



SKIN PERFUSION  
AND  
CRYOLED PROTOCOLS

# PROFFESIONAL RANGE



STEP 1  
PREPARE



STEP 2  
EXFOLIATE



STEP 3  
CORRECT



FACIAL  
MASSAGE



STEP 4  
ASSIMILATE



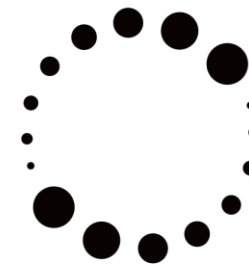
STEP 5  
REGENERATE



STEP 6  
PROTECT

+1

PROFESSIONAL  
DEVICE  
THE CRYOLED



360° SKIN  
QUALITY



# THREE CRYO SERUMS

USE ONE OR UP TO THREE PER TREATMENT  
DEPENDENT ON THE TREATMENT PARAMETERS



**HYDRA CRYO-SERUM → MOISTURE**

Hyaluronic acid - Used by injection for its hydrating properties and filling action  
Collagen - Used in aesthetic medicine for its hydrating and firming properties

**TIME CRYO-SERUM → WRINKLES**

Galactomannans + oligosaccharides Matrix - Stimulates collagen synthesis, immediate and long lasting smoothing of even deep wrinkles

**LIFT CRYO-SERUM → FIRMNESS**

Marine DNA – Powerful skin regenerator which maintains firmness  
Collagen - Used in aesthetic medicine for its hydrating and firming properties



# SKIN PERFUSION PROTOCOLS

UTILIZING CRYOLED



## SIGNATURE TREATMENT - 1.30 HRS

GLOBAL REJUVENATION  
anti-ageing

## CRYO-CORRECT TREATMENT - 1 HR DEPENDING ON THE SKIN CONCERN

- Time Eraser - Anti-wrinkle
- Skin Lift - firmness
- Hydra Perfusion - Hydration
- Highlight - Radiance

## CRYO-CORRECT ZONE TREATMENT - 30MN

- Eye 360°/ Complete ocular eye area
- Décolleté & neck
- Décolleté & hands



## LED-CORRECT TREATMENT - 1 HR

- Bright / Pigmentation
- Perfect Balance / blemish

## LED-CORRECT EXPRESS TREATMENT - 30 MN

- Lunch time Peel  
Added Hydrating & plumping



# SIGNATURE TREATMENT 1HR 30

## PREMIUM GLOBAL REJUVENATION / PREMIUM ANTI-AGEING



TREATMENT STEPS	TIMING	PRODUCTS	PRODUCT QUANTITIES USED IN TREATMENT	THE FRENCH TOUCH
MASSAGE WELCOME	10MINS	N/A	N/A	RELAXING THE CLIENT, FOCUS ON BREATHING. MASSAGE THE NAPE OF THE NECK, SCALP
MAKE-UP REMOVAL	5 MINS	CLEANSING OIL/MICELLAR WATER MOISTURISING TONER	2ML 5ML	N/A
SKIN DIAGNOSIS	2MINS	N/A	N/A	N/A
PEEL	10MINS	PRE-PEEL LIGHT PEEL POST-PEEL	2 ML 3 ML 1ML	APPLY TO THE FACE, NECK, DÉCOLLETÉ & HANDS
CRYOTHERAPY AT -18°C	20MINS	TIME-CRYO SERUM LIFT-CRYO SERUM	24 PUMPS (SPLIT 12 – 12 PER HALF THE FACE)	FACE, NECK, DÉCOLLETTE
FACE AND NECK MASSAGE	20MINS	MODELING GEL	5 ml	SIGNATURE MASSAGE (SEE ATTACHED DIAGRAM)
ANTI-AGEING MASK HAND MASSAGE	15MINS	COLLAGEN YOUTH MASK BODY BALM	1 sheet 10 ml	MASSAGE THE FEET OR HANDS, WHILST WAITING FOR THE MASK
TREATMENT APPLICATION	5 MINS	HXR-EYE CREAM 5HP-YOUTH CREAM OR 6HP-YOUTH CREAM	0.3 ml 1 ml 0.25 ml	Face, neck, décolleté

# CRYO / LED CORRECT EXPRESS TREATMENT

TREATMENT TIME – 60 MINS

TREATMENTS

TREATMENT STEPS	TIMING	QUANTITIES	HYDRA PERFUSION	TIME ERASER	SKIN LIFT	HIGHLIGHT	BRIGHT RESET	PERFECT BALANCE
MAKE UP REMOVAL	5 MINS	2 ML	CLEANSING OIL MICELLAR WATER	CLEANSING OIL MICELLAR WATER	CLEANSING OIL MICELLAR WATER	CLEANSING OIL MICELLAR WATER	CLEANSING OIL MICELLAR WATER	CLEANSING OIL MICELLAR WATER
SKIN DIAGNOSIS	10 MINS		SKIN DIAGNOSIS	SKIN DIAGNOSIS	SKIN DIAGNOSIS	SKIN DIAGNOSIS	SKIN DIAGNOSIS	SKIN DIAGNOSIS
EXFOLIATION	10 MINS	2 ML 3 ML 1 ML	EXFOLIATING CREAM	PRE PEEL TIME PEEL POSTPEEL	PREE PEEL LIGHT PEEL POST PEEL	PRE PEEL BRIGHT PEEL POST PEEL	PRE PEEL BRIGHT PEE POSTPEELL	PRE PEEL LIGHT PEEL POST PEEL
CRYOLED	10 MINS	24 PUMPS (SPLIT 12 – 12 PER HALF THE FACE – CAN MIX UP TO 3)	HYDRA CRYO SERUM	TIME CRYO SERUM	LIFT CRYO SERUM	HYDRA CRYO SERUM	LED GREEN	LED BLUE
MODELING	10 MINS	5 ML	MODELING GEL	MODELING GEL	MODELING GEL	MODELING GEL	MODELING GEL	MODELING GEL
MASK	10 MINS	1 SHEET 10 ML	HYALOURONIC YOUTH MASK	COLLAGEN YOUTH MASK	HYALOURONIC YOUTH MASK	COLLAGEN YOUTH MASK	HYALOURONIC YOUTH MASK	
TREATMENT	5 MINS	0.3ml 1 ml 0.25 ml	HXR-EYE CREAM 5HP-YOUTH CREAM 6HP-YOUTH CREAM-	HXR-EYE CREAM 5HP-YOUTH CREAM 6HP-YOUTH CREAM	HXR-EYE CREAM -5HP-YOUTH CREAM 6HP-YOUTH CREAM	HXR-EYE CREAM -5HP- YOUTH CREAM 6HP- YOUTH CREAM -	HXR-EYECREAM 5HP-YOUTH CREAM 6HP- YOUTH CREAM	HXR-EYECREAM - 5HP-YOUTH CREAM or 6HP- YOUTH CREAM



# CRYO / LED CORRECT BY ZONE EXPRESS TREATMENT

TREATMENT TIME - 30 MINUTES

TREATMENTS

APPLICATION	TIMING	EYE 360°	DECOLLETE / NECK & HANDS	LUNCH TIME PEEL & REJUVENATION	INFUSION/ HYDRATING & PLUMPING
MAKE-UP REMOVAL	5 MINS	CLEANSING OIL/MICELLAR WATER - MOISTURISING TONER	CLEANSING OIL/MICELLAR WATER - MOISTURISING TONER	CLEANSING OIL/MICELLAR WATER - MOISTURISING TONER	CLEANSING OIL/MICELLAR WATER - MOISTURISING TONER
SKIN DIAGNOSIS	5 MINS	SKIN DIAGNOSIS	SKIN DIAGNOSIS	SKIN DIAGNOSIS	SKIN DIAGNOSIS
EXFOLIATION	10 MINS	N/A	PRE-PEEL LIGHT PEEL POST-PEEL	PRE-PEEL BRIGHT PEEL POST-PEEL	N/A
CRYOLED LED USED DEPENDENT ON INDICATION	10 MINS	TIME-CRYO SERUM	LIFT-CRYO SERUM	LED - RED	LED - BLUE/YELLOW
MASK	10 MINS	GR-YOUTH MASK MODELING GEL	N/A	N/A	HYALURONIC YOUTH MASK MODELLING GEL
SERUM (CHOOSE DEPENDENT ON INDICATION)	2 MINS	N/A	LIFT TIME BRIGHT	C-LIGHT SERUM BD BALANCE	HYDRA SERUM
TREATMENT APPLICATION	5 MINS	HXR-EYE CREAM 5HP-YOUTH CREAM OR 6HP-YOUTH CREAM	HXR-EYE CREAM 5HP-YOUTH CREAM OR 6HP-YOUTH CREAM	HXR-EYE CREAM 5HP-YOUTH CREAM OR 6HP-YOUTH CREAM	HXR-EYE CREAM 5HP-YOUTH CREAM OR 6HP-YOUTH CREAM





PEEL FIRST



# GLUCONOLACTONE

## Polyhydroxy Bionic Acid (Filorga Peels)

- **Gluconolactone Lipophilic and Hydrophilic**

Gluconolactone is composed of multiple water-attracting hydroxyl groups, which hydrate the skin. According to a study featured in Dermatologic Surgery journal, Gluconolactone is capable of chelating metals and may also function by scavenging free radicals, thereby protecting skin from some of the damaging effects of UV radiation

Ingredients such as gluconolactone and lactobionic acid are types of polyhydroxy acid (PHA). Made up of larger molecules than traditional AHAs

PHAs are typically gentler on the skin, causing less irritation. Unlike some AHAs, which can dry out the skin, PHAs are ideal for sensitive or dry skin types.

PHAs are similar to AHAs in that they have both been shown in clinical studies to have anti-aging benefits when topically applied to the skin

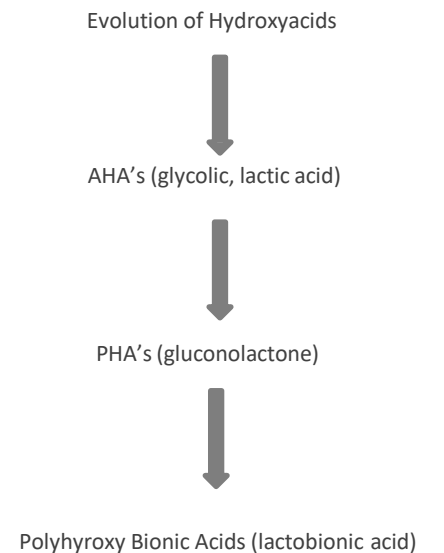
- AHAs contain only one hydroxyl group and have been known to produce stinging, burning, and tingling sensations in some people
- PHAs have multiple hydroxyl groups—providing the same age defying benefits as conventional AHAs, but without the irritation

Even very sensitive skin types can tolerate PHAs, including atopic and rosacea skin

Larger molecules are believed to penetrate the skin at a slower rate, causing less irritation. This reduced irritation, coupled with natural antioxidant properties, gives PHAs a gentle, competitive edge over other anti-aging treatments

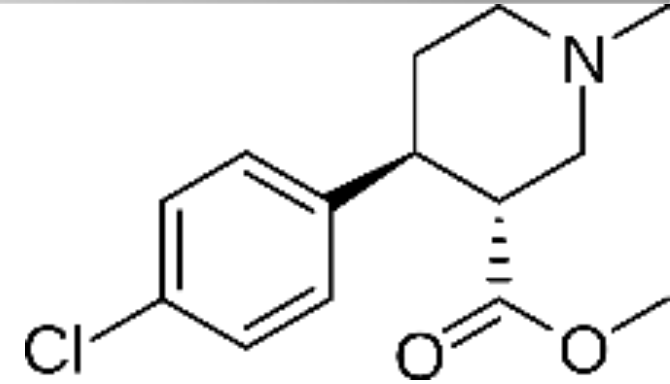
**Benefits:**

- Promote cell turnover
- Humectant effects
- Antioxidant effects
- Increased skin barrier function
- Skin clarity and brightness
- Reduce flare-ups in inflammatory conditions



# GLUCONOLACTONE – MULTIPLE PROPERTIES

- Can be used on sensitive skin
- Improves the barrier function of the stratum corneum, does not alter water loss, reduces erythema
- Does not cause photosensitivity and has photoprotective properties
- Targets all signs of ageing and is comparable with glycolic acid: Smoothing actions, keratolytic
- Anti-oxidant properties comparable with vitamin C
- Matifies and regulates sebum levels. It reduces seborrhoea thanks to its lipophile cyclized structure
- Action on pores and skin texture: It unclogs and tightens pores, cleanses and purifies the skin, refines and smooths skin texture
- Effective against inflammatory acne
- Moisturizing properties. Retains 3 times more water / Glycolic acid – lactic acids. Greater hygroscopic power



# FILORGA PEELS



**LIGHT PEEL pH 3**  
97% more radiant  
Ideal for sensitive skin



**TIME PEEL pH1**  
91% smoother  
85% more firmness



**BRIGHT PEEL pH1,5**  
85% lighter  
78% more even skin tone



# PROTOCOL FOR LIGHT PEEL

4 SESSIONS EVERY TWO WEEKS

AFTER CONSULTATION, SPECIFIC TREATMENT TO BE UNDERTAKEN HERE

## Pre Peel

- Clean skin
- Apply Pre Peel pH= 4

## Bright Peel Normal Skin

**Description:**

- Superficial Peel
- 20 % Complex peel
- Gluconolactone + Mandelic acid
- pH = 3

**Indications:**

- Radiance
- Smoothness

## Post Peeling Repair

- Post Peel pH= 8
- UV Defense during one week

## Post Treatment



# PROTOCOL FOR BRIGHT PEEL

4 SESSIONS EVERY TWO WEEKS

AFTER CONSULTATION, SPECIFIC TREATMENT TO BE UNDERTAKEN HERE



## Pre Peel

- Clean skin
- Apply Pre Peel pH= 4

## Bright Peel Normal Skin

**Description:**

**Description:**

- Superficial Peel
- 50 % Complex peel
- Gluconolactone + phytic + citric + glycolic acid
- pH = 1.5

**Indications:**

- Dark spots
- Radiance
- Wrinkles

## Post Peeling Repair

- Post Peel pH= 8
- UV Defense during one week

## Post Treatment



# PROTOCOL FOR TIME PEEL

4 SESSIONS EVERY TWO WEEKS

AFTER CONSULTATION, SPECIFIC TREATMENT TO BE UNDERTAKEN HERE



## Pre Peel

- Clean skin
- Apply Pre Peel pH= 4

## Bright Peel Normal Skin

### Description:

- Superficial Peel
- 50% Complex peel
- Glucunolactone + glycolic acid
- pH = 1

### Indications:

- Wrinkles
- Firmness
- Radiance

## Post Peeling Repair

- Post Peel pH= 8
- Néocica
- UV Defense during one week

## Post Treatment



# APPLICATION

## **Filorga Pre Peel**

### *Preparing lotion*

Active ingredients – Gluconolactone: prepares the skin and lowers the skin's pH  $\text{pH} = 4$

Size: 100 ml bottle

## **Step 1 – Preparing the Skin**

Protect sensitive areas (eyes, lips)

Apply FILORGA PRE PEEL over the area to be treated using a cotton pad or a compress in order to decrease the pH of the skin

## **Step 2 – Application**

Put 2.5 to 3ml of the FILORGA PEEL solution into the dosing tube.

Apply the peel solution to the entire area to be treated with the brush.

Leave on the skin for 3 minutes for the 1st session and gradually increase this time depending on tolerance.

Monitor any change in the patient's skin when the peel is on.

## **Step 3 – Neutralisation**

Apply the POST-PEEL using a cotton pad or a compress.

Repeat application as required.

Rinse with water. Pat dry the skin. Apply NEOCICA® skin repair cream by FILORGA





# SKIN PERFUSION TREATMENT PROTOCOLS

SKIN PERFUSION IS A BESPOKE ADVANCED  
PRODUCT SPECIALISM. THE FOLLOWING IS  
A GUIDE TO PRODUCTS AND RELATING  
PROTOCOLS



# WRINKLES PROTOCOL

SKIN CONCERN : FINE LINES

## TO BE USED DURING THE PROTOCOL



CLEANSING OIL



PRE PEEL  
TIME PEEL  
POST PEEL



LED RED



ANTI-AGING COLLAGEN  
YOUTH MASK



TIME SERUM



HXR-EYE CREAM



HAB5-HYDRA SERUM  
6HP-YOUTH CREAM



B3 RECOVERY CREAM



E-YOUTH PROTECT

## TAKE HOME PRODUCTS



TIME BOOSTER WILL ENHANCE AND  
PROLOGE THE TREATMENT RESULTS



GLYCOPEEL MASK



HXR-EYE CREAM



5HP-YOUTH CREAM  
6HP-YOUTH CREAM

OR THE CLIENT CAN PURCHASE THE TIME BOOSTER – USE IN  
TREATMENT AND THE REST, TAKE HOME



# FIRMNESS PROTOCOL

SKIN CONCERN : FIRMNESS



CLEANSING OIL



PRE PEEL  
LIGHT PEEL  
TIME PEEL  
POST PEEL



LED RED/YELLOW



HYALURONIC YOUTH MASK



LIFT SERUM



HXR-EYE CREAM



HAB5-HYDRA SERUM  
6HP-YOUTH CREAM



E-YOUTH PROTECT



LIFT BOOSTER WILL ENHANCE AND  
PROLOGE THE TREATMENT RESULTS



GLYCOPEEL MASK



GR YOUTH MASK



HXR-EYE CREAM



5HP-YOUTH CREAM  
6HP-YOUTH CREAM

OR THE CLIENT CAN PURCHASE THE LIFT BOOSTER – USE IN  
TREATMENT AND THE REST, TAKE HOME



# BRIGHTENING PROTOCOL

SKIN CONCERN : DULL AND LIFELESS



CLEANSING OIL



PRE PEEL  
BRIGHT PEEL  
POST PEEL



LED YELLOW/GREEN



HYALURONIC YOUTH MASK



P-BRIGHT SERUM  
SERUM



HXR-EYE CREAM



HAB5-HYDRA SERUM  
6HP-YOUTH CREAM



E-YOUTH PROTECT



BRIGHT BOOSTER WILL ENHANCE  
AND PROLOGUE THE TREATMENT  
RESULTS



GLYCOPEEL MASK



HXR-EYE CREAM



5HP-YOUTH CREAM  
6HP-YOUTH CREAM

OR THE CLIENT CAN PURCHASE THE BRIGHT BOOSTER – USE IN  
TREATMENT AND THE REST, TAKE HOME



# HYDRATION PROTOCOL

SKIN CONCERN : LACK OF HYDRATION, DEHYDRATION FINE LINES



CLEANSING OIL



PRE PEEL  
LIGHT PEEL  
BRIGHT PEEL  
POST PEEL



LED BLUE/GREEN



HYALURONIC YOUTH MASK



HAB5-HYDRA SERUM



HXR-EYE CREAM



HAB5-HYDRA SERUM  
6HP-YOUTH CREAM



E-YOUTH PROTECT



HYDRA BOOSTER WILL ENHANCE  
AND PROLOGUE THE TREATMENT  
RESULTS



HYALURONIC YOUTH MASK



HXR-EYE CREAM



5HP-YOUTH CREAM  
6HP-YOUTH CREAM

OR THE CLIENT CAN PURCHASE THE LHYDRABOOSTER – USE IN  
TREATMENT AND THE REST, TAKE HOME



# BLEMISHES PROTOCOL

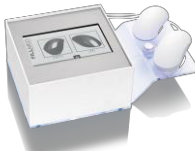
SKIN CONCERN : BLEMISHES, DILATED PORES



CLEANSING OIL



PRE PEEL  
BRIGHT PEEL  
POST PEEL



LED BLUE/YELLOW



HYALURONIC YOUTH MASK



Bd BALANCE SERUM



HXR-EYE CREAM



HAB5-HYDRA SERUM  
6HP-YOUTH CREAM



E-YOUTH PROTECT



BALANCE BOOSTER WILL ENHANCE  
AND PROLOGE THE TREATMENT  
RESULTS



GLYCOPEEL MASK



HXR-EYE CREAM



5HP-YOUTH CREAM  
6HP-YOUTH CREAM

OR THE CLIENT CAN PURCHASE THE BALANCE BOOSTER – USE IN  
TREATMENT AND THE REST, TAKE HOME



# 6 SERUMS MIXABLE FOR A CUSTOMISED RESPONSE

- DAILY ROUTINE -

These are customizable to the client  
More than one can be used

## WRINKLES

### RE-TIME SERUM

- Retinol
- Hyaluronic acid



## HYDRATATION

### HAB5-HYDRA SERUM

- Hyaluronic acid HMW
- Hyaluronic acid LMW
- Pro-Vitamin B5

## FIRMNESS

### AA-LIFT SERUM

- Collagen
- Elastin peptides

## RADIANCE

### C-LIGHT SERUM

- Phytic acid
- Vitamin C

## DARK SPOTS

### P-BRIGHT SERUM

- Vitamin C
- Vitamin H
- Hexylresorcinol

## BLEMISHES

### BD-BALANCE SERUM

- Salicylic acid
- Zinc
- Boldo extract (beta-HDB3)



# INTENSIVE TREATMENT SKIN BOOSTERS



Time-Booster



wrinkles

0,3% retinol

Lift-Booster



firmness

6,5% peptide complex

Bright-Booster



dark spots

12,5% acids  
glycolic + phytic

Balance-Booster



blemishes

2,5% hyaluronic acid

Hydra-Booster



moisture

4,4% acids  
salicylic+ lactic



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BEAUTY IS AN ART, WE MADE IT A SCIENCE

**FILLMED**

LABORATOIRES

**SKIN PERFUSION**

CRYOTHERAPY TECHNIQUE



# UPPER DECOLLETE AND NECK



## 1. Décolleté

Perform circular movements along the lower neck line above the upper chest, from the centre outwards towards the underarm (apply pressure to the lymph node) and work back in light smoothing motions.



## 2. Décolleté.

Lymphatic drainage motions on both sides (if the bust allows it) and move back to the centre in light smoothing motions.



## 3. Neck

Smooth motions, starting from the bottom centre of the neck. In 3 or 4 ascending segments. Finish under the jaw. Complete with a downward movement over the collar bone gland. Finish with light pressure to the gland



## 4. Face Oval

Semi-circle movements on the masseter muscle. Start on the chin and move towards the earlobe, working back in light smoothing motions.



## 5. Face Oval

Draining smoothing motions from the chin to the earlobe, working back in smoothing motions.

REPEAT EACH MOVEMENT 3 TIMES



# MID FACE AND EYE



## 6. Face

Draining smoothing motions from the corners of the lips to the earlobe, working back in smoothing motions.



## 7. Face

Draining smoothing motions from the lower side of the nose up to the earlobe, working back in light smoothing motions.



## 8. Eyes

Light pumping motions on the shiatsu points (once)



## 9. Eyes

Circular pressure on the same area as 9.

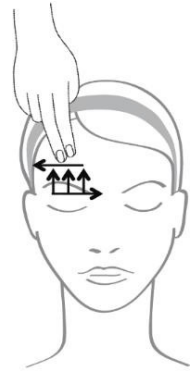
REPEAT EACH MOVEMENT 3 TIMES



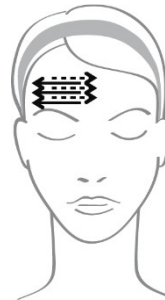
# FOREHEAD AND GLABELLA



10. Eyes  
Smoothing motions from inside working outwards from the crow's feet in 3 stages.



11. Eyes  
Work back up the eyebrow in alternating movements using the hand, up to the glabella. Work back in light smoothing motions over the eyebrow.



12. Forehead  
Smoothing motions over the forehead wrinkles, from the centre of the forehead towards the temple area. Work back in light smoothing motions. If the other hand is used for support, smooth forwards and back.



13. Forehead  
Upward smoothing motions from the lion's wrinkle. Stretch out the area using the index and middle fingers.



14. Furrows  
Glide over the bridge of the nose, then over the side of the nose. Stretching out this area, work in upwards smoothing motions over the nasolabial fold.

REPEAT EACH MOVEMENT 3 TIMES



# LOWER FACE AND HEART APPLICATION



15. Lips  
Smoothing motions in the area around the mouth, while supporting the zone.



16. Lips  
Smoothing motions in the area around the mouth, from the centre of the lips working outwards.



17. Whole face  
Final smoothing, enveloping motions working upwards from the oval to the temple. Broad upwards movements over all the

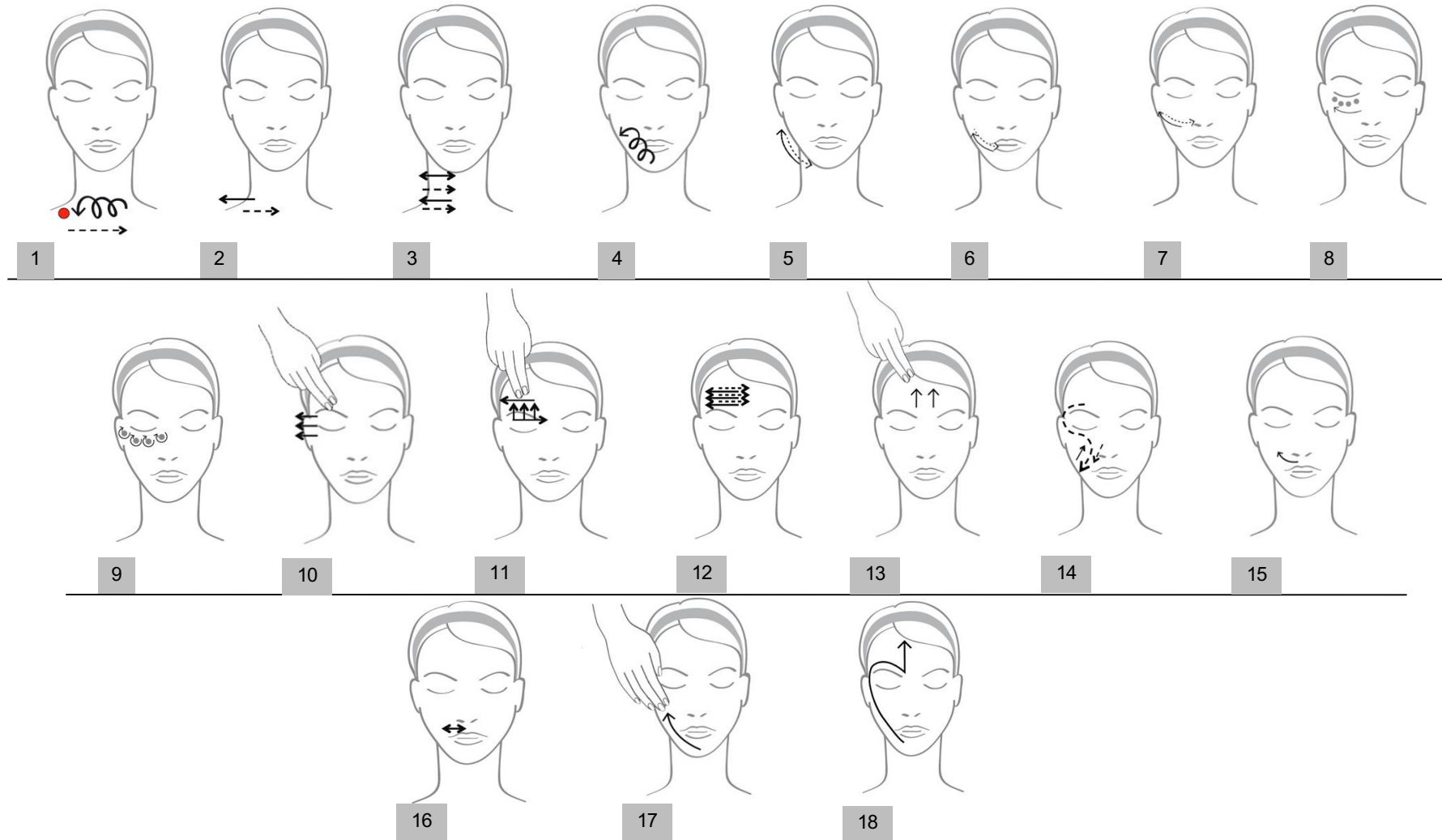


18. Final  
Finish with a heart shape fashion from below the lip to the glabella in upward smoothing motions, working both hands in the same motion.

REPEAT EACH MOVEMENT 3 TIMES



# COMPLETE CRYOTHERAPY TREATMENT



# EYE AREA CRYOTHERAPY

- 5 minutes for each half of the face
- Use the small circle



1. Light pressure in the ocular area utilizing the shiatsu points.



2. Circular pressure on the same area as 1



3. Smoothing motions on the eye contour, from inside to outside.

REPEAT EACH MOVEMENT 4 TIMES



# EYE AREA CRYOTHERAPY



4. Smoothing motions inside working outwards from the crow's feet in 3 stages.



5. Work back up the eyebrow in alternating forward and backward movements using the hand, up to the glabella.



6. Upward smoothing motions from the glabella. Stretch out the area using the index and middle fingers.



7. Perform circular smoothing motions on the whole eye, working alternately with the hands.



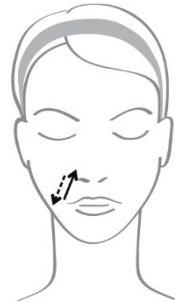
8. Final Finish with smoothing motions on the glabella.

REPEAT EACH MOVEMENT 4 TIMES



# LIP AREA CRYOTHERAPY

- 3 minutes for each half of the face in the furrow and contour area
- Use the small circle



1. Furrows  
Stretching out this area, work in upwards smoothing motions over the nasal labial fold.



2. Lower lip  
Forward and backward smoothing motions stretching out the area with the index finger, in two segments.



3. Lips  
Smoothing motions in the area around the mouth, from the centre of the lips working outwards, in two segments.

REPEAT EACH MOVEMENT 4 TIMES





# LIP AREA CRYOTHERAPY



4. Lips  
Smoothing motions in the area around the mouth, while supporting the zone.



5. Elevator  
Start from the base of the furrow, work under the elevator alternately using one finger.



6. Furrows  
Stretching out this area, work in upwards smoothing motions over the nasolabial fold using one finger.



7. Lips  
Smooth over the lip while stretching out this area.



8. Lips  
Outline the lip from top to bottom while stretching out this area.

REPEAT EACH MOVEMENT 4 TIMES



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**SKIN PERFUSION**

MASSAGE TECHNIQUE

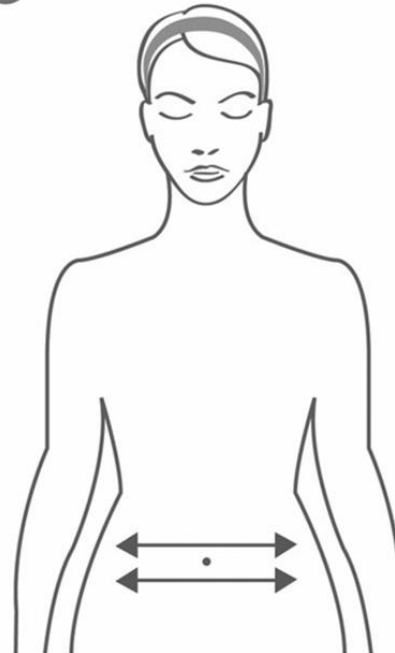
# WELCOME MASSAGE

1



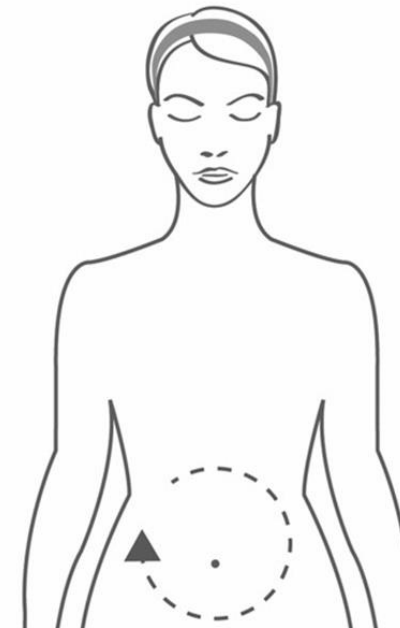
1. Plexus breathing  
apply the hands on the plexus and ask the  
client to breath slowly in and out

2



2. Start central and move your  
hands outwards, same  
movement and pressure both  
sides

3



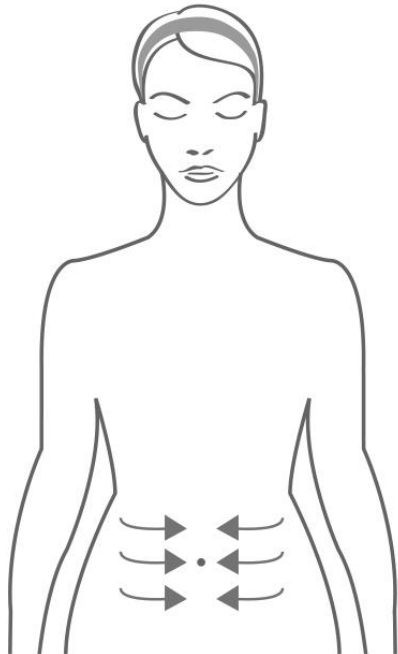
3. Circular movement  
clockwise

REPEAT EACH MOVEMENT 3 TIMES



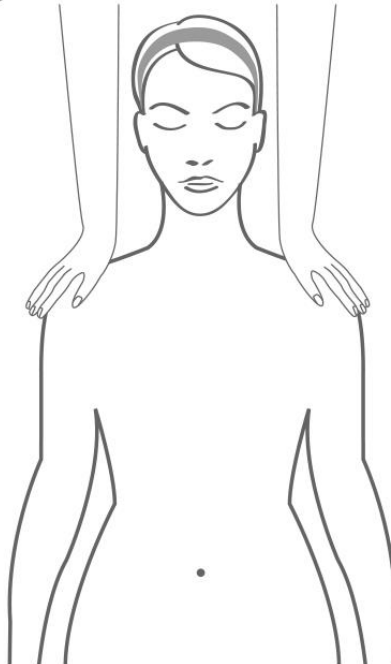
# WELCOME MASSAGE

4



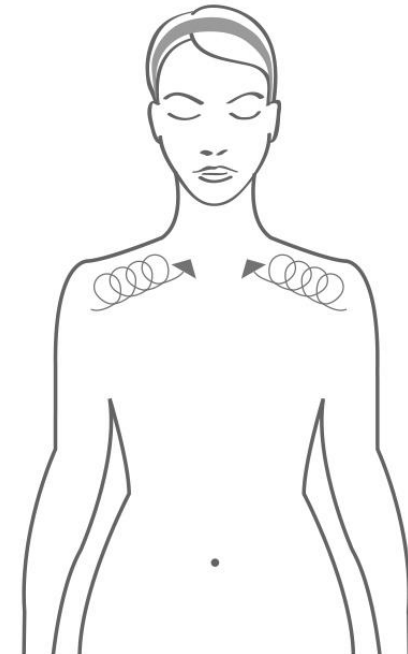
Working from the hip inwards

5



Apply pressure to the shoulder  
By pressing down firmly

6



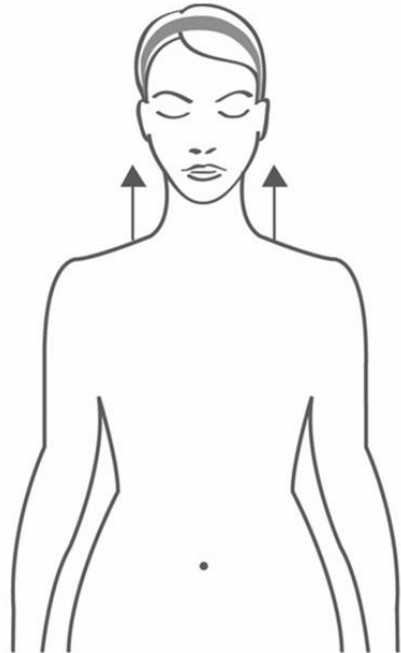
kneading motions with the joints of the  
hands, working up to the trapezius.

REPEAT EACH MOVEMENT 3 TIMES



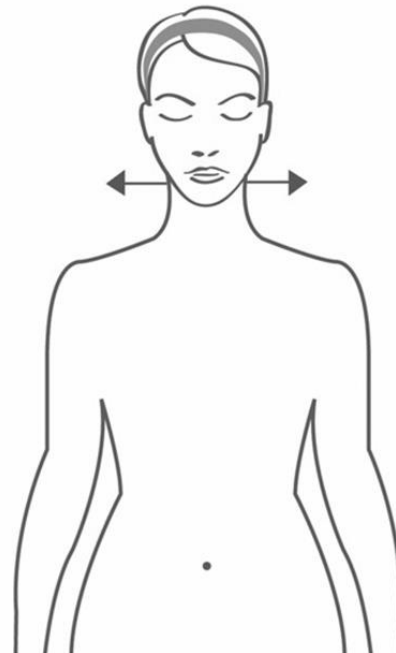
# WELCOME MASSAGE

7



Hands under the shoulders and stretch up

8



Hands at the back of the neck and stretch out

9

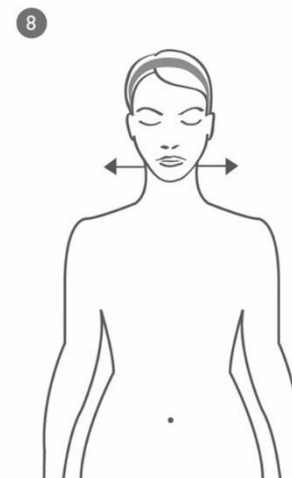
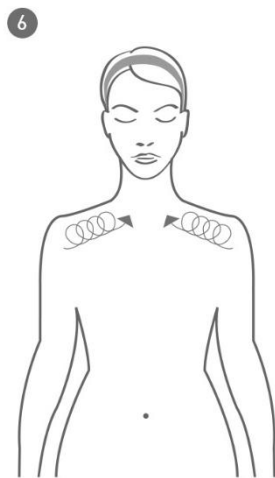


with the pads of the fingers, apply pressure

REPEAT EACH MOVEMENT 3 TIMES



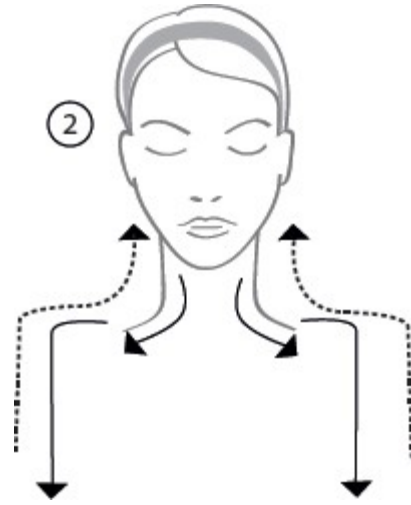
# WELCOME MASSAGE



# SIGNATURE MODELING



1. The left hand smooths the face oval while the right hand smoothing the décolleté then stretches out the trapezius.



2. Effleurage/smoothing motions to the sternum, décolleté, arms, up to the elbows, then back to the shoulders and collar bone in smoothing motions



3. Head turned to the side: stretches towards the shoulders, then kneading motions with the joints of the hands, working up to the trapezius. Repeat these movements with the head turned to the opposite side.

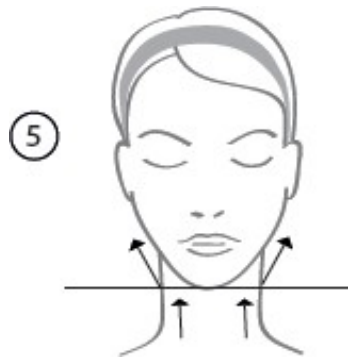


4. Apply pressure 3 times to the trapezius.

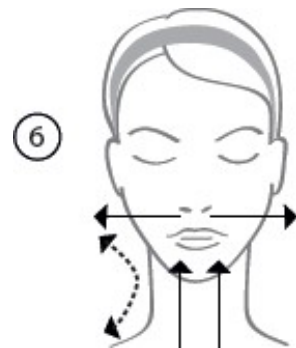
REPEAT EACH MOVEMENT 3 TIMES



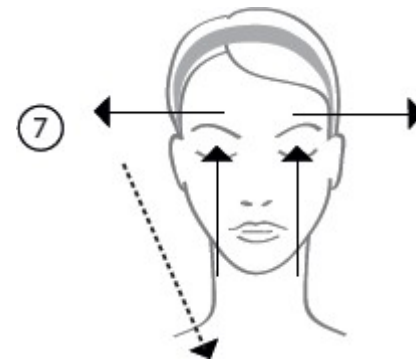
# SIGNATURE MODELING



5. Effleurage to the neck, then using the sides of the hands, stretch out under the jawline and up towards the ear.



6. Effleurage over the lower part of the face (fingers crossed and open the hands while stretching outwards), work back down the chin



7. Effleurage over the lower part of the face (fingers crossed and open the hands while stretching outwards)



8. Oval: pinching movements on the jawline, fingers in a crab position(simultaneous)

REPEAT EACH MOVEMENT 3 TIMES

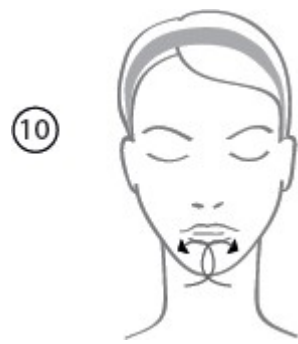




# SIGNATURE MODELING



9. Circular movements under the jawline; fingers in a spider motion



10. Front of the chin using the thumbs; alternating circles towards the top



11. Work down the nasal labial fold adjacent to the lips, then up around the marionette (pressure movement)

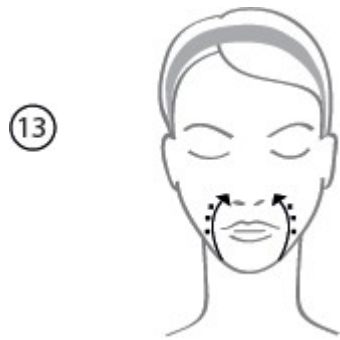


12. Firm smoothing motions on the upper lip using the thumbs

REPEAT EACH MOVEMENT 3 TIMES



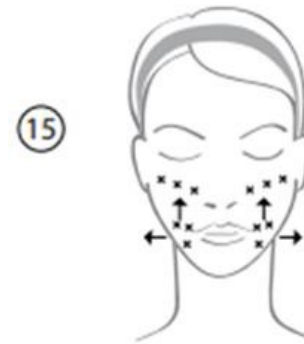
# SIGNATURE MODELING



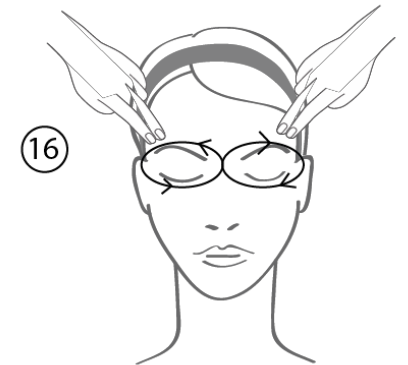
13. Stretch out the furrow using the index & middle fingers, then deep tissue movements



14. Apply pressure by stretch out vertically and horizontally – mid face



15. Drum/tap the muscles, ascending movements (chin towards the outside x2, then bottom to top x1)



16. Eye contour figure of 8 movement. Working from the inside out

REPEAT EACH MOVEMENT 3 TIMES



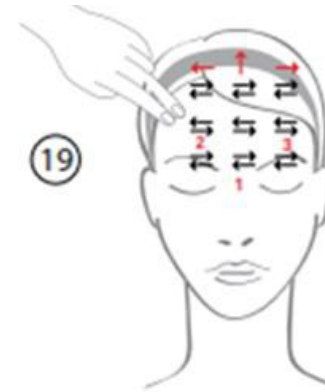
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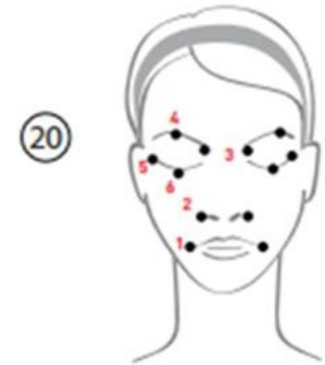
17. CROW'S FEET,  
figure of 8 movement with  
the middle  
and index fingers



18. BROW PINCHING  
(end of inner brow towards  
the temples)



19 TWISTING MOVEMENTS ON  
THE FOREHEAD: start in the  
middle (glabella to the hairline),  
then on each side of the  
forehead (from the middle  
working outwards)



20. BASIC PRESSURE

- Corners of the lips
- Sides of the nose
- Inner corner of the eyes
- Middle of the brow
- Outer corner of the eyes
- Middle of the lower lid

REPEAT EACH MOVEMENT 3 TIMES



# SIGNATURE MODELING



21. OVAL AND CONTOURS OF THE FACE:  
the left hand sweeps over the oval, working up  
towards the temples and forehead  
and stops at the opposite temple, then the right  
hand sweeps over the oval and works back up to  
the temple. Then alternate



22. FINAL SECTION WITH BUTTERFLY MOVEMENT  
The backs of the hands rest gently on the forehead, and work  
down to the jawline, then the palms of the hands work back up,  
stretching the jawline.  
Finish by stretching out the nape of the neck.

REPEAT EACH MOVEMENT 3 TIMES

