50 ml

SALONS:  
KT15006 – 150 ml

## Nutri-Soothing Cream:

This lush cream, enriched with Cold Cream Marine, offers 24h guaranteed comfort, replenishing lipids, repairing and soothing dry and sensitive skin.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>▪ Cold Cream Marine</li><li>▪ Organic white lupin</li><li>▪ Witch Hazel</li></ul>	<ul style="list-style-type: none"><li>▪ Provides 24h of comfort<sup>(3)</sup></li><li>▪ 100% satisfaction: Skin is replenished<sup>(4)</sup> + soothed<sup>(5)</sup></li></ul>	<ul style="list-style-type: none"><li>▪ RETAIL / SALONS: Apply 1 ml to the face and neck</li></ul>



(1) Clinical study under dermatological control, conducted on 22 volunteers with sensitive facial skin, who had been using the SOS Soothing Mask three times a week for three weeks. Self-assessment of efficacy by 22 volunteers immediately on application of the mask.  
(2) Clinical study under dermatological control, conducted on 22 volunteers with sensitive facial skin, who had been using the SOS Soothing Mask three times a week for three weeks. Self-assessment of efficacy by 22 volunteers after first use of the mask.  
(3) Clinical studies under dermatological control carried out on volunteers with dry and sensitive skin. Self-assessment after 24 hours by a panel of 20 volunteers.  
(4) Clinical studies under dermatological control carried out on volunteers with dry and sensitive skin. Efficacy test conducted on 10 volunteers. Average score after 24 hours: +11.3%.  
(5) Clinical studies under dermatological control carried out on volunteers with dry and sensitive skin. Self-assessment after 24 hours by a panel of 20 volunteers.

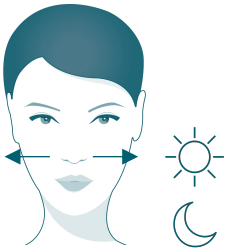
# Retail Products

## Nutri-Soothing Rich Cream:

This luxurious cream, enriched with Cold Cream Marine, offers 24h guaranteed comfort, replenishing lipids, repairing and soothing dry and sensitive skin.



ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>▪ Cold Cream Marine</li><li>▪ Organic white lupin</li><li>▪ Witch Hazel</li><li>▪ Wheat germ oil</li></ul>	<ul style="list-style-type: none"><li>▪ Provides 24h of comfort<sup>(1)</sup></li><li>▪ 100% repair: feelings of tightness + tingling sensations<sup>(2)</sup> + irritations<sup>(3)</sup> + rough patches<sup>(4)</sup> + itchiness<sup>(5)</sup></li></ul>	<ul style="list-style-type: none"><li>▪ RETAIL / SALONS: Apply 1 ml to the face and neck</li></ul>



FOR

RETAIL:  
VT15007 – 50 ml

(1) Clinical studies under dermatological control carried out on volunteers with dry and sensitive skin. Self-assessment after 24 hours by a panel of 21 volunteers.  
(2) Clinical studies under dermatological control carried out on volunteers with dry and sensitive skin. Self-assessment after 24 hours of use by a panel of 21 volunteers  
(3) Clinical studies under dermatological control carried out on volunteers with dry and sensitive skin. Self-assessment after 28 days of use by a panel of 21 volunteers  
(4) Clinical studies under dermatological control carried out on volunteers with dry and sensitive skin. Self-assessment after 28 days of use by a panel of 18 volunteers  
(5) Clinical studies under dermatological control carried out on volunteers with dry and sensitive skin. Self-assessment after 28 days of use by a panel of 19 volunteers

# 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 Multi-Soothing Concentrate  
+ 1 small bowl with 2 ml of Make-up Removing Cleansing Gel-Oil  
+ 1 small bowl with 2 ml of Gentle Exfoliator  
+ 1 small bowl with 1 ml of Nutri-Soothing Cream  
+ 1 small bowl with 5 ml of Deeply Nourishing Mask (for dry skin) or SOS Soothing Mask (for sensitive skin)

- **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 Cleansing Milk, the Gentle Exfoliator and the Deeply Nourishing 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.

# Cold Cream Marine Nourishing Treatment

## Cold Cream Marine Comforting 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

3 min

33 min

4 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
- Make-up Removing Cleansing Gel-Oil** (2 ml)
  - Warm dose between hands, apply to face and neck and emulsify with water
- Gentle Exfoliator** (2 ml) leave on for 2 to 3 min. Dry, then massage with a little water to emulsify

### 2. ENERGISE

- Reviving Marine Mist** (1 ml)
  - Energising Digitopressure – see technical note

### 3. CORRECT

- Multi-Soothing Concentrate**
  - Facilitate absorption with light gliding strokes
- Oligo-Marine Massage Cream** (4 ml)
  - Heart of the Ocean massage – 15 min – see technical note
- Deeply Nourishing Mask or SOS Soothing 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. REVEAL

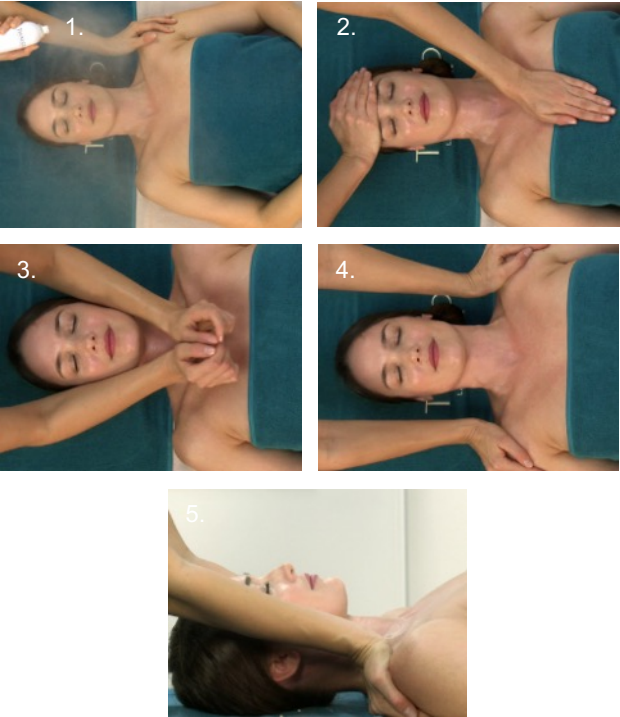
- Appropriate eye contour product** (1ml)
- Nutri-Soothing Cream** (1 ml)
  - Réveil à la Mer massage – see technical note



# 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.



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# 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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## ■ Make-up removal



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

2. Warm dose between hands, apply to face and neck and emulsify with water. Rinse thoroughly using an oshibori.



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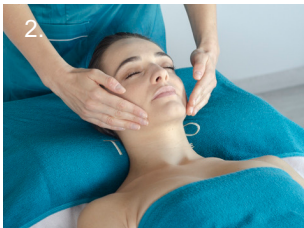
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# Exfoliation



Take a small amount of **Gentle Exfoliator** (2 ml), warming it in the palm of your hands, and apply to the face, neck and décolleté.

1. Dry massage

2. Rub with a little water to emulsify

Rinse using a warm oshibori, then dry the face with a dry oshibori.

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



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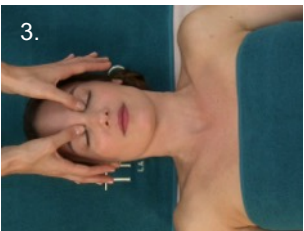
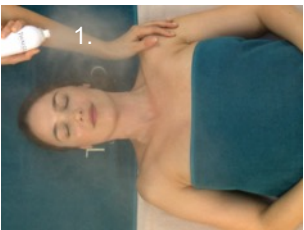
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# Energise

## ■ 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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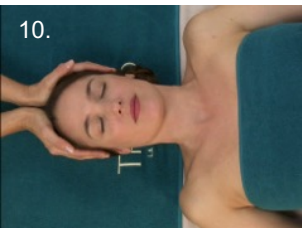
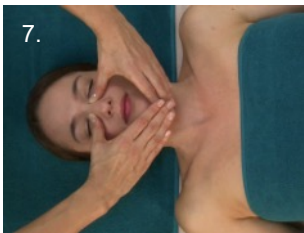
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# Energising Digitopressure



**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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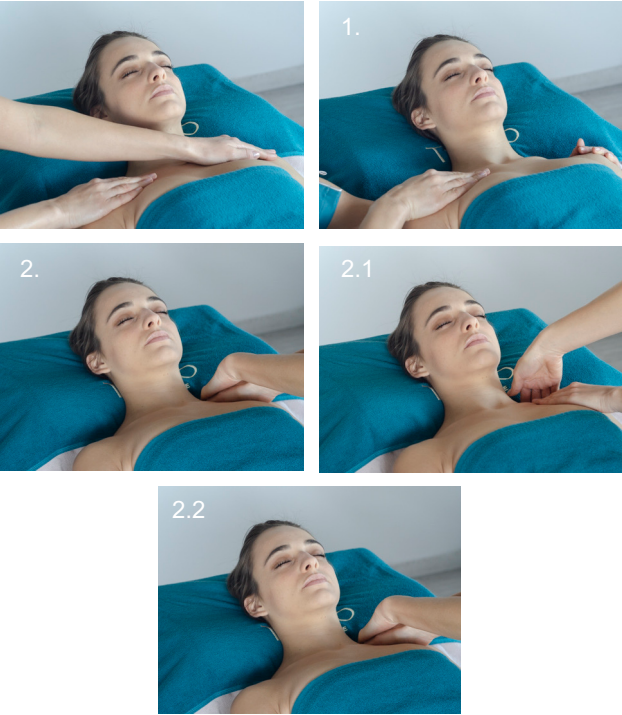
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# Correct

## ■ 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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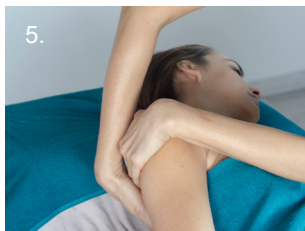
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# Heart of the Ocean Massage



**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.

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# ■ 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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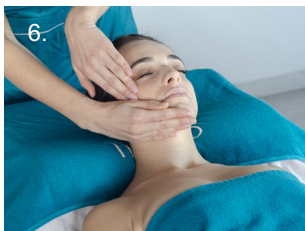
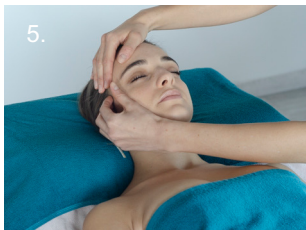
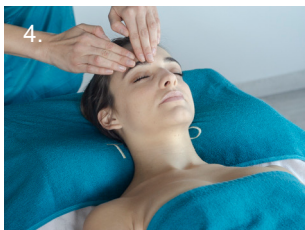
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# Heart of the Ocean Massage



**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.

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## ■ Dual Mask



Follow the following method:

1. Apply the **Deeply Nourishing 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 **Deeply Nourishing 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 creams



Apply 1 ml of **Appropriate eye contour product** to the eye contour and 1 ml of **Hydra-Marine 24H Gel-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.

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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



## Phytic Acid from Rice

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant origin: extraction in a water-based environment using rice</li></ul>	<ul style="list-style-type: none"><li>Phytic acid destabilises the intercellular bonds of the cells on the surface of the epidermis, which causes them to peel. It's large molecular structure (8 times bigger than glycolic acid) prevents it from penetrating into the skin and causing irritation.</li></ul>



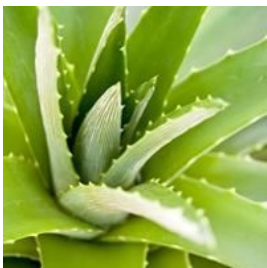
## Alginates

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>



## Allantoin

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Synthetic Origin: small nitrogenous molecule</li></ul>	<ul style="list-style-type: none"><li>Moisturising and softening</li><li>Soothing and effective against tightness</li><li>Restorative</li></ul>



## Aloe Vera

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant origin: plant rich in oil whose mucilaginous gel is extracted</li></ul>	<ul style="list-style-type: none"><li>Moisturising thanks to its ability to form films and high sugar content</li></ul>



### Sichuan pepper extract

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant origin: Sichuan peppercorn concentrate oily extract</li></ul>	<ul style="list-style-type: none"><li>Relaxing thanks to the presence of molecules that scramble sensory signals in the skin, leaving skin relaxed</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>



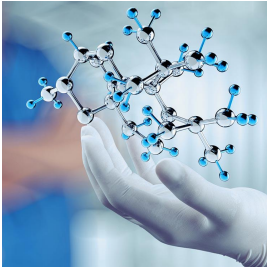
### Encapsulated borage oil

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant and synthetic origin (microcapsules)</li></ul>	<ul style="list-style-type: none"><li>On application, the microcapsules will burst, thus releasing borage oil and its dermo-restructuring polyunsaturated fatty acids, which will infuse into the upper layers of the epidermis</li></ul>



### Wheat germ oil

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant Origin: obtained from the most nutrient-rich component of wheat</li></ul>	<ul style="list-style-type: none"><li>Lipid-replenishing</li><li>Strengthens the skin barrier</li><li>Protects from dehydration</li><li>Nourishing</li></ul>



Biomimetic lipopeptide

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>▪ Synthetic origin: the peptide mimics a soothing peptide fragment naturally present in the skin</li></ul>	<ul style="list-style-type: none"><li>▪ Prevents tightness, itching and diffuse redness</li></ul>



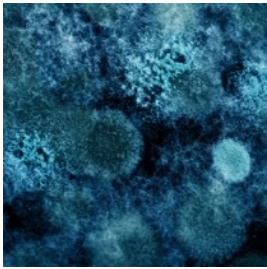
Organic white lupin

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>▪ Plant origin</li></ul>	<ul style="list-style-type: none"><li>▪ 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.</li><li>▪ Restores the skin barrier</li></ul>



Jojoba Oil Microspheres

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>▪ Plant origin</li></ul>	<ul style="list-style-type: none"><li>▪ Mechanical exfoliation without causing irritation to the epidermis</li></ul>



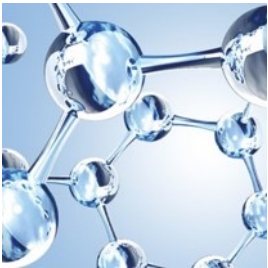
27 Poly-revitalising nutrients

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>



### 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>



### Lipodispersible technology

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant origin</li></ul>	<ul style="list-style-type: none"><li>Effectively dissolves all kinds of waterproof make-up and impurities</li></ul>



### Plant oil trio

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant origin: Sunflower, Buriti and Sweet Almond oils</li></ul>	<ul style="list-style-type: none"><li>Hydrate and soften the skin</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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