

CELL SHOCK BODY

swiss line
BY DERMALAB 

MICRO-EXFOLIATION GEL

NO RESIDUE – EASY REMOVAL

Water soluble clear gel with fatty acids derived from coconut for an immediate improvement of drier skin areas and respect for skin conditions such as sunburn, abrasions and overall dehydration.

Soft and elastic beads based on lactose and natural cellulose provide a smooth micro-exfoliation that is never too harsh and makes removal much friendlier than those classic scrubs using abrasive agents such as walnuts, peach kernels, volcanic sand, etc.



Ref. 1522C - 500 ml

THE BENEFITS

- Immediate improvement of drier skin areas
- Smooth micro-exfoliation

THE CUSTOMER

- Suitable for all clients with all skin conditions

THE TECHNOLOGY

SOFT BEADS OF LACTOSE AND NATURAL CELLULOSE

When dissolved, the cellulose "flour" micro-exfoliates the skin, yet it is never too harsh.

THE RITUAL

Apply area by area; if desired, the exfoliating action can be reinforced using exfoliating gloves of Loofah or Bamboo. Remove the product with a hot compress once the area is treated and dry with a towel.

If the client isn't getting any massage after it, you can follow by applying the Aqua Collagen Cream.

GOLD MASSAGE OIL

RELAXING – NURTURING – NO OILY FEEL

A precious cocktail of Ecocert® plant oils: almond, camelina, soy and jojoba. 0% mineral oils.

Our new Gold Massage Oil offers great antioxidant and healing properties, perfectly caring for dry skin. It provides radiance as it nurtures mature, tired and/or damaged skin.

Staying true to our belief that essential oils are not beneficial to human skin, this massage oil doesn't contain any essential oils. Yet, its natural base, made of non-fragrant plant oils, can easily accept the addition of any essential oil for those spas who wish to do so.



Ref. 1524C - 500 ml

THE BENEFITS

- Nurture mature, dry and damaged skin
- No oily feel
- Suitable for all clients with all skin conditions

THE CUSTOMER

THE TECHNOLOGY

CAMELINA OIL

Camelina Sativa oil is rich in omega-3 fatty acids (over 45%), which is rare in plants.

It is mixed to almond, soy and jojoba oil, all Ecocert®, to care and nurture the skin, leaving it soft and supple.

POMEGRANATE AND CALENDULA EXTRACTS

The antioxidant power of Pomegranate combined to the healing properties of Calendula care perfectly for dehydrated and dry skin conditions. It provides a true radiance to tired skins, sublimating their touch and look.

THE RITUAL

Apply on the desired area and perform the relaxing massage techniques.

AQUA COLLAGEN CREAM

HYDRATING – SATIN TOUCH – NO OILY FEEL

A luxurious-textured body cream that includes collagen, hyaluronic acid, edelweiss flower and diamonds!

It prevents moisture loss and restores the skin suppleness and flexibility.



Ref. 1523C - 500 ml

THE BENEFITS

- Prevents moisture loss
- Antioxidant and anti-inflammatory properties
- Aid in the healing and structure of the epidermis

THE CUSTOMER

- Suitable for all clients with all skin conditions

THE TECHNOLOGY

MARINE HYDROLIZED COLLAGEN

Associated to essential sea minerals, it helps in the healing and structuring of the epidermis.

HYALURONIC ACID AND SQUALANE (from Olive Oil)

These two components have a natural affinity with the skin, helping to strengthen the barrier function, keeping the suppleness and plumpness of the epidermis.

EXTRACT OF EDELWEISS & REAL DIAMONDS POWDER

Grants antioxidant and anti-inflammatory properties while real diamonds powder enhances the look of the skin.

THE RITUAL

Apply on the whole body after the massage with Gold Massage Oil or after the Micro-exfoliating Gel.

GLIDE INFUSION GEL

COMPATIBLE WITH ALL DEVICES BASED ON HIGH-FREQUENCY

Formulated to promote collagen production, while taking into consideration mature skin conditions and associated hormonal changes with the inclusion of isoflavones (also known as phyto-estrogens) present in red clover extract.

Differently from 99% of conducting/glide gels on the market which merely work as contact conductors, our gel offers a true added benefit specific to mature skin typically in need of estrogen-like therapies.

100% free from oil, alcohol, and silicones.



Ref. 1520C – 500 ml

THE BENEFITS

- Promotes collagen production
- Moisturizes skin's upper layers

THE CUSTOMER

- Suitable for all clients undergoing a high-frequency slimming, draining or firming treatment.

THE TECHNOLOGY

60 % GLYCERIN (PHARMA-GRADE)

Moisturizes the upper layers of the epidermis and guarantees a good gliding of device's metal conducting parts.

RED CLOVER EXTRACT

The mature skin trick in the formula!

Traditionally used in natural pharmacopeia to bring balance during menopause, it is a source of estrogen-like molecules, precious to counteract the metabolic losses that come with age.

THE RITUAL

Apply on the area to be treated before using the high-frequency machine treatment. Follow the instructions of the machine provider for the treatment.

A MOMENT IN TIME

60 MINUTES BODY MASSAGE

swiss line

BY DERMALAB 

THE CONCEPT

Relieve the burdens of everyday life with this whole-body massage. It is ideal after a long flight or as an antidote to stress. It can be sold on its own or with the “Soft Skin Moment”



All people looking for a relaxing pampering moment



60 minutes

OVERVIEW & PRODUCT QUANTITIES

Steps	Quantity	Product
Body Massage	30 ml	Body Star Gold Massage Oil
Final Body Product Application	10 ml	Body Star Aqua Collagen Cream

A MOMENT IN TIME

STEP BY STEP LEG MASSAGE PROCEDURE

BODY MASSAGE

 60 min

Step 1: On the towel

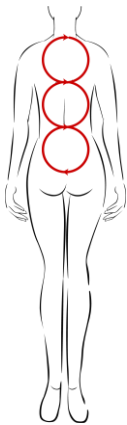


Before you start with the massage movements, get the client accustomed to your hand by performing some gentle pressures over the towel.

1. Start by pressing the heels with flat hands
2. Wave movement until mid calf and press
3. Wave movement until mid thigh and press
4. Slide around buttocks and press side of lower back
5. Slide to the middle and press
6. Slide to the shoulder and press.

Remove the towel with your wrists in a sliding movement to the lower back.

Step 2: Manual Massage – Back



Circular Movements:

Starting on the lower back and progressively extending to the full back

Repeat 5 times



Smoothing Movement:

Along the spine, coming back on the sides.

Repeat 3 times



Big Smoothing Movement:

Along the spine, going to the arms, pressure on the hands.

Smooth back up on the arms and on the sides of the back with mini waves.

Repeat 3 time



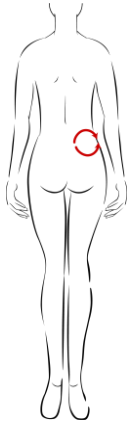
Side smoothing:

On opposite side alternating hands and going up and down.

Repeat 3 times

BODY MASSAGE

 60 min



Waist Kneading:
With full hands

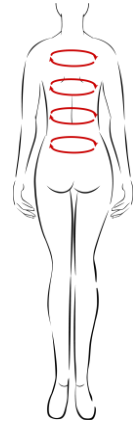
Repeat 3 times



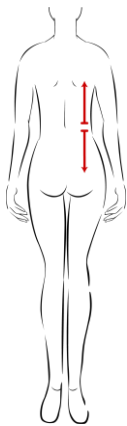
Waist Smoothing:
Alternating movement performed with hands and forearms.
Repeat 3-5 times



Forearm Movement:
Alternating smoothing with forearms, palms facing up then down on the whole back.
Repeat 5-10 times



Forearm Movement:
Alternating smoothing with forearms, palms facing up then down on the whole back.
Repeat 5-10 times

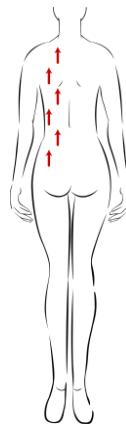


Side smoothing:
Of the opposite side with forearms.
Repeat 3 times



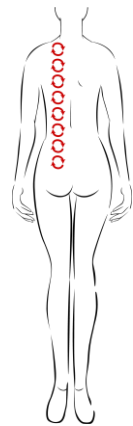
Back Kneading:
On the opposite side of the back, going up and down.

Repeat 3 times



Back Smoothing:
With alternate hands. Opposite side of the back.

Repeat 3 times



Back Kneading:
On the opposite side of the back, going upwards.

BODY MASSAGE

 60 min



Trapezius Movement:
Smoothing movement, alternating hands.
Repeat 3 times



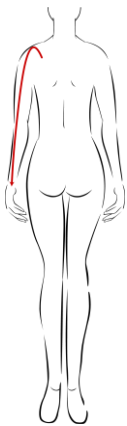
Trapezius Kneading:
Alternating hands.
Repeat 3 times



Neck Stretch:
Stretch occiput and trapezius.
Repeat 3 times



Spatula:
One hand on the shoulder, the other gently massages the side of the spatula.
Repeat 3 times



Smooth Arm:
Towards the hand with both hands.



Alternate Smoothing Arm:
Repeat 3 times
Last time take the hand and place it above the head



Arm Kneading
With knuckles.
Repeat 3-5 times



Alternate Smoothing Arm:
From the hand to the shoulder and, if needed, reposition the arm

BODY MASSAGE

 60 min



Changing side:

Basic circular movement on the upper part of the back to change side.



Side smoothing:

On opposite side alternating hands and going up and down. Repeat 3 times



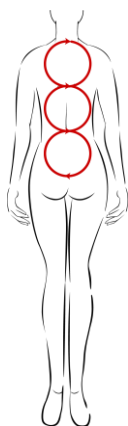
Waist Smoothing:

Alternating movement performed with hands and forearms. Repeat 3-5 times



Waist Smoothing:

Alternating movement performed with hands and forearms. Repeat 3-5 times



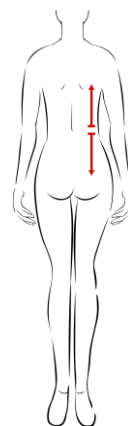
Forearm Movement:

Alternating smoothing with forearms, palms facing up then down on the whole back. Repeat 5-10 times



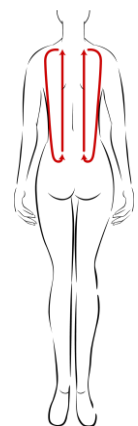
Forearm Movement:

Alternating smoothing with forearms, palms facing up then down on the whole back. Repeat 5-10 times



Side smoothing:

Of the opposite side with forearms. Repeat 3 times



Smoothing Movement:

Along the spine, coming back on the sides.

Repeat 3 times

BODY MASSAGE

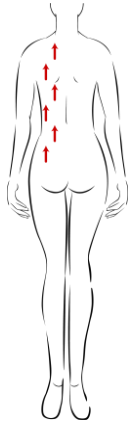
 60 min



Back Kneading:

On the opposite side of the back, going up and down.

Repeat 3 times



Back Smoothing:

With alternate hands. Opposite side of the back.

Repeat 3 times



Back Kneading:

On the opposite side of the back, going upwards.

Trapezius Movement:

Smoothing movement, alternating hands. Repeat 3 times



Trapezius Kneading:

Alternating hands.

Repeat 3 times



Neck Stretch:

Stretch occiput and trapezius.

Repeat 3 times



Spatula:

One hand on the shoulder, the other gently massages the side of the spatula.

Repeat 3 times



Smooth Arm:

Towards the hand with both hands.

BODY MASSAGE

 60 min



Alternate Smoothing

Arm:

Repeat 3 times

Last time take the hand and place it above the head



Arm Kneading

With knuckles.

Repeat 3-5 times



Alternate Smoothing

Arm:

From the hand to the shoulder and, if needed, reposition the arm



Changing position:

Basic circular movement on the upper part of the back to position yourself at the head.



Back Sliding:

Slide along the spine with hands flat and come back on the sides.

Repeat 3 times hands together then 3 times alternating



Wave Smoothing:

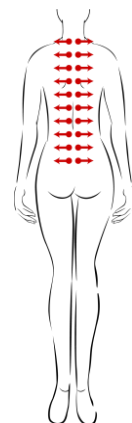
Repeat the same movement but coming back in waves on the side of the back.

Repeat 3 times



Back Pressure:

On each intervertebral space going starting on the lower back, going upwards.



Sliding Pressure:

On each intervertebral space, starting on the lower back, going upwards.

BODY MASSAGE

 60 min



Trapezius Sliding:

Movement performed with the thumbs. Repeat 3 times together and 3 times alternate



Neck

Circular movement on the neck with knuckles.

Repeat 3 - 5 times



Shoulder Pressure:

With hands flat. Repeat 3 times together and 3 times alternated Then slide down on the sides of the back.



Alternate Smoothing:

Starting at lower back, going upwards, with flat hands. When you reach the shoulders, alternative smoothing of the neck with thumbs.



Neck cupping:

Hands cupping the neck, make circular movements on the neck. Repeat 3 times on one side then 3 times on the other



Neck Kneading:

Fingers on the shoulders, thumbs perform alternate kneading movement on the neck. Repeat 3 times



Back Sliding:

Slide along the spine with hands flat and come back on the sides.

Repeat 3 times



“Walk the back”:

Pressure is made by the palm of the hand, sliding down alternatively. Smooth on the sides to come back.

Repeat 3 x

BODY MASSAGE

 60 min



Neck cupping:

Hands cupping the neck, make circular movements on the neck.

Repeat 3 times on one side then 3 times on the other



Neck Kneading:

Fingers on the shoulders, thumbs perform alternate kneading movement on the neck.

Repeat 3 times



Back Sliding:

Slide along the spine with hands flat and come back on the sides.

Repeat 3 times



“Walk the back”:

Pressure is made by the palm of the hand, sliding down alternatively. Smooth on the sides to come back.

Repeat 3 x



Back Sliding:

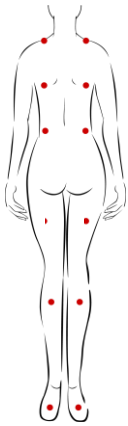
Slide along the spine with hands flat and come back on the sides.



End Movement:

Finish by pressing on the shoulders with hands flat.

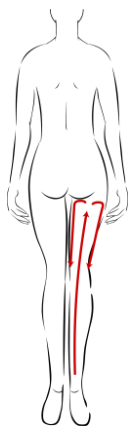
Step 3: On the towel



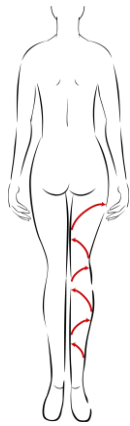
When you're done with the back, place the towel back on and "walk" with your hands flat on the body, all the way to the leg on which you're going to work now.

Remove the towel just on that leg.

Step 4: Manual Massage – Back part of the legs



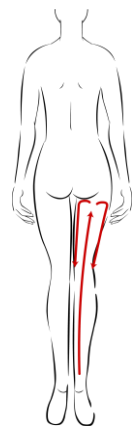
Oil application:
Drain the legs, hands flat, thumbs looking towards the feet.
Repeat 3-5 times



Wave Drainage:
Up and outwards movements, alternating hands.
Repeat 3 times



Little circles:
On the calf with the knuckles, smooth thigh with hands flat and come back sliding on each side.
Repeat 3 time



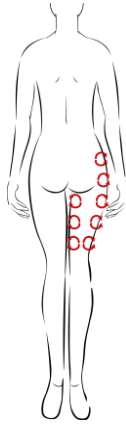
Drainage:
Drain the leg and stop on the thigh on the way back.

BODY MASSAGE

 60 min



Thigh Drainage:
Upward movement on the thigh that comes back on the sides..
Repeat 3 times



Thigh Kneading:
With full hands, going upwards, on the inner part then on the outer part.
Repeat 3-5 times



Circular Movement:
On the entire thigh, alternating hands.
Repeat 5-10 times



V Movement:
Making a V between thumbs and rest of hands, smooth thigh upwards.
Repeat 3 time



Thigh Drainage:
Upward movement on the thigh that comes back on the sides.
Last movement ends on the foot.
Repeat 3 times



Gentle Wave Movement:
Smooth thigh up then slide down with gentle wave movements, all the way to the foot.
Repeat 5-10 times



Calf Drainage
With flat hands.
Repeat 3 times



V Movement on Calf
Making a V between thumbs and rest of hands, alternate smoothing going upwards, light sliding pressure down.
Repeat 3 times

BODY MASSAGE

 60 min



Position the leg:

Take the foot in one hand, bent the knee and deeply smooth calf

Repeat smoothing movement 3 times



Little Circles:

Holding the foot, draw little circles with your fist from ankle, going upwards.

Repeat 3 times

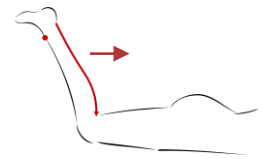


Calf Muscles

Kneading:

Holding the foot, knead with the thumbs from ankle, going upwards.

Repeat 3 times



Calf Smoothing:

Smooth the calf with hands flat.

Repeat 3 times
Bent the knee further to work on the foot



Kneading Foot:

Alternate kneading of the interosseus spaces of the foot with thumbs.

Repeat 3 times



Squeeze & Smooth:

Fingers on the sole, thumbs on upper part
Repeat 3 times
Then lie the leg flat.



Smooth sole:

With flat hands.

Repeat 3 times



Kneading sole:

With thumbs

Repeat 3 times



Turn around ankle:
With fingers, thumb holds the position.

Repeat 3 times



End Movement:
Deep smoothing of the whole leg.

Repeat 3 times

Step 5: On the towel



When you're finished with one leg, don't lose contact to place the towel back on.

1. Keeping one hand on the foot, get the towel and place it back
2. Move to the upper leg and press with both hands on the thigh
3. Slide down with one hand and press foot and thigh at the same time
4. Then one hand on each foot, press
5. Then one hand on the foot and the other on the thigh, press
6. Remove the towel from the leg on which you're going to work

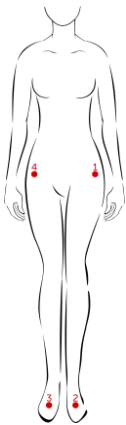
Note: When you're finished with both legs, you place the towel back on and ask the client to turn around, no need to proceed to the above.

BODY MASSAGE

 60 min

The client now needs to lie on the back so you can massage the front part of the legs with the **GOLD MASSAGE OIL**

Step 6: On the towel



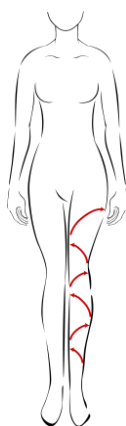
To remove the towel

1. Start by pressing the heels with flat hands
2. Wave movement until mid calf and press
3. Wave movement until mid thigh and press
4. Slide around buttocks and press side of lower back
5. Remove the towel on the leg you're going to start working on

Step 7: Manual Massage – Front part of the legs



Oil application:
Drain the legs, hands flat, thumbs looking towards the feet.
Repeat 3-5 times

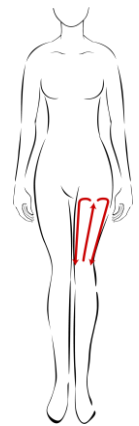


Wave Drainage:
Up and outwards movements, alternating hands.

Repeat 3 times



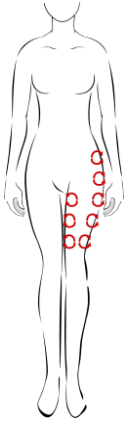
Drainage:
Drain the leg and stop on the thigh on the way back.



Thigh Drainage:
Upward movement on the thigh that comes back on the sides..
Repeat 3 times

BODY MASSAGE

 60 min



Thigh Kneading:
With full hands, going upwards, on the inner part then on the outer part.
Repeat 3-5 times



Circular Movement:
On the entire thigh, alternating hands.
Repeat 5-10 times



V Movement:
Making a V between thumbs and rest of hands, smooth thigh upwards.
Repeat 3 time



Tight Drainage:
Upward movement on the thigh that comes back on the sides. Last movement ends on the foot.
Repeat 3 times



Position the leg:
One hand on the foot, the other smooths to the knee to bend the leg and rest it on the bed.



Smooth calf:
Leg bent, smooth middle back part of calf with hands flat and come back softly on the sides.
Repeat 3 times

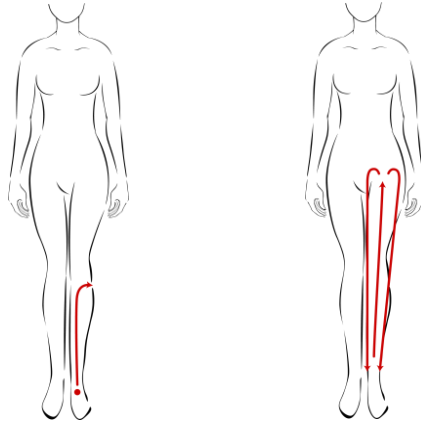


Calf Muscles Kneading:
Leg bent, working with the thumbs; come back softly on the sides.
Repeat 1 time



Circular Movement:
On the calf, right hand on left side and vice-versa.
Repeat 3 times on each side

ALL THESE MOVEMENTS ARE PERFORMED WITH LEG BENDED, FOOT RESTING ON THE BED.



Reposition the leg:

One hand on the foot, the other smooths to the knee to put the leg back on the bed.

Final Movement:

On the entire thigh, alternating hands.

Repeat 5-10 times

Step 8: On the towel



When you're finished with all massage movements for one leg, apply the **BODY STAR AQUA COLLAGEN CREAM** on that leg and place the towel back on.

Move to the other leg using the following pressure movements:

1. Pressure on upper part of the leg then slide to the foot
2. Press one foot with both hands
3. One hand on each foot, press,
4. Both hand on other foot, press
5. Slide up and press on upper side of leg.

When you're done with both legs, place the towel back on and make some pressures on the body all the way to the shoulders where you will lose contact.

ESSENTIAL MOMENT

30 MINUTES BODY MASSAGE
LEGS OR BACK

swiss line
BY DERMALAB 

THE CONCEPT

This massage homes in on the area your client needs it most: back or legs, their choice!

It can be sold on its own or with one of the other “Moments”



All people looking for a targeted pampering moment



30 minutes

OVERVIEW & PRODUCT QUANTITIES

Steps	Quantity	Product
Body Massage	15 ml	Body Star Gold Massage Oil
Final Body Product Application	10 ml	Body Star Aqua Collagen Cream

ESSENTIAL MOMENT

STEP BY STEP LEG MASSAGE PROCEDURE

LEGS MASSAGE – Option 1

🕒 30 min

The clients needs to lie on the stomach so you can start massaging the back part of the legs using the **GOLD MASSAGE OIL**.

Step 1: On the towel



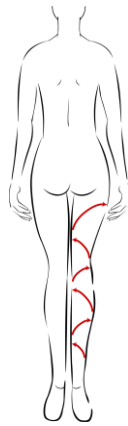
Before you start with the massage movements, get the client accustomed to your hand by performing some gentle pressures over the towel.

1. Start by pressing the heels with flat hands
2. Wave movement until mid calf and press
3. Wave movement until mid thigh and press
4. Slide around buttocks and press side of lower back
5. Slide down with one hand and remove the towel on the leg you're going to start working on

Step 2: Manual Massage – Back part of the legs



Oil application:
Drain the legs, hands flat, thumbs looking towards the feet.
Repeat 3-5 times

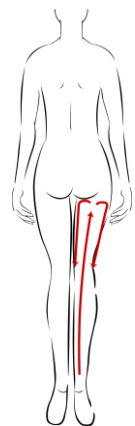


Wave Drainage:
Up and outwards movements, alternating hands.

Repeat 3 times



Little circles:
On the calf with the knuckles, smooth thigh with hands flat and come back sliding on each side.
Repeat 3 time



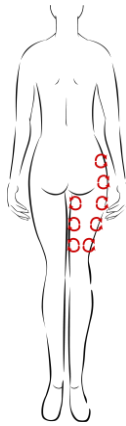
Drainage:
Drain the leg and stop on the thigh on the way back.

LEGS MASSAGE – Option 1

 30 min



Thigh Drainage:
Upward movement on the thigh that comes back on the sides..
Repeat 3 times



Thigh Kneading:
With full hands, going upwards, on the inner part then on the outer part.
Repeat 3-5 times



Circular Movement:
On the entire thigh, alternating hands.
Repeat 5-10 times



V Movement:
Making a V between thumbs and rest of hands, smooth thigh upwards.
Repeat 3 time



Thigh Drainage:
Upward movement on the thigh that comes back on the sides.
Last movement ends on the foot.
Repeat 3 times



Gentle Wave Movement:
Smooth thigh up then slide down with gentle wave movements, all the way to the foot.
Repeat 5-10 times



Calf Drainage
With flat hands.
Repeat 3 times



V Movement on Calf
Making a V between thumbs and rest of hands, alternate smoothing going upwards, light sliding pressure down.
Repeat 3 times

LEG MASSAGE – Option 1

 30 min



Position the leg:

Take the foot in one hand, bent the knee and deeply smooth calf

Repeat smoothing movement 3 times



Little Circles:

Holding the foot, draw little circles with your fist from ankle, going upwards.

Repeat 3 times

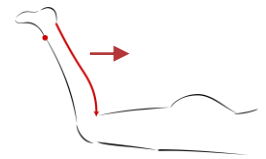


Calf Muscles

Kneading:

Holding the foot, knead with the thumbs from ankle, going upwards.

Repeat 3 times



Calf Smoothing:

Smooth the calf with hands flat.

Repeat 3 times
Bent the knee further to work on the foot



Kneading Foot:

Alternate kneading of the interosseus spaces of the foot with thumbs.

Repeat 3 times



Squeeze & Smooth:

Fingers on the sole, thumbs on upper part
Repeat 3 times
Then lie the leg flat.



Smooth sole:

With flat hands.

Repeat 3 times



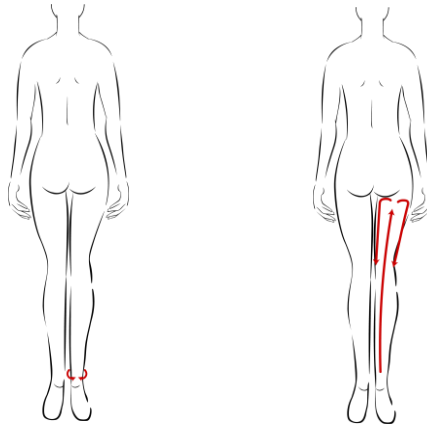
Kneading sole:

With thumbs

Repeat 3 times

LEG MASSAGE – Option 1

 30 min



Turn around ankle:
With fingers, thumb holds the position.

Repeat 3 times

End Movement:
Deep smoothing of the whole leg.

Repeat 3 times

Step 3: On the towel



When you're finished with one leg, don't lose contact to place the towel back on.

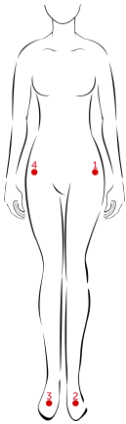
1. Keeping one hand on the foot, get the towel and place it back
2. Move to the upper leg and press with both hands on the thigh
3. Slide down with one hand and press foot and thigh at the same time
4. Then one hand on each foot, press
5. Then one hand on the foot and the other on the thigh, press
6. Remove the towel from the leg on which you're going to work

Note: When you're finished with both legs, you place the towel back on and ask the client to turn around, no need to proceed to the above.

LEGS MASSAGE – option 1

 30 min

Step 4: On the towel



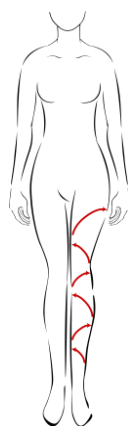
To remove the towel

1. Start by pressing the heels with flat hands
2. Wave movement until mid calf and press
3. Wave movement until mid thigh and press
4. Slide around buttocks and press side of lower back
5. Remove the towel on the leg you're going to start working on

Step 5: Manual Massage – Front part of the legs



Oil application:
Drain the legs, hands flat, thumbs looking towards the feet.
Repeat 3-5 times

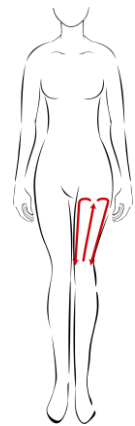


Wave Drainage:
Up and outwards movements, alternating hands.

Repeat 3 times



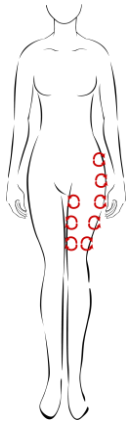
Drainage:
Drain the leg and stop on the thigh on the way back.



Thigh Drainage:
Upward movement on the thigh that comes back on the sides..
Repeat 3 times

LEG MASSAGE – option 1

 30 min



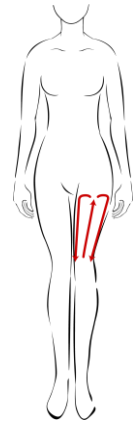
Thigh Kneading:
With full hands, going upwards, on the inner part then on the outer part.
Repeat 3-5 times



Circular Movement:
On the entire thigh, alternating hands.
Repeat 5-10 times



V Movement:
Making a V between thumbs and rest of hands, smooth thigh upwards.
Repeat 3 time



Tight Drainage:
Upward movement on the thigh that comes back on the sides. Last movement ends on the foot.
Repeat 3 times



Position the leg:
One hand on the foot, the other smooths to the knee to bend the leg and rest it on the bed.



Smooth calf:
Leg bent, smooth middle back part of calf with hands flat and come back softly on the sides.
Repeat 3 times



Calf Muscles Kneading:
Leg bent, working with the thumbs; come back softly on the sides.
Repeat 1 time



Circular Movement:
On the calf, right hand on left side and vice-versa.
Repeat 3 times on each side

ALL THESE MOVEMENTS ARE PERFORMED WITH LEG BENDED, FOOT RESTING ON THE BED.

LEG MASSAGE – option 1

 30 min



Reposition the leg:

One hand on the foot, the other smooths to the knee to put the leg back on the bed.



Final Movement:

On the entire thigh, alternating hands.

Repeat 5-10 times

Step 6: On the towel



When you're finished with all massage movements for one leg, apply the **BODY STAR AQUA COLLAGEN CREAM** on that leg and place the towel back on.

Move to the other leg using the following pressure movements:

1. Pressure on upper part of the leg then slide to the foot
2. Press one foot with both hands
3. One hand on each foot, press,
4. Both hand on other foot, press
5. Slide up and press on upper side of leg.

ESSENTIAL MOMENT

STEP BY STEP BACK MASSAGE PROCEDURE

BACK MASSAGE – option 2

🕒 30 min

Step 1: On the towel

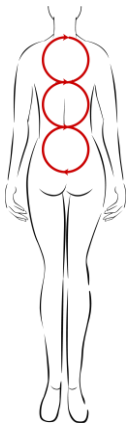


Before you start with the massage movements, get the client accustomed to your hand by performing some gentle pressures over the towel.

Press on the lower back with both hands, slide to the middle and press then slide to the shoulder and press.

Remove the towel with your ankle in a sliding movement.

Step 2: Manual Massage – Back



Circular Movements:

Starting on the lower back and progressively extending to the full back

Repeat 5 times



Smoothing Movement:

Along the spine, coming back on the sides.

Repeat 3 times



Big Smoothing Movement:

Along the spine, going to the arms, pressure on the hands.

Smooth back up on the arms and on the sides of the back with mini waves.

Repeat 3 time



Side smoothing:

On opposite side alternating hands and going up and down.

Repeat 3 times

BACK MASSAGE – option 2

 30 min



Waist Kneading:
With full hands

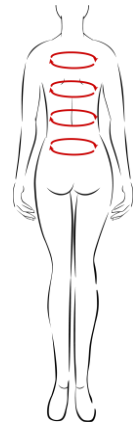
Repeat 3 times



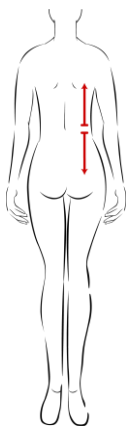
Waist Smoothing:
Alternating movement performed with hands and forearms.
Repeat 3-5 times



Forearm Movement:
Alternating smoothing with forearms, palms facing up then down on the whole back.
Repeat 5-10 times



Forearm Movement:
Alternating smoothing with forearms, palms facing up then down on the whole back.
Repeat 5-10 times

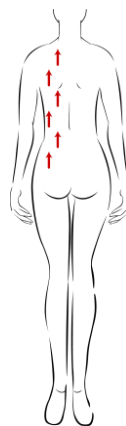


Side smoothing:
Of the opposite side with forearms.
Repeat 3 times



Back Kneading:
On the opposite side of the back, going up and down.

Repeat 3 times



Back Smoothing:
With alternate hands. Opposite side of the back.

Repeat 3 times



Back Kneading:
On the opposite side of the back, going upwards.

BACK MASSAGE – option 2

 30 min



Trapezius Movement:
Smoothing movement, alternating hands.
Repeat 3 times



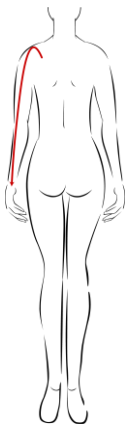
Trapezius Kneading:
Alternating hands.
Repeat 3 times



Neck Stretch:
Stretch occiput and trapezius.
Repeat 3 times



Spatula:
One hand on the shoulder, the other gently massages the side of the spatula.
Repeat 3 times



Smooth Arm:
Towards the hand with both hands.



Alternate Smoothing Arm:
Repeat 3 times
Last time take the hand and place it above the head



Arm Kneading
With knuckles.
Repeat 3-5 times



Alternate Smoothing Arm:
From the hand to the shoulder and, if needed, reposition the arm

BACK MASSAGE – option 2

🕒 30 min



Changing side:

Basic circular movement on the upper part of the back to change side.



Side smoothing:

On opposite side alternating hands and going up and down. Repeat 3 times



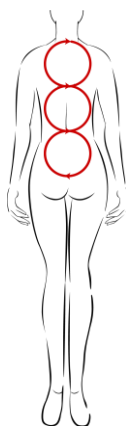
Waist Smoothing:

Alternating movement performed with hands and forearms. Repeat 3-5 times



Waist Smoothing:

Alternating movement performed with hands and forearms. Repeat 3-5 times



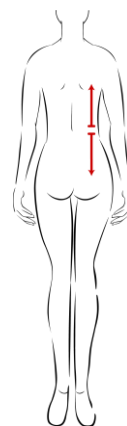
Forearm Movement:

Alternating smoothing with forearms, palms facing up then down on the whole back. Repeat 5-10 times



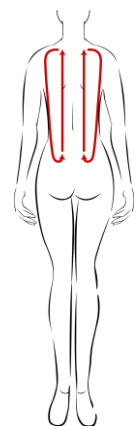
Forearm Movement:

Alternating smoothing with forearms, palms facing up then down on the whole back. Repeat 5-10 times



Side smoothing:

Of the opposite side with forearms. Repeat 3 times



Smoothing Movement:

Along the spine, coming back on the sides.

Repeat 3 times

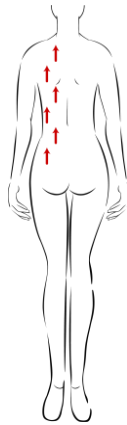
BACK MASSAGE – Option 2

 30 min



Back Kneading:
On the opposite side of the back, going up and down.

Repeat 3 times



Back Smoothing:
With alternate hands. Opposite side of the back.

Repeat 3 times



Back Kneading:
On the opposite side of the back, going upwards.



Trapezius Movement:
Smoothing movement, alternating hands. Repeat 3 times



Trapezius Kneading:
Alternating hands.

Repeat 3 times

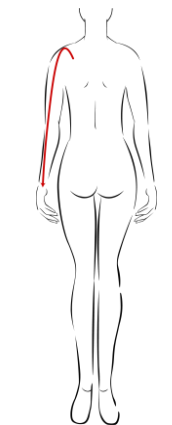


Neck Stretch:
Stretch occiput and trapezius.

Repeat 3 times



Spatula:
One hand on the shoulder, the other gently massages the side of the spatula. Repeat 3 times



Smooth Arm:
Towards the hand with both hands.

BACK MASSAGE – Option 2

🕒 30 min



Alternate Smoothing

Arm:

Repeat 3 times

Last time take the hand and place it above the head



Arm Kneading

With knuckles.

Repeat 3-5 times



Alternate Smoothing

Arm:

From the hand to the shoulder and, if needed, reposition the arm



Changing position:

Basic circular movement on the upper part of the back to position yourself at the head.



Back Sliding:

Slide along the spine with hands flat and come back on the sides.

Repeat 3 times hands together then 3 times alternating



Wave Smoothing:

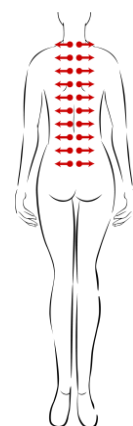
Repeat the same movement but coming back in waves on the side of the back.

Repeat 3 times



Back Pressure:

On each intervertebral space going starting on the lower back, going upwards.



Sliding Pressure:

On each intervertebral space, starting on the lower back, going upwards.

BACK MASSAGE – Option 2

 30 min



Trapezius Sliding:
Movement performed with the thumbs.
Repeat 3 times together and 3 times alternate



Neck
Circular movement on the neck with knuckles.

Repeat 3 - 5 times



Shoulder Pressure:
With hands flat.
Repeat 3 times together and 3 times alternated
Then slide down on the sides of the back.



Alternate Smoothing:
Starting at lower back, going upwards, with flat hands. When you reach the shoulders, alternate smoothing of the neck with thumbs.



Neck cupping:
Hands cupping the neck, make circular movements on the neck.
Repeat 3 times on one side then 3 times on the other



Neck Kneading:
Fingers on the shoulders, thumbs perform alternate kneading movement on the neck.
Repeat 3 times



Back Sliding:
Slide along the spine with hands flat and come back on the sides.

Repeat 3 times



“Walk the back”:
Pressure is made by the palm of the hand, sliding down alternatively. Smooth on the sides to come back.
Repeat 3 x

BACK MASSAGE – Option 2

 30 min



Neck cupping:

Hands cupping the neck, make circular movements on the neck.

Repeat 3 times on one side then 3 times on the other



Neck Kneading:

Fingers on the shoulders, thumbs perform alternate kneading movement on the neck.

Repeat 3 times



Back Sliding:

Slide along the spine with hands flat and come back on the sides.

Repeat 3 times



“Walk the back”:

Pressure is made by the palm of the hand, sliding down alternatively. Smooth on the sides to come back.

Repeat 3 x



Back Sliding:

Slide along the spine with hands flat and come back on the sides.



End Movement:

Finish by pressing on the shoulders with hands flat.

BACK MASSAGE – Option 2

 30 min

Step 3: On the towel



When you're finished with the massage, apply the **BODY STAR AQUA COLLAGEN CREAM** on the back before placing the towel back on.

Press on the shoulder with both hands, "walk" to the middle part of the sides and press, continue "walking" to the lower back and press.

Slide with both hands, "walk" to the thigh and press.

Continue "walking" to the calves and press when "in the middle" and finally get to the feet, press the soles and slide to leave contact with the client's body.

PRECIOUS MOMENT

90 MINUTES BODY MASSAGE
WITH GUA SHA

swiss line
BY DERMALAB 

THE CONCEPT

A unique full-body massage utilizing Gua Sha stone and relaxing massage techniques to relieve tension and restore a deep feeling of well-being.



All people looking for an indulgent pampering moment



90 minutes

OVERVIEW & PRODUCT QUANTITIES

Steps	Quantity	Product
Body Massage	30 ml	Body Star Gold Massage Oil
	1	White Jade Gua Sha Stone
Final Body Product Application	10 ml	Body Star Aqua Collagen Cream

PRECIOUS MOMENT

STEP BY STEP TREATMENT PROCEDURE

BODY MASSAGE

🕒 60 min

The client now needs to lie on the stomach so you can start the massage with the **GOLD MASSAGE OIL**

Step 1: On the towel

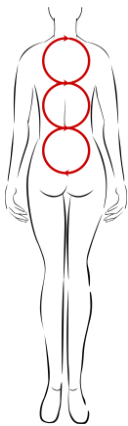


Before you start with the massage movements, get the client accustomed to your hand by performing some gentle pressures over the towel.

1. Start by pressing the heels with flat hands
2. Wave movement until mid calf and press
3. Wave movement until mid thigh and press
4. Slide around buttocks and press side of lower back
5. Slide to the middle and press
6. Slide to the shoulder and press.

Remove the towel with your wrists in a sliding movement to the lower back.

Step 2: Manual Massage – Back



Circular Movements:
Starting on the lower back and progressively extending to the full back
Repeat 5 times



Smoothing Movement:
Along the spine, coming back on the sides.
Repeat 3 times



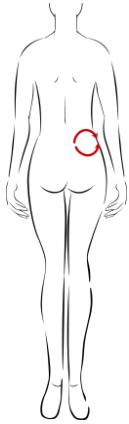
Big Smoothing Movement:
Along the spine, going to the arms, pressure on the hands.
Smooth back up on the arms and on the sides of the back with mini waves.
Repeat 3 time



Side smoothing:
On opposite side alternating hands and going up and down.
Repeat 3 times

BODY MASSAGE

 90 min



Waist Kneading:
With full hands

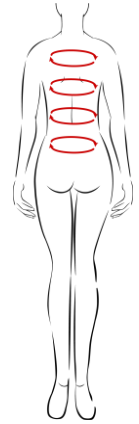
Repeat 3 times



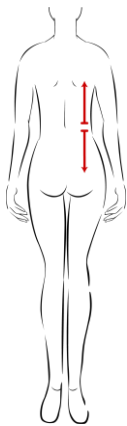
Waist Smoothing:
Alternating movement performed with hands and forearms.
Repeat 3-5 times



Forearm Movement:
Alternating smoothing with forearms, palms facing up then down on the whole back.
Repeat 5-10 times



Forearm Movement:
Alternating smoothing with forearms, palms facing up then down on the whole back.
Repeat 5-10 times

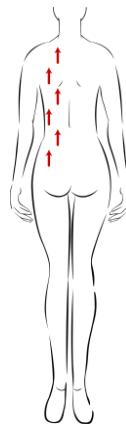


Side smoothing:
Of the opposite side with forearms.
Repeat 3 times



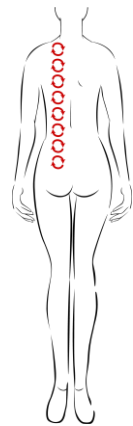
Back Kneading:
On the opposite side of the back, going up and down.

Repeat 3 times



Back Smoothing:
With alternate hands. Opposite side of the back.

Repeat 3 times



Back Kneading:
On the opposite side of the back, going upwards.

BODY MASSAGE

 90 min



Trapezius Movement:
Smoothing movement, alternating hands.
Repeat 3 times



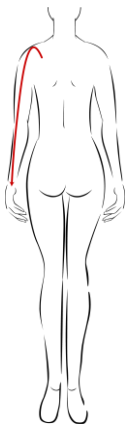
Trapezius Kneading:
Alternating hands.
Repeat 3 times



Neck Stretch:
Stretch occiput and trapezius.
Repeat 3 times



Spatula:
One hand on the shoulder, the other gently massages the side of the spatula.
Repeat 3 times



Smooth Arm:
Towards the hand with both hands.



Alternate Smoothing Arm:
Repeat 3 times
Last time take the hand and place it above the head



Arm Kneading
With knuckles.
Repeat 3-5 times



Alternate Smoothing Arm:
From the hand to the shoulder and, if needed, reposition the arm

BODY MASSAGE

 90 min



Changing side:

Basic circular movement on the upper part of the back to change side.



Side smoothing:

On opposite side alternating hands and going up and down. Repeat 3 times



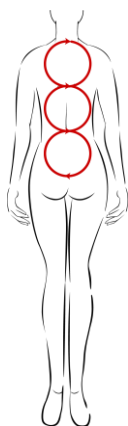
Waist Smoothing:

Alternating movement performed with hands and forearms. Repeat 3-5 times



Waist Smoothing:

Alternating movement performed with hands and forearms. Repeat 3-5 times



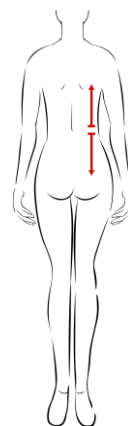
Forearm Movement:

Alternating smoothing with forearms, palms facing up then down on the whole back. Repeat 5-10 times



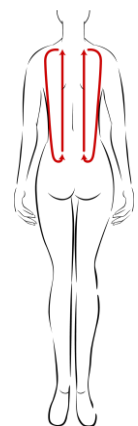
Forearm Movement:

Alternating smoothing with forearms, palms facing up then down on the whole back. Repeat 5-10 times



Side smoothing:

Of the opposite side with forearms. Repeat 3 times



Smoothing Movement:

Along the spine, coming back on the sides.

Repeat 3 times

BODY MASSAGE

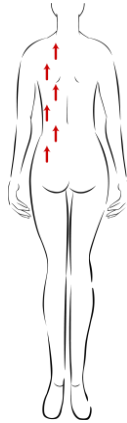
 90 min



Back Kneading:

On the opposite side of the back, going up and down.

Repeat 3 times



Back Smoothing:

With alternate hands. Opposite side of the back.

Repeat 3 times



Back Kneading:

On the opposite side of the back, going upwards.



Trapezius Movement:

Smoothing movement, alternating hands. Repeat 3 times



Trapezius Kneading:

Alternating hands.

Repeat 3 times



Neck Stretch:

Stretch occiput and trapezius.

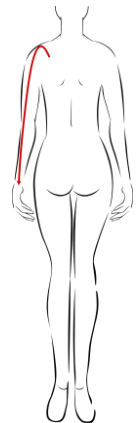
Repeat 3 times



Spatula:

One hand on the shoulder, the other gently massages the side of the spatula.

Repeat 3 times



Smooth Arm:

Towards the hand with both hands.

BODY MASSAGE

 90 min



Alternate Smoothing

Arm:

Repeat 3 times

Last time take the hand and place it above the head



Arm Kneading

With knuckles.

Repeat 3-5 times



Alternate Smoothing

Arm:

From the hand to the shoulder and, if needed, reposition the arm



Changing position:

Basic circular movement on the upper part of the back to position yourself at the head.



Back Sliding:

Slide along the spine with hands flat and come back on the sides.

Repeat 3 times hands together then 3 times alternating



Wave Smoothing:

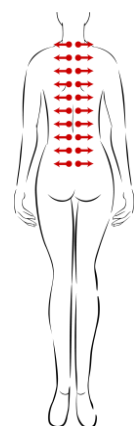
Repeat the same movement but coming back in waves on the side of the back.

Repeat 3 times



Back Pressure:

On each intervertebral space going starting on the lower back, going upwards.



Sliding Pressure:

On each intervertebral space, starting on the lower back, going upwards.

BODY MASSAGE

 90 min



Trapezius Sliding:

Movement performed with the thumbs. Repeat 3 times together and 3 times alternate



Neck

Circular movement on the neck with knuckles.

Repeat 3 - 5 times



Shoulder Pressure:

With hands flat. Repeat 3 times together and 3 times alternated Then slide down on the sides of the back.



Alternate Smoothing:

Starting at lower back, going upwards, with flat hands. When you reach the shoulders, alternative smoothing of the neck with thumbs.



Neck cupping:

Hands cupping the neck, make circular movements on the neck. Repeat 3 times on one side then 3 times on the other



Neck Kneading:

Fingers on the shoulders, thumbs perform alternate kneading movement on the neck. Repeat 3 times



Back Sliding:

Slide along the spine with hands flat and come back on the sides.

Repeat 3 times



“Walk the back”:

Pressure is made by the palm of the hand, sliding down alternatively. Smooth on the sides to come back.

Repeat 3 x

BODY MASSAGE

 90 min



Neck cupping:

Hands cupping the neck, make circular movements on the neck.

Repeat 3 times on one side then 3 times on the other



Neck Kneading:

Fingers on the shoulders, thumbs perform alternate kneading movement on the neck.

Repeat 3 times



Back Sliding:

Slide along the spine with hands flat and come back on the sides.

Repeat 3 times



"Walk the back":

Pressure is made by the palm of the hand, sliding down alternatively. Smooth on the sides to come back.

Repeat 3 x



Back Sliding:

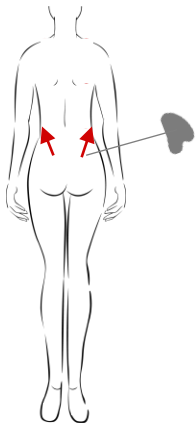
Slide along the spine with hands flat and come back on the sides.



End Movement:

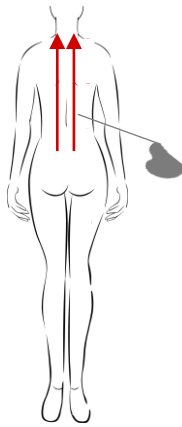
Finish by pressing on the shoulders with hands flat.

Step 3: Gua Sha Massage – Back



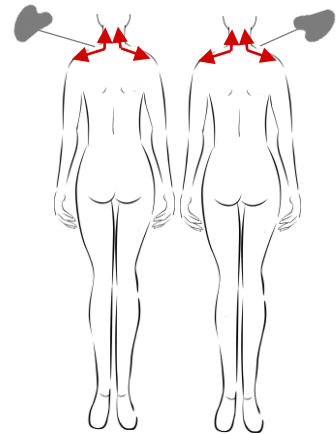
Lower Back

Using the long side of the gua sha, smooth the lower back with long slow movements. Repeat 10 times on each side



Spine

Using the big round edge of the gua sha, smooth each side the spine going upwards. Repeat 10 times



Trapezius

Using the long side of the gua sha, smooth up and down on the trapezius muscles. Then repeat the movement with the angle of the gua sha. Repeat 10 times on each side

Step 4: On the towel



When you're done with the back, place the towel back on and "walk" with your hands flat on the body, all the way to the leg on which you're going to work now.

Remove the towel just on that leg.

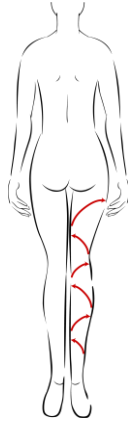
BODY MASSAGE

 90 min

Step 5: Manual Massage – Back part of the legs



Oil application:
Drain the legs, hands flat, thumbs looking towards the feet.
Repeat 3-5 times



Wave Drainage:
Up and outwards movements, alternating hands.
Repeat 3 times



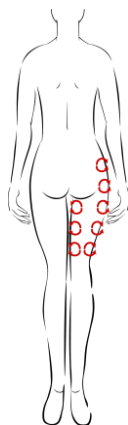
Little circles:
On the calf with the knuckles, smooth thigh with hands flat and come back sliding on each side.
Repeat 3 time



Drainage:
Drain the leg and stop on the thigh on the way back.



Thigh Drainage:
Upward movement on the thigh that comes back on the sides..
Repeat 3 times



Thigh Kneading:
With full hands, going upwards, on the inner part then on the outer part.
Repeat 3-5 times



Circular Movement:
On the entire thigh, alternating hands.
Repeat 5-10 times



V Movement:
Making a V between thumbs and rest of hands, smooth thigh upwards.
Repeat 3 time

BODY MASSAGE

 90 min



Thigh Drainage:

Upward movement on the thigh that comes back on the sides. Last movement ends on the foot. Repeat 3 times



Gentle Wave Movement:

Smooth thigh up then slide down with gentle wave movements, all the way to the foot. Repeat 5-10 times



Calf Drainage

With flat hands.

Repeat 3 times



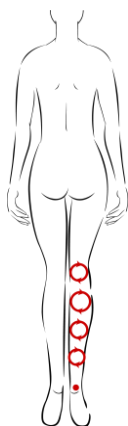
V Movement on Calf

Making a V between thumbs and rest of hands, alternate smoothing going upwards, light sliding pressure down. Repeat 3 times



Position the leg:

Take the foot in one hand, bent the knee and deeply smooth calf Repeat smoothing movement 3 times



Little Circles:

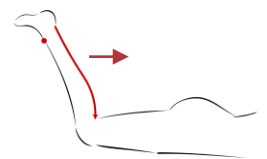
Holding the foot, draw little circles with your fist from ankle, going upwards. Repeat 3 times



Calf Muscles

Kneading:

Holding the foot, knead with the thumbs from ankle, going upwards. Repeat 3 times



Calf Smoothing:

Smooth the calf with hands flat. Repeat 3 times Bent the knee further to work on the foot

BODY MASSAGE

 90 min



Kneading Foot:
Alternate kneading of the interosseus spaces of the foot with thumbs.
Repeat 3 times



Squeeze & Smooth:
Fingers on the sole, thumbs on upper part
Repeat 3 times
Then lie the leg flat.



Smooth sole:
With flat hands.
Repeat 3 times



Kneading sole:
With thumbs
Repeat 3 times

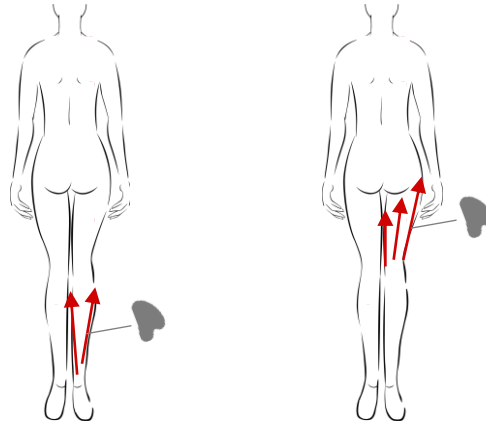


Turn around ankle:
With fingers, thumb holds the position.
Repeat 3 times



End Movement:
Deep smoothing of the whole leg.
Repeat 3 times

Step 6: Gua Sha Massage – Back part of the legs



Calf:

Smooth the inner and outer side of the calf with the long side of the gua sha.
Repeat 10 times

Thigh

Smooth the inner, middle and outer part of the thigh with the long side of the gua sha.
Repeat 10 times

Step 7: On the towel



When you're finished with one leg, don't lose contact to place the towel back on.

1. Keeping one hand on the foot, get the towel and place it back
2. Move to the upper leg and press with both hands on the thigh
3. Slide down with one hand and press foot and thigh at the same time
4. Then one hand on each foot, press
5. Then one hand on the foot and the other on the thigh, press
6. Remove the towel from the leg on which you're going to work

Note: When you're finished with both legs, you place the towel back on and ask the client to turn around, no need to proceed to the above.

BODY MASSAGE

 90 min

The client now needs to lie on the back so you can massage the front part of the legs with the **GOLD MASSAGE OIL**

Step 8: On the towel



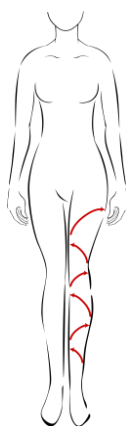
To remove the towel

1. Start by pressing the heels with flat hands
2. Wave movement until mid calf and press
3. Wave movement until mid thigh and press
4. Slide around buttocks and press side of lower back
5. Remove the towel on the leg you're going to start working on

Step 9: Manual Massage – Front part of the legs



Oil application:
Drain the legs, hands flat, thumbs looking towards the feet.
Repeat 3-5 times

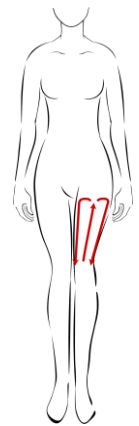


Wave Drainage:
Up and outwards movements, alternating hands.

Repeat 3 times



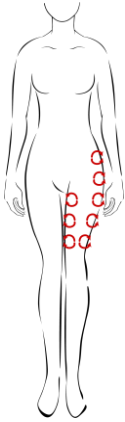
Drainage:
Drain the leg and stop on the thigh on the way back.



Thigh Drainage:
Upward movement on the thigh that comes back on the sides..
Repeat 3 times

BODY MASSAGE

 90 min



Thigh Kneading:
With full hands, going upwards, on the inner part then on the outer part.
Repeat 3-5 times



Circular Movement:
On the entire thigh, alternating hands.
Repeat 5-10 times



V Movement:
Making a V between thumbs and rest of hands, smooth thigh upwards.
Repeat 3 time



Tight Drainage:
Upward movement on the thigh that comes back on the sides. Last movement ends on the foot.
Repeat 3 times



Position the leg:
One hand on the foot, the other smooths to the knee to bend the leg and rest it on the bed.



Smooth calf:
Leg bent, smooth middle back part of calf with hands flat and come back softly on the sides.
Repeat 3 times

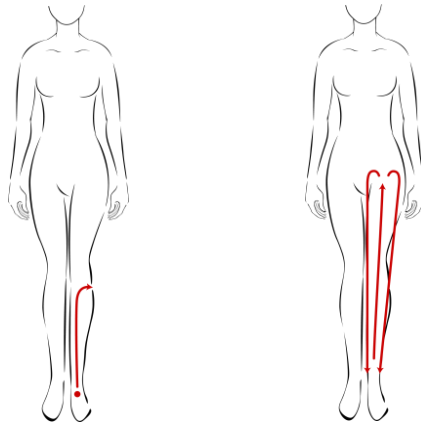


Calf Muscles Kneading:
Leg bent, working with the thumbs; come back softly on the sides.
Repeat 1 time



Circular Movement:
On the calf, right hand on left side and vice-versa.
Repeat 3 times on each side

ALL THESE MOVEMENTS ARE PERFORMED WITH LEG BENDED, FOOT RESTING ON THE BED.

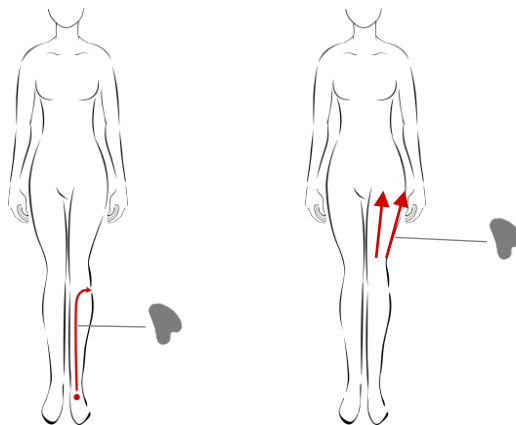


Reposition the leg:
One hand on the foot, the other smooths to the knee to put the leg back on the bed.

Final Movement:
On the entire thigh, alternating hands.

Repeat 5-10 times

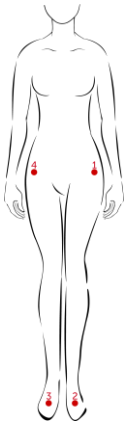
Step 10: Gua Sha Massage – Front part of the legs



Lower part
Using the long part of the gua sha, smooth from the ankle to the side just below the knee to release all the muscles involved in walking.
Repeat 10 times

Thigh
Using the long part of the gua sha, smooth from above the knee to the upper thigh then move to the side of the thigh and repeat the movement.
Repeat 10 times

Step 11: On the towel



When you're finished with all massage movements for one leg, apply the **BODY STAR AQUA COLLAGEN CREAM** on that leg and place the towel back on.

Move to the other leg using the following pressure movements:

1. Pressure on upper part of the leg then slide to the foot
2. Press one foot with both hands
3. One hand on each foot, press,
4. Both hand on other foot, press
5. Slide up and press on upper side of leg.

When you're done with both legs, place the towel back on and make some pressures on the body all the way to the shoulders where you will lose contact.

SOFT SKIN MOMENT

30 MINUTES BODY SCRUB

swiss line

BY DERMALAB 

THE CONCEPT

Exfoliating and refreshing, this treatment will leave your skin soft and supple.

You can enjoy it on its own or followed by one of our massage Moments.



All people who want immediate improvement of their skin texture



30 minutes

OVERVIEW & PRODUCT QUANTITIES

Steps	Quantity	Product
Body Scrub	40 ml	Body Star Micro-Exfoliation Gel
	1 pair	Exfoliating Gloves
Final Product Application	40 ml	Body Star Aqua Collagen Cream

SOFT SKIN MOMENT

STEP BY STEP TREATMENT PROCEDURE

MICRO-EXFOLIATION

 30 min

The treatment starts with the client lying on the stomach.

Step 1 BACK

- Apply the **MICRO-EXFOLIATING GEL** on the back by long enveloping movements.
- Once the product is well spread (after approx. 1 minute), take an exfoliating glove and gently exfoliate the back.
- Rinse the product with a hot compress and dry
- Finish treating the back by applying the **AQUA COLLAGEN CREAM**

Step 2 LEGS

Proceed to the full course on one leg before moving on to the second one.

- Apply the **MICRO-EXFOLIATING GEL** on the leg and foot by long enveloping movements.
- Once the product is well spread (after approx. 1 minute), take an exfoliating glove and gently exfoliate the leg, insisting on the heel.
- Rinse the product with a hot compress and dry
- Repeat on the other leg then ask the client to turn around
- Repeat the same steps, in the same order on the front part of the leg
- Finish treating the legs by applying the **AQUA COLLAGEN CREAM**. For an optimal application, bent the leg of the client on the bed so you can apply the cream on both sides.

MICRO-EXFOLIATION

 30 min

Step 3 STOMACH

- Apply the **MICRO-EXFOLIATING GEL** on the stomach by circular movements.
- Once the product is well spread (after approx. 1 minute), take an exfoliating glove and gently exfoliate the stomach.
- Rinse the product with a hot compress and dry
- Finish treating the stomach by applying the **AQUA COLLAGEN CREAM**

Step 2 DÉCOLLETÉ & ARMS

- Apply the **MICRO-EXFOLIATING GEL** on the décolleté and the arms by long enveloping movements.
- Once the product is well spread (after approx. 1 minute), take an exfoliating glove and gently exfoliate the area
- Rinse the product with a hot compress and dry
- Finish treating the arms and décolleté by applying the **AQUA COLLAGEN CREAM**.

Note: If the “Soft Skin Moment” is followed by another “Moment”, you can proceed as mentioned above but you keep the application of the AQUA COLLAGEN CREAM at the very end of all “Moments” booked.

TIMELESS MOMENT

120 MINUTES BODY MASSAGE
& RADIANCE BOOST FACIAL

swiss line

BY DERMALAB 

THE CONCEPT

A unique full-body massage utilizing Gua Sha stone and relaxing massage techniques to relieve tension and restore a deep feeling of well-being. The treatment also features a radiance boost facial.



All people looking for an indulgent pampering moment



120 minutes

OVERVIEW & PRODUCT QUANTITIES

Body Products

Steps	Quantity	Product
Body Massage	30 ml	Body Star Gold Massage Oil
	1 Set	White Jade Gua Sha Stone
Final Body Product Application	40 ml	Body Star Aqua Collagen Cream

Face Products

Steps	Quantity	Product
Skin Preparation	2.5 ml	Bi-Phase Eye & Lip Make-up Remover
	2 ml	Cell Shock White Facial Cleansing Foam
	2.5 ml	Cell Shock White Brightening Diamond Essence
Resurfacing	3 ml	Cell Shock Age Intelligence Resurfacing Water
Massage	2ml (5 drops)	Radiance Booster
	10 ml	Botanical Massage Cream
Mask	10 ml	Force Vitale Hydra Soothing Mask
	2.5 ml	Cell Shock White Brightening Diamond Essence
Final Product Application	0.75 ml	Force Vitale Corrective Eye Cream
	1.25 ml	Smart Cream or Aqua Calm Cream
	1.25 ml	Cell Shock White Bi-phase Veil SPF 45

TIMELESS MOMENT

STEP BY STEP TREATMENT PROCEDURE

SKIN PREPARATION

 7 min

The treatment starts with the facial, the client needs to lie on the back.

Step 1

- Remove eye and lips make-up with the **BI-PHASE EYE & LIP MAKE-UP REMOVER**

Step 2

- Wet the entire face with lukewarm water
- Take a small amount of **CELL SHOCK WHITE FACIAL CLEANSING FOAM** into the palm of your hands and gently spread it over both hands, trying not to build foam at this point.
- Apply the cleanser on the face, avoiding the eye contour. It will transform into a silky foam.
- Rinse-off with water and apply the **CELL SHOCK WHITE BRIGHTENING DIAMOND ESSENCE**.

RESURFACING

 3 min

- Moist two cotton pads with **RESURFACING WATER**
- Apply over the face with symmetric movements, beginning and ending at the same place (e.g. temples).

FACE & NECK MASSAGE

 7 min

Mix five drops of **RADIANCE BOOSTER** to the **BOTANICAL MASSAGE CREAM** and apply, by enveloping long movements, over the face and décolleté before proceeding to the Gua Sha Face Massage.

Gua Sha Face Movements



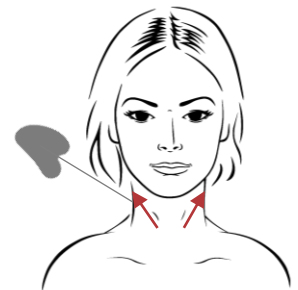
Neck (back part)

Using the long side of the gua sha, smooth upwards on the neck
Repeat 5-10 times on each side



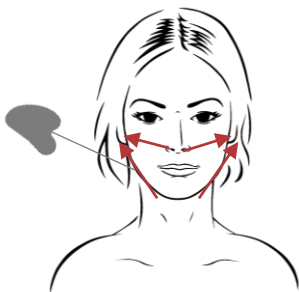
Décolleté

Using the long side of the gua sha, smooth outwards on the décolleté
Repeat 5-10 times on each side



Neck (front part)

Using the angle of the gua sha, smooth upwards on the sternocleidomastoid muscle
Repeat 5-10 times on each side



Oval of the face

Using the angle of the gua sha, smooth upwards

1. on the oval of the face
2. On the cheekbones

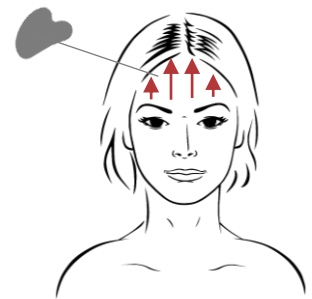
Repeat 5-10 times on each side



Eyes

1. Using the long side of the gua sha, smooth under the eye.
2. Using the angle of the gua sha, smooth the eyebrows from base to tip

Repeat 5-10 times on each side



Forehead

Using the long side of the gua sha, smooth upwards from eyebrows to hairline.
Repeat 5-10 times on each side

MASK

 15 min

Step 1

- Apply 10 ml of **HYDRA SOOTHING MASK** over the face and the neck. Do not cover the décolleté as we're going to perform a massage on this area during the pause time.
- Leave on for 10 minutes.

Step 2

During the mask pause time, proceed to a décolleté, arms and hands massage for 10 minutes, using the **GOLD MASSAGE OIL**

Step 3

- Remove the mask with a hot compress.
- Apply the **CELL SHOCK WHITE BRIGHTENING DIAMOND ESSENCE.** over face and neck.

FINAL FACE PRODUCTS APPLICATION

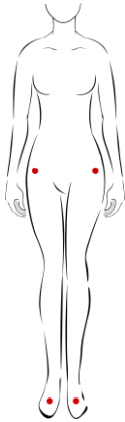
- Apply the **FORCE VITALE EYE CREAM** on the eye contour.
- Apply, according to the skin needs, either the **SMART CREAM** or the **SMART CREAM RICH** on the face.
- Apply the **CELL SHOCK WHITE BI-PHASE VEIL SPF 45.**

BODY MASSAGE

 85 min

Now that the facial is finished, you can move to massaging the front part of the legs using the **GOLD MASSAGE OIL**.

Step 1: On the towel

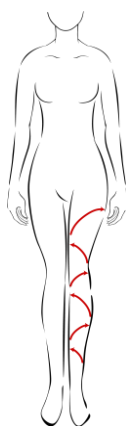


To get the client accustomed to the pressure of your hand, perform a few movements on the towel before removing it on the leg you're going to work on.

Step 2: Manual Massage – Front part of the legs



Oil application:
Drain the legs, hands flat, thumbs looking towards the feet.
Repeat 3-5 times

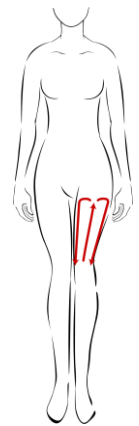


Wave Drainage:
Up and outwards movements, alternating hands.

Repeat 3 times



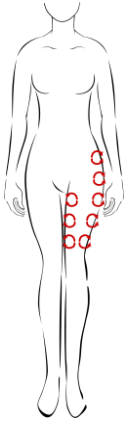
Drainage:
Drain the leg and stop on the thigh on the way back.



Thigh Drainage:
Upward movement on the thigh that comes back on the sides..
Repeat 3 times

BODY MASSAGE

 85 min



Thigh Kneading:
With full hands, going upwards, on the inner part then on the outer part.
Repeat 3-5 times



Circular Movement:
On the entire thigh, alternating hands.
Repeat 5-10 times



V Movement:
Making a V between thumbs and rest of hands, smooth thigh upwards.
Repeat 3 time



Tight Drainage:
Upward movement on the thigh that comes back on the sides. Last movement ends on the foot.
Repeat 3 times



Position the leg:
One hand on the foot, the other smooths to the knee to bend the leg and rest it on the bed.



Smooth calf:
Leg bent, smooth middle back part of calf with hands flat and come back softly on the sides.
Repeat 3 times



Calf Muscles Kneading:
Leg bent, working with the thumbs; come back softly on the sides.
Repeat 1 time



Circular Movement:
On the calf, right hand on left side and vice-versa.
Repeat 3 times on each side

ALL THESE MOVEMENTS ARE PERFORMED WITH LEG BENDED, FOOT RESTING ON THE BED.



Reposition the leg:

One hand on the foot, the other smooths to the knee to put the leg back on the bed.

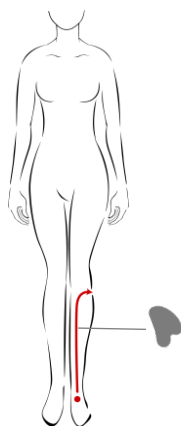


Final Movement:

On the entire thigh, alternating hands.

Repeat 5-10 times

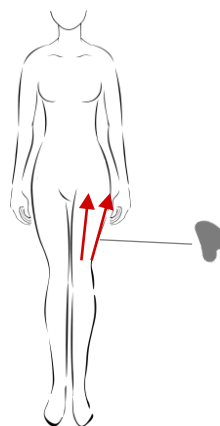
Step 3: Gua Sha Massage – Front part of the legs



Lower part

Using the long part of the gua sha, smooth from the ankle to the side just below the knee to release all the muscles involved in walking.

Repeat 10 times



Lower part

Using the long part of the gua sha, smooth from above the knee to the upper thigh then move to the side of the thigh and repeat the movement.

Repeat 10 times

Step 4: On the towel



When you're finished with all massage movements for one leg, place the towel back on and move to the other using the following pressure movements:

1. Pressure on upper part of the leg then slide to the foot
2. Press one foot with both hands
3. One hand on each foot, press,
4. Both hand on other foot, press
5. Slide up and press on upper side of leg.

Step 5: Manual Massage – Front part of the legs

Uncover the leg on which you'll work now and repeat steps 2, 3 and 4.

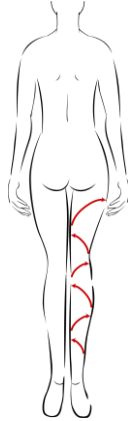
When you are done, ask the client to turn around while you hold the towel in front of you to give him/her some privacy.

Then place the towel back on and continue with massaging the back of the legs.

Step 6: Manual Massage – Back part of the legs



Oil application:
Drain the legs, hands flat, thumbs looking towards the feet.
Repeat 3-5 times



Wave Drainage:
Up and outwards movements, alternating hands.
Repeat 3 times



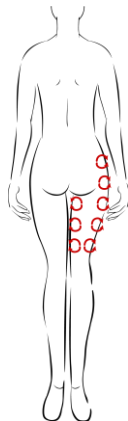
Little circles:
On the calf with the knuckles, smooth thigh with hands flat and come back sliding on each side.
Repeat 3 time



Drainage:
Drain the leg and stop on the thigh on the way back.



Thigh Drainage:
Upward movement on the thigh that comes back on the sides..
Repeat 3 times



Thigh Kneading:
With full hands, going upwards, on the inner part then on the outer part.
Repeat 3-5 times



Circular Movement:
On the entire thigh, alternating hands.
Repeat 5-10 times



V Movement:
Making a V between thumbs and rest of hands, smooth thigh upwards.
Repeat 3 time

BODY MASSAGE

 85 min



Thigh Drainage:

Upward movement on the thigh that comes back on the sides. Last movement ends on the foot. Repeat 3 times



Gentle Wave

Movement: Smooth thigh up then slide down with gentle wave movements, all the way to the foot. Repeat 5-10 times



Calf Drainage

With flat hands.

Repeat 3 times



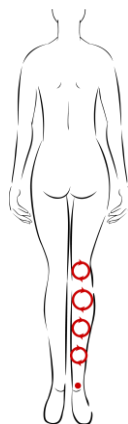
V Movement on Calf

Making a V between thumbs and rest of hands, alternate smoothing going upwards, light sliding pressure down. Repeat 3 times



Position the leg:

Take the foot in one hand, bent the knee and deeply smooth calf Repeat smoothing movement 3 times



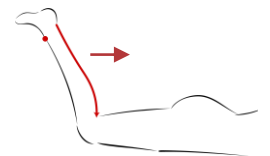
Little Circles:

Holding the foot, draw little circles with your fist from ankle, going upwards. Repeat 3 times



Calf Muscles

Kneading: Holding the foot, knead with the thumbs from ankle, going upwards. Repeat 3 times



Calf Smoothing:

Smooth the calf with hands flat. Repeat 3 times Bent the knee further to work on the foot

BODY MASSAGE

 85 min



Kneading Foot:

Alternate kneading of the interosseus spaces of the foot with thumbs.
Repeat 3 times



Squeeze & Smooth:

Fingers on the sole, thumbs on upper part
Repeat 3 times
Then lie the leg flat.



Smooth sole:

With flat hands.
Repeat 3 times



Kneading sole:

With thumbs
Repeat 3 times



Turn around ankle:

With fingers, thumb holds the position.

Repeat 3 times

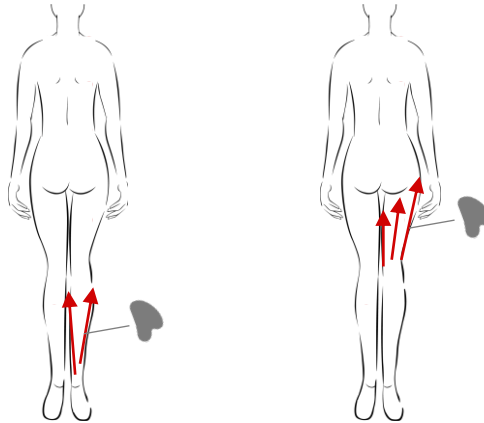


End Movement:

Deep smoothing of the whole leg.

Repeat 3 times

Step 7: Gua Sha Massage – Back part of the legs



Calf:

Smooth the inner and outer side of the calf with the long side of the gua sha.
Repeat 10 times

Thigh

Smooth the inner, middle and outer part of the thigh with the long side of the gua sha.
Repeat 10 times

Step 8: On the towel



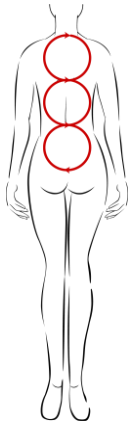
When you're finished with all massage movements the legs, place the towel back on, keeping one hand on the sole and move to the back by "walking" on the whole body.

Once you arrived at shoulders level, glide the towel to the lower part of the back using your wrists.

BODY MASSAGE

🕒 85 min

Step 9: Manual Massage – Back



Circular Movements:
Starting on the lower back and progressively extending to the full back
Repeat 5 times



Smoothing Movement:
Along the spine, coming back on the sides.
Repeat 3 times



Big Smoothing Movement:
Along the spine, going to the arms, pressure on the hands.
Smooth back up on the arms and on the sides of the back with mini waves.
Repeat 3 time



Side smoothing:
On opposite side alternating hands and going up and down.
Repeat 3 times



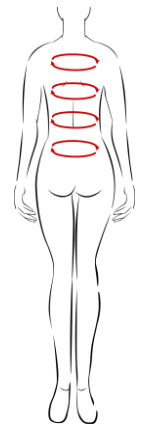
Waist Kneading:
With full hands
Repeat 3 times



Waist Smoothing:
Alternating movement performed with hands and forearms.
Repeat 3-5 times



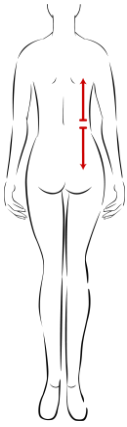
Forearm Movement:
Alternating smoothing with forearms, palms facing up then down on the whole back.
Repeat 5-10 times



Forearm Movement:
Alternating smoothing with forearms, palms facing up then down on the whole back.
Repeat 5-10 times

BODY MASSAGE

 85 min



Side smoothing:
Of the opposite side
with forearms.
Repeat 3 times



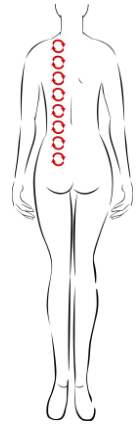
Back Kneading:
On the opposite side
of the back, going up
and down.

Repeat 3 times



Back Smoothing:
With alternate hands.
Opposite side of the
back.

Repeat 3 times



Back Kneading:
On the opposite side
of the back, going
upwards.



Trapezius Movement:
Smoothing
movement,
alternating hands.
Repeat 3 times



Trapezius Kneading:
Alternating hands.

Repeat 3 times



Neck Stretch:
Stretch occiput and
trapezius.

Repeat 3 times



Spatula:
One hand on the
shoulder, the other
gently massages the
side of the spatula.
Repeat 3 times

BODY MASSAGE

 85 min



Changing side:

Basic circular movement on the upper part of the back to change side.



Side smoothing:

On opposite side alternating hands and going up and down. Repeat 3 times



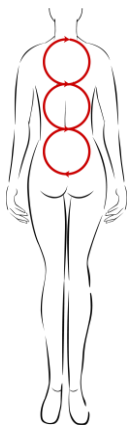
Waist Smoothing:

Alternating movement performed with hands and forearms. Repeat 3-5 times



Waist Smoothing:

Alternating movement performed with hands and forearms. Repeat 3-5 times



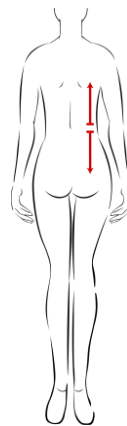
Forearm Movement:

Alternating smoothing with forearms, palms facing up then down on the whole back. Repeat 5-10 times



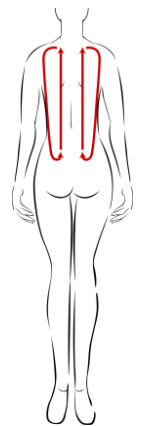
Forearm Movement:

Alternating smoothing with forearms, palms facing up then down on the whole back. Repeat 5-10 times



Side smoothing:

Of the opposite side with forearms. Repeat 3 times



Smoothing Movement:

Along the spine, coming back on the sides.

Repeat 3 times

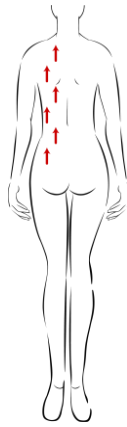
BODY MASSAGE

 85 min



Back Kneading:
On the opposite side of the back, going up and down.

Repeat 3 times



Back Smoothing:
With alternate hands. Opposite side of the back.

Repeat 3 times



Back Kneading:
On the opposite side of the back, going upwards.



Trapezius Movement:
Smoothing movement, alternating hands. Repeat 3 times



Trapezius Kneading:
Alternating hands.

Repeat 3 times



Neck Stretch:
Stretch occiput and trapezius.

Repeat 3 times



Spatula:
One hand on the shoulder, the other gently massages the side of the spatula. Repeat 3 times



Changing position:
Basic circular movement on the upper part of the back to position yourself at the head.

BODY MASSAGE

 85 min



Back Sliding:

Slide along the spine with hands flat and come back on the sides.

Repeat 3 times hands together then 3 times alternating



Wave Smoothing:

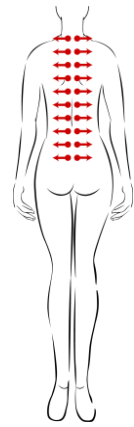
Repeat the same movement but coming back in waves on the side of the back.

Repeat 3 times



Back Pressure:

On each intervertebral space going starting on the lower back, going upwards.



Sliding Pressure:

On each intervertebral space, starting on the lower back, going upwards.



Trapezius Sliding:

Movement performed with the thumbs.

Repeat 3 times together and 3 times alternate



Neck

Circular movement on the neck with knuckles.

Repeat 3 - 5 times



Shoulder Pressure:

With hands flat. Repeat 3 times together and 3 times alternated
Then slide down on the sides of the back.



Alternate Smoothing:

Starting at lower back, going upwards, with flat hands. When you reach the shoulders, alternative smoothing of the neck with thumbs.

BODY MASSAGE

 85 min



Neck cupping:

Hands cupping the neck, make circular movements on the neck.

Repeat 3 times on one side then 3 times on the other



Neck Kneading:

Fingers on the shoulders, thumbs perform alternate kneading movement on the neck.

Repeat 3 times



Back Sliding:

Slide along the spine with hands flat and come back on the sides.

Repeat 3 times



"Walk the back":

Pressure is made by the palm of the hand, sliding down alternatively. Smooth on the sides to come back.

Repeat 3 x



Back Sliding:

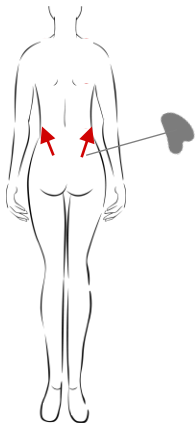
Slide along the spine with hands flat and come back on the sides.



End Movement:

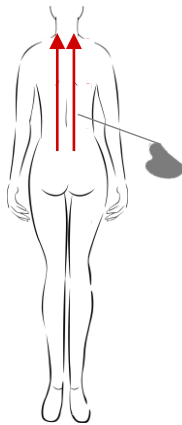
Finish by pressing on the shoulders with hands flat.

Step 10: Gua Sha Massage – Back



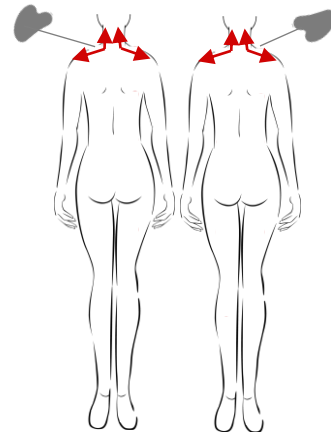
Lower Back

Using the long side of the gua sha, smooth the lower back with long slow movements. Repeat 10 times on each side



Spine

Using the big round edge of the gua sha, smooth each side the spine going upwards. Repeat 10 times



Trapezius

Using the long side of the gua sha, smooth up and down on the trapezius muscles. Then repeat the movement with the angle of the gua sha. Repeat 10 times on each side

FINAL BODY PRODUCT APPLICATION

Apply **BODY STAR AQUA COLLAGEN CREAM** over the arms and legs.

Step 11: On the towel



When you're finished with the massage, apply the **BODY STAR AQUA COLLAGEN CREAM** on the arms before placing the towel back on.

Press on the shoulder with both hands, "walk" to the middle part of the sides and press, continue "walking" to the lower back and press.

Slide with both hands, hold the towel at the ankles to uncover the legs then apply the **BODY STAR AQUA COLLAGEN CREAM** on the thighs.

Place the towel back on and "walk" to the thigh and press.

Continue "walking" to the calves and press when "in the middle" and finally get to the feet, press the soles and slide to leave contact with the client's body.