

# THALGO

LA BEAUTÉ MARINE



Training Guide ■ Skin Solutions

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SOURCE  
MARINE

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# Concept

## ■ Source marine

### Who is it for?

Anyone with dehydrated skin and a dull complexion experiencing feelings of discomfort.

### What happens to the skin?

Three main factors are a source of dehydration in the skin:

- the deterioration of the hydrolipidic film accelerates transepidermal water loss
- poor diffusion of dermal water across the epidermis via the skin's water channels (aquaporins)
- the skin's inability to retain water

### The Solution

1<sup>st</sup> Moisturising range with Sève Bleue des Océans that provides hydration and restores the skin's radiance.





# Innovation

## ■ Hero active ingredients



### SEVE BLEUE DES 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. It is then polarised and encapsulated for improved cellular affinity and optimal diffusion throughout the skin.

#### ACTIONS\*

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

\*in association with Hyalurophyline and Hydra-diffusine to recreate the reserve of vital water



### LUMISOURCE

#### ORIGIN

Yeast extract sourced from a unicellular fungus.

#### ACTIONS

- Limits the accumulation of skin waste (oxidised proteins), which is responsible for dull complexions
- Better light transmission across the skin

## ■ Fragrance

A scent of tea intertwined with fresh flowers

**Top: Bergamot**

**Middle: Jasmine, Notes of tea**

**Base: Sandalwood**





# Professional Products



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



FOR

SALONS:  
KT15014 – 150 ml

## Oligo-Marine Massage Cream:

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

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



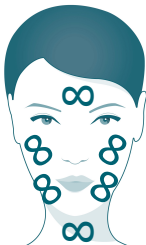
FOR

SALONS:  
KT18006 – 150 ml

## Melt-In Scrub with Marine Crystals:

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

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







**FOR**  
**SALONS:**  
KT15001 – 150 ml

### Ultra Radiance Mask:

A real healthy-glow effect to revive and brighten dull complexions.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>▪ Sève Bleue des Océans</li><li>▪ Lumisource</li><li>▪ Sichuan pepper extract</li></ul>	<ul style="list-style-type: none"><li>▪ Fresh and glowing complexion</li></ul>	<ul style="list-style-type: none"><li>▪ SALONS: Apply 8 ml to the face and neck. Transforming texture that melts beneath your fingers during acupressure. Leave on for 10 min</li></ul>

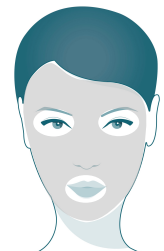


**FOR**  
**SALONS:**  
KT15015 – 12  
treatments

### 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 <sup>(1)</sup>	DIRECTIONS FOR USE
--------------------	------------------------	--------------------

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



FOR

RETAIL:  
VT15047 – 200 ml

SALONS:  
KT15041 – 500 ml

## Micellar Cleansing Water:

Micellar cleansing water for the face and eyes containing Sève Bleue des Océans that cleanses and tones all skin types in a single step, even sensitive skin. Fragrance-free.

ACTIVE INGREDIENTS	RESULTS <sup>(2)</sup>	DIRECTIONS FOR USE
--------------------	------------------------	--------------------

- |   |   |  |
|---|---|--|
| <ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Surfactants organised into micelles</li></ul> | <ul style="list-style-type: none"><li>Perfectly removes make-up: 94%</li><li>Perfectly removes eye make-up: 82%</li><li>Suitable for sensitive skin</li></ul> | <ul style="list-style-type: none"><li>RETAIL / SALONS: Apply 2 ml to cotton pads then cleanse the face and neck.</li></ul> |
|---|---|--|



FOR

RETAIL:  
VT15053 – 150 ml

SALONS:  
KT15045 – 250 ml

## Reviving Marine Mist:

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

ACTIVE INGREDIENTS	RESULTS <sup>(3)</sup>	DIRECTIONS FOR USE
--------------------	------------------------	--------------------

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



(1) Usage test under dermatological and ophthalmological control, conducted on 17 volunteers who had used the Express Make-up Remover for 14 days  
(2) Usage test under dermatological and ophthalmological control, conducted on 16 volunteers who had used the Micellar Cleansing Water twice daily for 14 days – Self-evaluation (% of volunteers who agree and mostly agree with the claim)  
(3) Usage test under dermatological and ophthalmological control, conducted on 17 volunteers who had used the Mist for 21 days – self-evaluation (% of volunteers who agree and mostly agree with the claim)





FOR

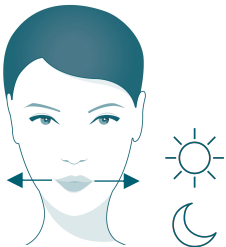
RETAIL:  
VT15005 –  
7x1.2 ml

SALONS:  
KT15005 –  
12x1.2 ml

Absolute Radiance Concentrate:

7-day intensive treatment that corrects all the visible signs of ageing of dull and tired skin for an express beauty enhancer.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Lumisource</li><li>Glycolic, malic and citric acids</li><li>Bioactive Hesperidin</li></ul>	<ul style="list-style-type: none"><li>40% increase in the radiant/bright appearance of the complexion, on average<sup>(1)</sup></li><li>Skin tone is more homogeneous: 9 out of 10 women<sup>(2)</sup></li></ul>	<ul style="list-style-type: none"><li>RETAIL: One half-dose morning and evening (1 vial = 2 applications)</li><li>SALONS: 1 vial / treatment</li></ul>



FOR

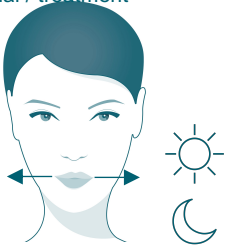
RETAIL:  
VT15014 –  
7x1.2 ml

SALONS:  
KT15013 –  
12x1.2 ml

Absolute Hydra-Marine Concentrate:

A 7-day intensive treatment with unparalleled moisturising power for parched skin.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Hyalurophyline</li><li>Hydra-diffusine</li><li>Lumisource</li></ul>	<ul style="list-style-type: none"><li>Skin rehydrated, plumped and smooth</li><li>+58.2% hydration on average from 4h after use<sup>(3)</sup></li><li>+45% hydration on average 8h after application<sup>(3)</sup></li><li>+27% hydration on average 24h after application<sup>(3)</sup></li></ul>	<ul style="list-style-type: none"><li>RETAIL: One half-dose morning and evening (1 vial = 2 applications)</li><li>SALONS: 1 vial / treatment</li></ul>



FOR

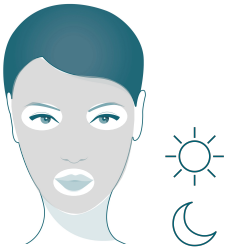
RETAIL:  
VT15013 – 50 ml

SALONS:  
KT15012 – 150 ml

Ultra Hydra-Marine Mask:

A plumping, smoothing and hydrating radiance-boost effect in 5 minutes flat thanks to the applicator brush.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Hyalurophyline</li><li>Hydra-diffusine</li><li>Lumisource</li><li>2 Hyaluronic acids</li></ul>	<ul style="list-style-type: none"><li>In just 5 minutes, the skin is hydrated: 87%<sup>(4)</sup></li><li>Healthy glow effect after the 1<sup>st</sup> application: 87%<sup>(4)</sup></li><li>100% of women want to use it in their routine</li></ul>	<ul style="list-style-type: none"><li>RETAIL / SALONS: Apply 5 ml and leave on for 15 min (5 minutes at home)</li></ul>



(1) Sensory assessment of radiance by the 21 volunteers after 7 days of use. An increase in the radiant/bright appearance was observed by 95% of volunteers  
(2) Sensory assessment of radiance by the 21 volunteers after 7 days of use. Average score for skin tone evenness: +26%  
(3) Assessment of skin hydration by corneometry after a single standardised application of Absolute Hydra-Marine Concentrate carried out on 10 volunteers after 4, 8 and 24 hours.  
(4) Usage test carried out for 21 days on 15 volunteers who had used the Ultra Hydra-Marine Mask twice daily – self-assessment (% of volunteers who agree and mostly agree with the claim)





FOR

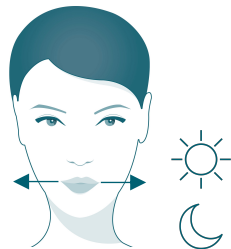
RETAIL:  
VT15011 – 50 ml

SALONS:  
KT15011 – 150 ml

### Hydra-Marine 24H Gel Cream:

Fresh emulsion that offers normal to combination skin 24-hour hydration and renewed flawless radiance.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Hyalurophyline</li><li>Hydra-diffusine</li><li>Lumisource</li></ul>	<ul style="list-style-type: none"><li>Skin hydrated for 24h<sup>(1)</sup></li><li>Luminous complexion</li></ul>	<ul style="list-style-type: none"><li>RETAIL / SALONS: Apply 1 ml (1 to 2 presses) to the face and neck</li></ul>



FOR

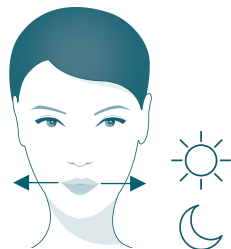
RETAIL:  
VT17003 – 50 ml

SALONS:  
KT17003 – 150 ml

### Hydra-Marine 24H Gel-Balm:

Enriched with natural seaweed pigments, this treatment offers triple anti-fatigue performance for skin bursting with energy.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Lumisource</li><li>Bioactive hesperidin</li><li>Natural seaweed pigments</li></ul>	<ul style="list-style-type: none"><li>Hydrates all day long<sup>(2)</sup></li><li>The complexion is more luminous: 91%<sup>(3)</sup></li><li>Relaxes facial features: 95%<sup>(4)</sup></li></ul>	<ul style="list-style-type: none"><li>RETAIL / SALONS: Apply 1 ml (1 to 2 presses) to the face and neck</li></ul>



(1) Evaluation by corneometry of skin hydration after a single standardised application of Hydra-marine 24H gel-cream, carried out on 10 volunteers. Average hydration level score after 24h = +24.7%  
(2) Evaluation by corneometry of skin hydration after a single standardised application of Hydra-marine 24H gel-cream, carried out on 11 volunteers. Average hydration level score after 8h = +30%  
(3) Usage test under dermatological control conducted on 22 volunteers with a dull complexion who had used the Hydra-Marine 24h Gel-Cream twice daily for 28 days. Self-assessment immediately after application (% of volunteers who agree and mostly agree with the claim)  
(4) Usage test under dermatological control conducted on 22 volunteers with a dull complexion who had used the Hydra-Marine 24h Gel-Cream twice daily for 28 days. Self-evaluation after 28 days (% of volunteers who agree and mostly agree with the claim)



# Retail Products

## Hydra-Marine 24H Cream:

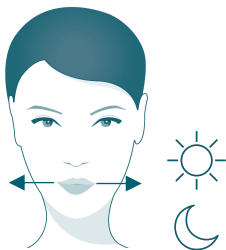
Rich cream that offers normal to dry skin 24-hour hydration and renewed flawless radiance.



FOR

RETAIL:  
VT15010 – 50 ml

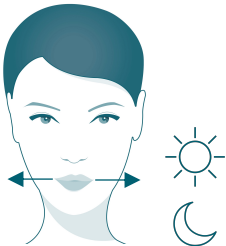
ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Hyalurophyline</li><li>Hydra-diffusine</li><li>Lumisource</li></ul>	<ul style="list-style-type: none"><li>The skin regains freshness, softness and suppleness</li><li>Skin is fully hydrated: 100%<sup>(1)</sup></li><li>Bright complexion: 100%<sup>(1)</sup></li></ul>	<ul style="list-style-type: none"><li>RETAIL: Apply 1 ml to the face and neck</li></ul>



FOR

RETAIL:  
VT15012 – 30 ml

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Lumisource</li><li>Skin-protect</li></ul>	<ul style="list-style-type: none"><li>Radiant skin</li><li>Removes on average 10.85% of oxidised proteins, which are responsible for dull complexions<sup>(2)</sup></li></ul>	<ul style="list-style-type: none"><li>RETAIL: Apply 1 ml (1 to 2 presses) to the face and neck</li></ul>



## Sleeping Cream Night-time Recovery:

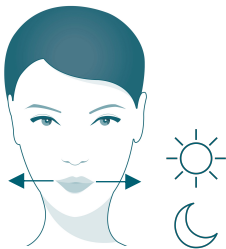
This treatment, enriched with re-energising Melatoskin and Hyaluronic Acid, reveals plumped skin when you wake up, like after a good night's sleep.



FOR

RETAIL:  
VT17027 – 50 ml

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Lumisource</li><li>Melatoskin</li><li>Hyaluronic acid</li></ul>	<ul style="list-style-type: none"><li>Skin is fully hydrated: 95%<sup>(3)</sup></li><li>Signs of tiredness fade away, and the skin is visibly rested: 77%<sup>(4)</sup></li></ul>	<ul style="list-style-type: none"><li>RETAIL: As a cream or overnight mask, apply 1 ml to the face and neck</li></ul>



(1) Usage test carried out on 15 volunteers who had used the Hydra-Marine 24H Cream twice daily for 28 days. Self-assessment (% of volunteers who agree and mostly agree with the claim)  
(2) Clinical study carried out on 9 volunteers who had used the Hydra-Marine Serum twice a day for 28 days.  
(3) Usage test under dermatological control conducted on 22 volunteers who had used the Sleeping Cream, Night Repair once a day for 21 days. Self-assessment the day after first application (% of volunteers who agree and mostly agree with the claim)  
(4) Usage test under dermatological control conducted on 22 volunteers who had used the Sleeping Cream, Night Repair once a day for 21 days. Self-evaluation after 21 days (% of volunteers who agree and mostly agree with the claim)





Hydra-marine 24H eye fluid:

This treatment with a cooling effect reduces the appearance of signs of fatigue, brightens the eyes and hydrates for 24 hours. Fragrance-free.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Lumisource</li><li>Aloe Vera</li></ul>	<ul style="list-style-type: none"><li>Non-stop hydration for 24h<sup>(1)</sup></li><li>Brightens the eyes: 86%<sup>(2)</sup></li></ul>	<ul style="list-style-type: none"><li>RETAIL: Apply 1 ml to the eye contour area</li></ul>

FOR

RETAIL:

VT17028 – 15 ml



BB Cream – Illuminating Multi-Perfection:

Synergy of a 24h moisturiser, marine blur-effect and a BB Cream, this hybrid cream leaves skin without the slightest flaw.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"><li>Sève Bleue des Océans</li><li>Seaweed sugars</li><li>Pigments</li><li>Sun' Ytol</li></ul>	<ul style="list-style-type: none"><li>Skin hydrated for 24h<sup>(3)</sup></li><li>Refined skin texture: 100%<sup>(4)</sup></li><li>Stays put all day, without touch-ups: 94%<sup>(5)</sup></li><li>SPF15+ protection</li><li>Non-comedogenic<sup>(6)</sup></li></ul>	<ul style="list-style-type: none"><li>RETAIL: Evenly apply 1 ml with light strokes to the face and neck</li></ul>

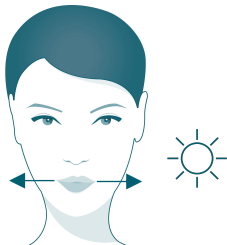
FOR

RETAIL:

VT17011 Ivory – 40 ml

VT17012 Natural – 40 ml

VT17010 Golden – 40 ml



(1) Evaluation by corneometry of skin hydration after a single standardised application of Hydra-Marine 24h Eye Fluid, carried out on 11 volunteers.

(2) Usage test under dermatological and ophthalmological control, conducted on 22 volunteers with dehydrated eye contour skin and tired, dull appearance, who had been using the Hydra-Marine 24h Eye Fluid morning and evening for 21 days. Self-assessment of efficacy after first application (% of volunteers who agree and mostly agree with the claim)

(3) Evaluation by corneometry of skin hydration after a single standardised application of the BB Cream Illuminating Multi-Perfection – Golden carried out on 11 volunteers. Average hydration level score after 24h = +7%

(4) Clinical study under dermatological control on 33 volunteers (aged 23-54, all skin types included), who had been using the BB Cream Illuminating Multi-Perfection – Golden once daily for 28 days. Self-assessment on first use (% of volunteers who agree and mostly agree with the claim)

(5) Clinical study under dermatological control on 33 volunteers (aged 23-54, all skin types included), who had been using the BB Cream Illuminating Multi-Perfection – Golden once daily for 28 days. Self-evaluation after 28 days (% of volunteers who agree and mostly agree with the claim)

(6) Clinical study under dermatological control on 16 volunteers (aged 24-39) with combination to oily skin, who had been using the BB Cream Illuminating Multi-Perfection - Golden every morning for 28 days. Evaluation of the comedogenic potential and acneogenic potential by counting the retentional lesions and inflammatory lesions, respectively



# 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 Absolute Hydra-Marine Concentrate  
+ 1 small bowl with 2 ml of Micellar Cleansing Water  
+ 1 small bowl with 2 ml of Gentle Scrub with Marine Crystals  
+ 1 small bowl with 4 ml of Oligo-Marine Massage Cream  
+ 1 small bowl with 5 ml of Ultra Hydra-Marine Mask  
1 small bowl with 1 ml of Hydra-Marine 24H Gel-Cream

- **Your work surface with:**

Reviving Marine Mist  
Express Make-up Remover

- **Your hot cabi with:**

2 oshiboris moistened with Aquatic Essence (used to rinse off the Melt-in Scrub with Marine Crystals and the Ultra Hydra-Marine Mask)

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.



# Source Marine Moisturising Treatment

55 min

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

15 min

## 1. IMMERSE

**Reviving Marine Mist** (1 ml)

- Éveil à la Mer massage – see technical note

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

- Cleansing of eyes & lips

**Micellar Cleansing Water** (2 ml)

**Melt-in Scrub with Marine Crystals** (2 ml)

Perform large figures of eight:

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

Then small figures of eight:

- Forehead/Frown lines/Temples/Nose/Laugh lines/Chin/Neck/Décolleté

Steamer and extraction (optional)

3 min

## 2. ENERGISE

**Reviving Marine Mist** (1 ml)

- Energising digitopressure – see technical note

33 min

## 3. CORRECT

**Absolute Hydra-Marine Concentrate**

- Facilitate absorption with light gliding strokes

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

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

**Ultra Hydra-Marine 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 over the **Ultra Hydra-Marine Mask**
- Carry out the Hand Massage - see technical note

4 min

## 4. REVEAL

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

**Hydra-Marine 24H Gel-Cream** (1 ml)

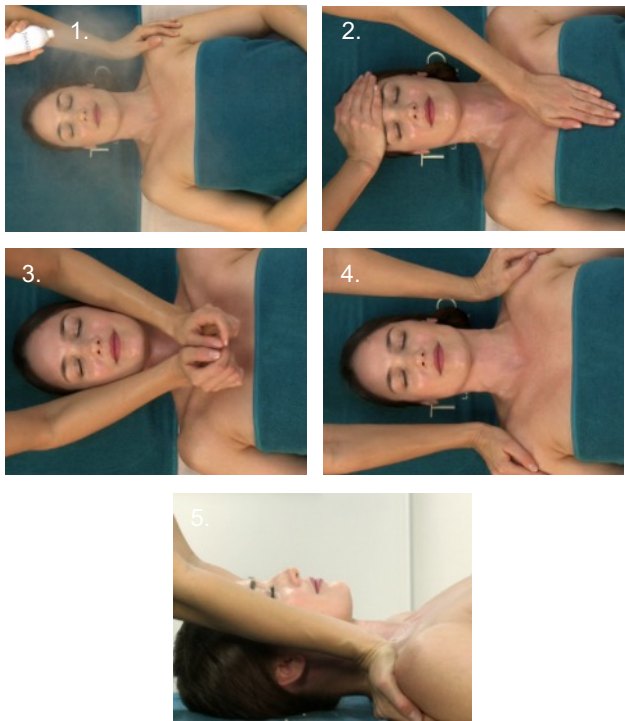
- Réveil à la Mer massage – see technical note



# 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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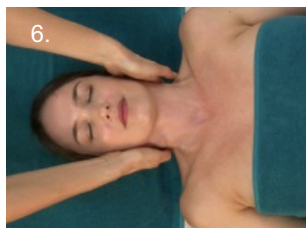
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## ■ Éveil à la Mer Massage



## 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.

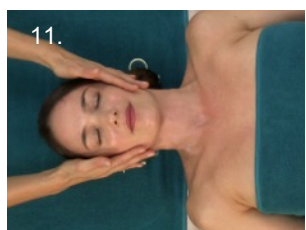
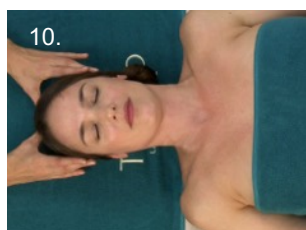
It is not at all the same sensation. 3 times.



## 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.

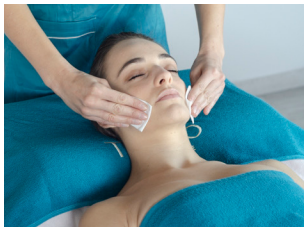
## 11. Sea of Sand

Again to complete this welcome massage. 3 times.

[illegible]



# ■ Make-up removal



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

2. Apply **Micellar Cleansing Water** (2 ml) to cleanse the face and neck. Next, dry using a paper tissue or dry oshibori.



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# ■ Exfoliation



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

**1. The large figure of eight:**  
- Facial contours / Masseter muscles / Forehead / Nose / Neck / Décolleté

**2. The small figure of eight:**  
- Forehead / Frown lines / Temple / Nose (wing/bridge/wing) / Temple / Laugh lines / Chin / Neck / Décolleté

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

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



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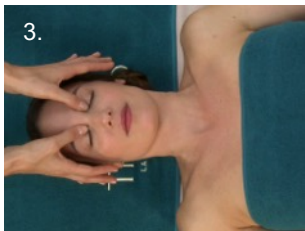
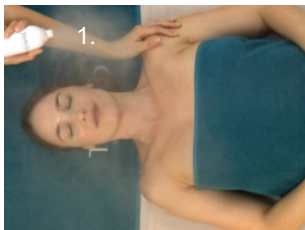
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# Energise

## ■ 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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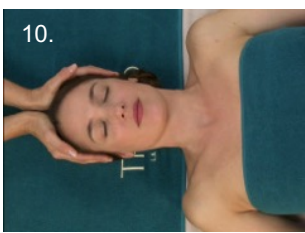
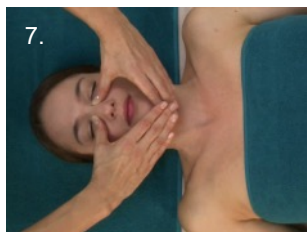
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# Energising Digitopressure



- 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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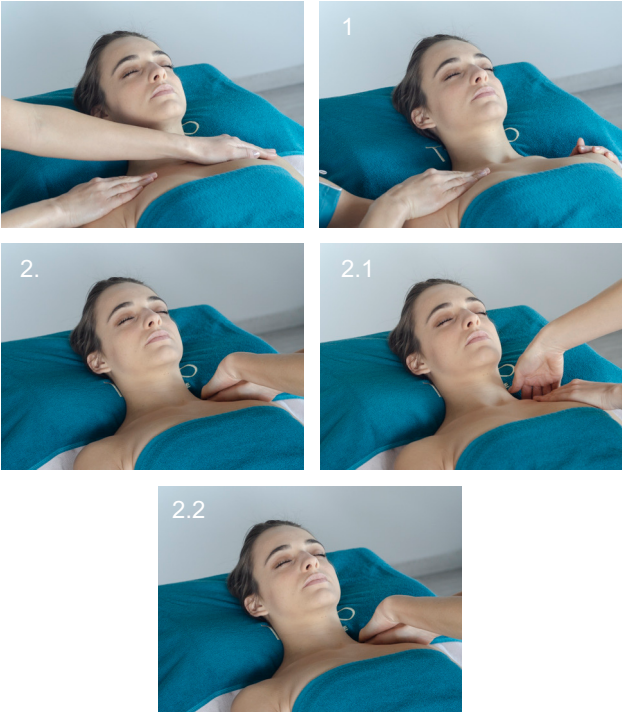
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# Correct

## ■ 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 of the trapezius and décolleté:

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 'waves':

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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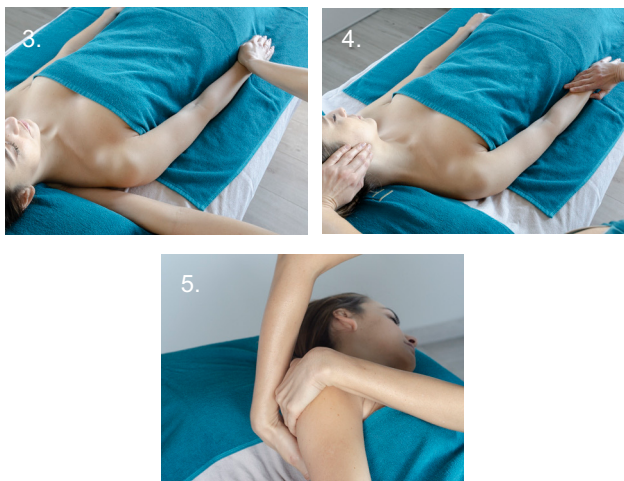
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# ■ Heart of the Ocean Massage



**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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# ■ 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 **Ultra Hydra-Marine Mask** in a thin layer 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 **Ultra Hydra-Marine 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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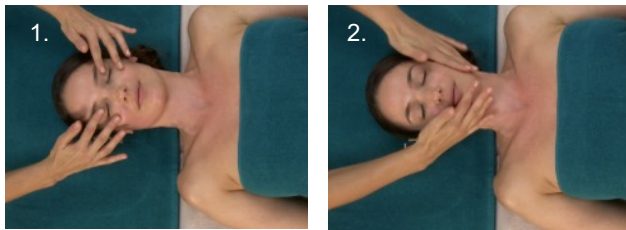
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# Reveal

## ■ 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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# 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 Absolute Radiance Concentrate  
+ 1 small bowl with 2 ml of Micellar Cleansing Water  
+ 1 small bowl with 2 ml of Gentle Scrub with Marine Crystals  
+ 1 small bowl with 8 ml of Ultra Radiance Mask  
+ 1 small bowl with 1 ml of Hydra-Marine 24H Gel-Cream

- **Your work surface with :**

Reviving Marine Mist

- **Your hot cabi with:**

2 oshiboris moistened with Aquatic Essence (used to rinse off the Melt-in Scrub with Marine Crystals and the Ultra Hydra-Marine Mask)

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.



# Illuminating Radiance Facial

25 min

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

10 min

## 1. IMMERSE

**Reviving Marine Mist** (1 ml)

- Éveil à la Mer massage – see technical note

**Micellar Cleansing Water** (2 ml)

**Melt-in Scrub with Marine Crystals** (2 ml)

Perform large figures of eight:

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

Then small figures of eight:

- Forehead/Frown lines/Temples/Nose/Laugh lines/Chin/Neck/Décolleté

0,30 min

## 2. ENERGISE

**Reviving Marine Mist** (1 ml)

12 min

## 3. CORRECT

**Ultra Radiance Mask** (8 ml)

- Apply a thin layer to the face and neck
- Perform Energising Acupressure for 10 minutes while the mask is on

**Absolute Radiance Concentrate**

2 min

## 4. REVEAL

**Hydra-Marine 24H Gel-Cream** (1 ml)

- Modelage Réveil à la Mer – voir mémo technique



# Correct

## ■ Ultra Hydra-Marine Mask

The PREPARE step is identical to the **Source Marine Moisturiser** (see pages 15 to 18).  
For the **REGENERATING** step, spray **Reviving Marine Mist** (1 ml), then perform Regenerating Acupressure.



- 1. Apply 8 ml of **Ultra Radiance Mask** sparingly to the face and neck using a brush.
- 2. Perform Regenerating Digitopressure for 10 minutes while the mask is on (see pages 19 and 20).
- 3. With water, emulsify the mask using your finger pads then rinse with a lukewarm oshibori.
- 4. Apply the **Absolute Radiance Concentrate** with light strokes.

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# Reveal

- End of treatment cream



Apply the **Hydra-Marine Gel Balm** with light strokes on the face and neck.

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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



## Glycolic, malic and citric acids

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Synthetic origin</li></ul>	<ul style="list-style-type: none"><li>Chemical exfoliation of dead cells accumulated at the surface of the epidermis</li><li>Restores radiance to dull skin</li></ul>



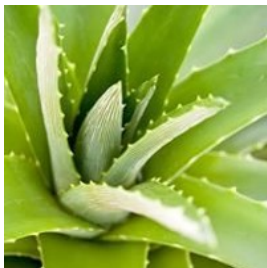
## Hyaluronic acid

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Biotechnological origin (fermentation)</li></ul>	<ul style="list-style-type: none"><li>Lastingly plumps the skin 'from the inside' by penetrating right to the heart of the epidermis</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>



## 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>





### Sebum sensor

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



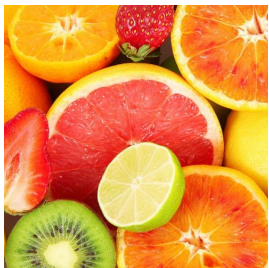
### Papaya extract

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



### 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>



### Bioactive Hesperidin

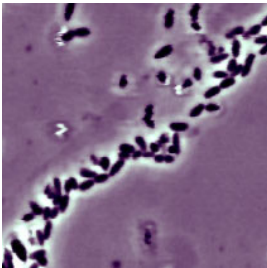
ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant Origin: citrus zest</li></ul>	<ul style="list-style-type: none"><li>Tones</li><li>'Pick-me-up' effect</li></ul>





### Hyalurophyline

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant origin: <i>Viola tricolor</i> wild pansy extract</li></ul>	<ul style="list-style-type: none"><li>Increases the skin's water reserves by stimulating the endogenous synthesis of hyaluronic acid</li></ul>



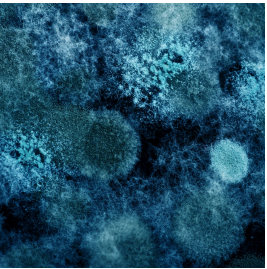
### Hydra-diffusine

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Biotechnological origin: <i>Burkholderia carbensis</i></li></ul>	<ul style="list-style-type: none"><li>Facilitates the diffusion of dermal water into the layers of epidermis by stimulating aquaporins</li></ul>



### Melatoskin

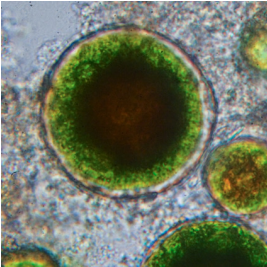
ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Synthetic Origin: peptide grafted to a fatty acid for high bioavailability</li></ul>	<ul style="list-style-type: none"><li>Revives</li><li>Helps in skin recovery</li></ul>



### 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>





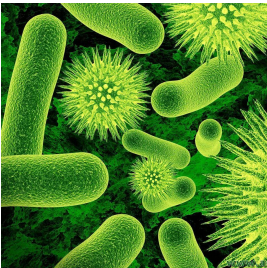
### Natural seaweed pigments

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Plant / seaweed origin: Natural pigments of the microalgae <i>Haematococcus pluvialis</i></li></ul>	<ul style="list-style-type: none"><li>Pinkish-orange pigments providing a 'healthy-glow' effect</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>



### Skin Protect

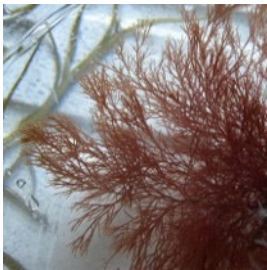
ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Biotechnological / marine origin: ferment from a marine microorganism sourced near hydrothermal vents, rich in antioxidant enzymes</li></ul>	<ul style="list-style-type: none"><li>Curbs the production of oxidised proteins, which are responsible for dull complexions</li></ul>



### Seaweed sugars

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>Biotechnological / marine algae origin: high-molecular-weight exopolysaccharides secreted by marine microalga <i>Porphyridium cruentum</i></li></ul>	<ul style="list-style-type: none"><li>Smooth the microrelief to allow coloured pigments to even out and enhance skin tone</li></ul>





### Sun'Ytol ® Patented

ORIGIN	ACTIONS
<ul style="list-style-type: none"><li>▪ Plant / marine algae origin: <i>Polysiphonia lanosa</i> red algae extract</li></ul>	<ul style="list-style-type: none"><li>▪ Protects skin from the damage caused by sun exposure</li></ul>



### Trio of mechanical exfoliants

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

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