

THALGO

LA BEAUTÉ MARINE



Training Guide

—
ÉVEIL À LA
MER
—

Contents

1. CONCEPT & INNOVATION	
▪ Concept	4
▪ Innovation	5
2. PRODUCTS & ACCESSORIES	
▪ Professional products	6
▪ Professional and retail products	7
▪ Retail products	10
3. PROFESSIONAL TREATMENT	
▪ Preparation for the treatment	11
▪ Protocol in detail	12
▪ Manual techniques	24
APPENDICES	
▪ Active ingredients glossary	25
▪ Contraindications	29

Concept

■ Éveil à la Mer

Who is it for?

For all women looking for gentle daily cleansing without compromising on how pleasant textures are to use.

What's happening in the skin?

Daily cleansing is essential for good quality skin.

Be careful not to impair the hydrolipid film with overly harsh or unsuitable cleansing.

The Solution

A real iconic signature of THALGO facial protocols, the Éveil à la Mer Ritual is the marine solution exclusive to make-up removal to hydrate, protect and strengthen the skin barrier.



Innovation

■ Hero active ingredient



SÈVE BLEUE DES OCEANS

ORIGINE

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

■ Fragrance

A fresh floral foam scent.*

Top: Sea Foam Accord
Middle: Rose & Water Lily
Base: Marine Accord



*Fragrance for Gentle Cleansing Milk, Foaming Micellar Cleansing Lotion, Gentle Exfoliator and Refreshing Exfoliator

Professional Products and Accessories



FOR

SALONS:
KT15046 – 100 ml

Aquatic Essence:

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

OLFACTORY PYRAMID	SELLING POINTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">Top: GrapefruitMiddle: Marine algaeBase: Musk	<ul style="list-style-type: none">Warm scented oshiborisGentle rinsingFinishing touch for the cleansing ritual	<ul style="list-style-type: none">SALONS: Dilute 1 ml of Aquatic Essence in 1 L of water. Mix and soak the oshiboris in the solution. Wring them out, roll them up, then place them in the Hot Cabi



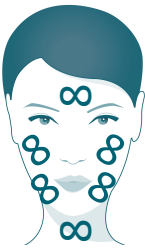
FOR

SALONS:
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">Sève Bleue des OcéansEnzyme-based exfoliant papaya extractMechanical exfoliants: featuring diatoms, almond shells and sea saltPore-unclogging: plant-sourced sebum sensor	<ul style="list-style-type: none">Triple exfoliationPores uncloggedSoft and cleansed skin	<ul style="list-style-type: none">SALONS: Warm 1 ml of scrub in the palm of your hands then emulsify with the water before rinsing



FOR

SALONS:
BT15013 – Set of 2
Gentle Cleansing
Brushes

Gentle Cleansing Brushes:

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

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

Professional and Retail Products



FOR

RETAIL:
VT15045 – 125 ml

SALONS:
KT15039 – 250 ml

Express Make-up Remover:

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

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



FOR

RETAIL:
VT15049 – 200 ml

SALONS:
KT15043 – 500 ml

Gentle Cleansing Milk:

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

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



FOR

RETAIL:
VT15048 – 200 ml

SALONS:
KT15042 – 500 ml

Beautifying Tonic Lotion:

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

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



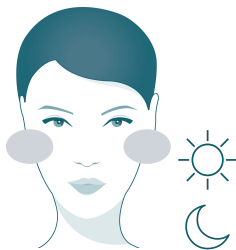
(1) Usage test under dermatological and ophthalmological control, conducted on 17 volunteers who had used the Express Make-up Remover for 14 days
(2) Usage test under dermatological and ophthalmological control conducted on 16 volunteers having used the Gentle Cleansing Milk for 14 days
(3) Usage test under dermatological and ophthalmological control conducted on 17 volunteers having used the Beautifying Tonic Lotion for 21 days



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 ⁽¹⁾	DIRECTIONS FOR USE
<ul style="list-style-type: none">Sève Bleue des OcéansSurfactants organised into micelles	<ul style="list-style-type: none">Perfectly removes make-up: 94%Perfectly removes eye make-up: 82%Suitable for sensitive skin	<ul style="list-style-type: none">RETAIL / SALONS: Apply 2 ml to cotton pads then cleanse the face and neck.



FOR

RETAIL:
VT15047 – 200 ml

SALONS:
KT15041 – 500 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">Sève Bleue des OcéansPlant oil trioLipodispersible technology	<ul style="list-style-type: none">Face & eye make-up removing efficacy: 100%Removes all types of make-up, even waterproof and long-lasting: 100%Softer and comfortable skin: 100%	<ul style="list-style-type: none">RETAIL / SALONS: Work 2 ml until dry then emulsify with water and rinse thoroughly



FOR

RETAIL:
VT18024 – 125 ml

SALONS:
KT18025 – 150 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 ⁽³⁾	DIRECTIONS FOR USE
<ul style="list-style-type: none">Sève Bleue des Océans27 poly-revitalising nutrients	<ul style="list-style-type: none">Skin revitalised: 88%Soft and hydrated skin: 94%.Fresher complexion: 100%	<ul style="list-style-type: none">RETAIL / SALONS: No need to shake. Spray 1 ml on the face



FOR

RETAIL:
VT15053 – 150 ml

SALONS:
KT15045 – 250 ml

(1) 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)
(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)
(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:
VT15046 – 150 ml

SALONS :
KT15040 – 150 ml

Foaming Micellar Cleansing Lotion:

The first micellar foam with Sève Bleue des Océans that effectively cleanses all skin types.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">▪ Sève Bleue des Océans▪ Surfactants organised into micelles	<ul style="list-style-type: none">▪ Perfectly cleansed skin	<ul style="list-style-type: none">▪ RETAIL / SALONS: Emulsify 2 to 3 pumps all over the face and neck. Then rinse.



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">▪ Sève Bleue des Océans▪ Jojoba oil microspheres▪ Phytic acid from rice	<ul style="list-style-type: none">▪ Skin softened and brightened	<ul style="list-style-type: none">▪ SALONS: Apply 2 ml, leave on for 2 to 3 minutes. Massage dry then with water



FOR

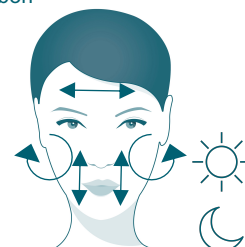
RETAIL:
VT16005 – 50 ml

SALONS:
KT16004 – 150 ml

Resurfacing Cream:

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

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



Retail Products



FOR

RETAIL:
VT15050 – 125 ml

Cleansing Cream Foam:

This luscious cream transforms into a dense foam on contact with water for pleasurable yet effective cleansing for normal to combination skin.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">▪ Sève Bleue des Océans▪ Amino acid derivative complexes	<ul style="list-style-type: none">▪ Eliminates impurities▪ Thorough cleansing and make-up removal	<ul style="list-style-type: none">▪ RETAIL: Lather a small amount in the palm of wet hands before applying all over the face and neck. Rinse with water.



FOR

RETAIL:
VT15052 – 50 ml

Refreshing Exfoliator:

This ultra-fresh gel offers triple mechanical exfoliation thanks to graded microspheres. Normal to combination skin.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">▪ Sève Bleue des Océans▪ Almond Shell Powder▪ Silica Powder▪ Diatomaceous Earth	<ul style="list-style-type: none">▪ Exfoliates skin▪ Reveals skin's radiance and softness	<ul style="list-style-type: none">▪ RETAIL: Use on dry or slightly damp skin once or twice a week depending on the skin's thickness, shine and opacity. Rinse with water.



Preparation for the treatment

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

- **Your treatment room ambiance:**

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

- **Your THALGO tray with:**

1 small bowl with 2 ml of Micellar Cleansing Water
or 1 small bowl with 2 ml of Make-up Removing Cleansing Gel Oil
or 1 small bowl with 5 ml of Gentle Cleansing Milk
+ 1 small bowl with 3 ml of Beautifying Tonic Lotion
+ 1 small bowl with 2 ml of Melt-in Scrub With Marine Crystals
or 1 small bowl with 2 ml of Gentle Exfoliator
or 1 small bowl with 2 ml of Resurfacing Cream

- **Your work surface with:**

Reviving Marine Mist
Express Make-up Remover

- **Your hot cabi with:**

1 or 2 oshiboris moistened with Aquatic Essence (used to rinse off the Melt-in Scrub with Marine Crystals/
Resurfacing Cream and Make-up Removing Cleansing Gel Oil)

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.

Éveil à la Mer Ritual

15 à 20 min*

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

15 à 20*
min

1. IMMERSE

Reviving Marine Mist (1 ml)

- Éveil à la Mer massage – see technical note

Express Make-up Remover (1 ml)

- Cleansing of eyes & lips

Thalgo make-up remover to be adapted to the skin type :

- **Micellar Cleansing Water** (2 ml) – **SOURCE MARINE**
- **Make-up Removing Cleansing Gel Oil** (2 ml) – **COLD CREAM MARINE**
- **Gentle Cleansing Milk** (5 ml) **Beautifying Tonic Lotion** (3 ml) – **ANTI-AGEING TREATMENT**
- **Foaming Micellar Cleansing Lotion** (2 to 3 pressures) – **SPIRULINE MARINE/THALGOMEN**

Thalgo scrub adapted to the skin type:

- **Gommage Fondant aux Cristaux Marins** (2 ml) – **SOURCE MARINE/PURETÉ MARINE/THALGOMEN**

Perform large figures of eight: Facial contours/Masseter/Forehead/Nose/Neck/Décolleté

Then small figures of eight eight: Forehead/Frown lines/Temples/Nose/Laugh lines/Chin/Neck/Décolleté

- **Gentle Exfoliator** (2 ml) – **COLD CREAM MARINE**

Leave on for 2 to 3 min. Dry, then massage with a little water to emulsify

- **Resurfacing Cream** (2 ml) – **ANTI-AGEING TREATMENT**

Apply over all wrinkles. Work wrinkle by wrinkle and then dermal stimulation

3 min

2. ENERGISE

Reviving Marine Mist (1 ml)

- Energising Digitopressure – see technical note

1 min

4. REVEAL

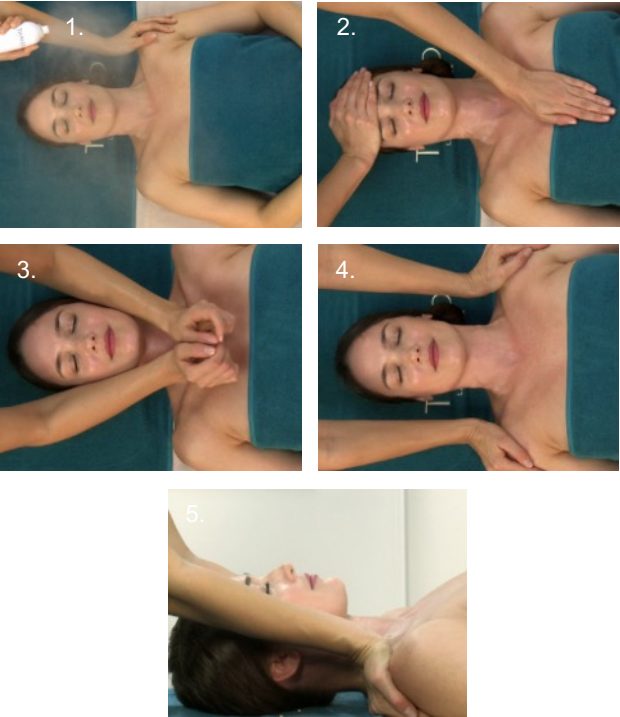
- Réveil à la Mer massage – see technical note

*20 min with the Resurfacing Cream

Immerse

■ Éveil à la Mer Massage

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



- 1. Contact**
Lightly spray **Reviving Marine Mist** diffusely all over the client's face. This will create a marine world atmosphere around her.
- 2. Breathing**
Take advantage of this moment to get her to breathe deeply and let go. Your left hand on her forehead exerts controlled pressure and your right hand on the plexus is much lighter. 3 times.
- 3. Sea of Sand.**
The movements reproduce the sound of the waves that come and go on the beach. This is a very slow and gentle movement to perform over the towel by the client's ears. 3 times.
- 4. Shoulder Pressures**
Place your hands on her shoulders in an enveloping way and exert pressure. 3 times.
- 5. Trapezius Pressures**
Keep the same pace and the same pressure for the trapezius muscles. 3 times.



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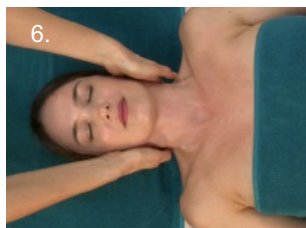
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■ Éveil à la Mer Massage



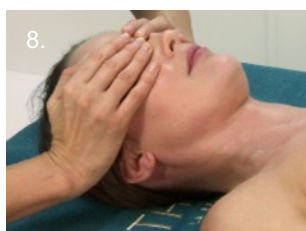
6. Neck Pressures

Repeat on back of the neck. 3 times.

7. Facial Contour Pressure

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

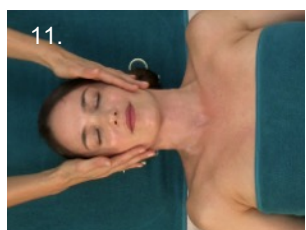
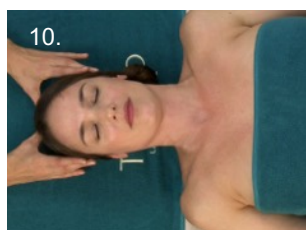
It is not at all the same sensation. 3 times.



8. Eye Contour Pressures

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

9. Forehead Pressures. 3 times.



10. Head Pressures

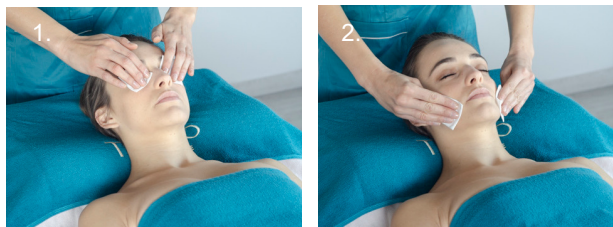
On the central axis. 3 times.

11. Sea of Sand

Again to complete this welcome massage. 3 times.

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■ Make-up removal – Source Marine



- 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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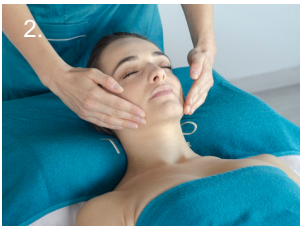
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■ Make-up removal – Cold Cream Marine



- 1. Cleanse the eyes and mouth with **Express Make-up Remover** (1 ml).
- 2. Warm dose between hands **Make-up Removing Cleansing Gel-Oil**, apply to face and neck and emulsify with water. Rinse thoroughly using an oshibori.



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■ Make-up removal – Anti-Ageing



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

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

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



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■ 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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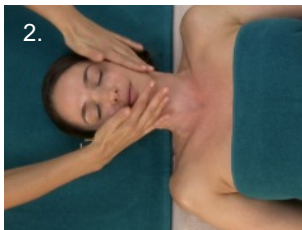
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■ Exfoliation



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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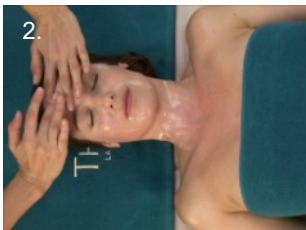
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Exfoliation



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

1. Wrinkle by wrinkle

Work on each wrinkle one by one in circular smoothing movements from front to back.

2. Dermal stimulation

Work on each wrinkle with energising movements to stimulate the skin, with your 2 index fingers on small areas (frown lines, crow's feet, lips) and with your 2 index fingers and middle fingers on large areas (forehead, folds, neck).

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

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



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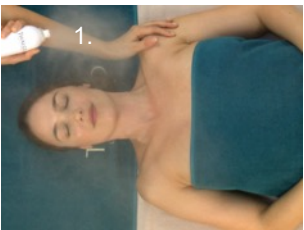
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Energise

■ 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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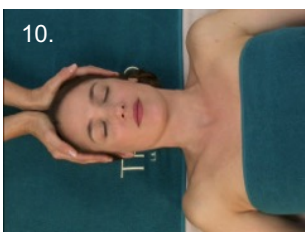
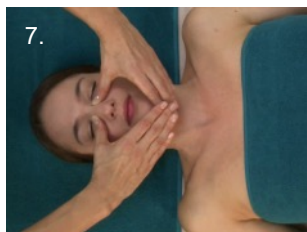
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Energising Digitopressure



7. Lacrimals glands: Bladder point
At 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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Reveal

■ 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. RÉVEIL À LA MER MASSAGE

- Sea of Sand
- Shoulder pressures
- Rocking

APPENDICES – Active ingredients glossary



Phytic Acid from Rice

ORIGIN	ACTIONS
<ul style="list-style-type: none">Plant origin: extraction in a water-based environment using rice	<ul style="list-style-type: none">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.



Allantoin

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



Shea butter

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



Sebum sensor

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



Amino Acid Derivative Complexes

ORIGIN	ACTIONS
<ul style="list-style-type: none">Synthetic and plant origin (coconut oil and amino acid)	<ul style="list-style-type: none">Increased foaming properties while having optimal skin and eye toleranceMaximum rinsability



Papaya extract

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



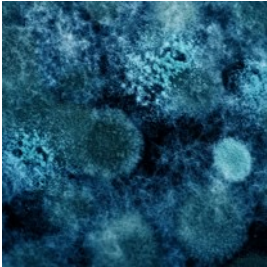
Aluminium Oxide Microcrystals

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



Jojoba Oil Microspheres

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



27 Poly-revitalising nutrients

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



Silica Powder

ORIGIN	ACTIONS
<ul style="list-style-type: none">Mineral and synthetic origin	<ul style="list-style-type: none">Mechanical exfoliant



Provitamin B5

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



Lipodispersible technology

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



Plant oil trio

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



Trio of mechanical exfoliants

ORIGIN	ACTIONS
<ul style="list-style-type: none">Diatomaceous earthAlmond shellsSalt	<ul style="list-style-type: none">'Rough' mechanical and intermediate exfoliation: Almond shells + SaltFine mechanical exfoliation: Diatomaceous earth

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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empower
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