

Hydration

Extra Moisturizing Therapy

Treatment that restores the skin's moisture and protects the skin barrier, suitable for normal, dehydrated and dry skin.

Professional cosmetic facial treatment that restores moisture of dehydrated skin, protects skin barrier, improves the appearance of the skin with imperfections and enhances its consistency. This treatment is based on the action of cosmetic products containing high concentrations of hyaluronic acid, Ceramides and Vitamin C (AA2G) in synergy with a specialized exfoliation and cellular stimulation system.

Main action

Hydration, skin barrier protection, cellular stimulation of the epidermis.

Secondary action

Toning, antioxidant.

Skin concerns

Dehydrated skin, epidermal moisture imbalance, dull skin.

Contraindications

Contraindicated in skin herpes zoster.

Skin types

Normal, dry.

Key ingredients

Hyaluronic Acid, AA2G, Ceramides, Filagrinol, Unispheres (vit A, E), Myrothamnus Extract, Acerola Fruit (Vitamin C).

Suggested applications: 1-10, based on the skin condition. This protocol can be also applied either once to prevent dehydration, systematically for moisturizing skin treatment.

Session duration: 55-60 minutes

Repeatability: 2 times a week

Maintenance: Once per month

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Step 1: Cleansing System

The main goal of cleansing is to remove impurities and makeup from the skin.

1a. Hydra Cleansing Milk

Cleanse the face and neck thoroughly with Hydra Cleansing Milk and remove with wet cotton pads.

1b. Cleansing Tonic Lotion

Soak a cotton pad with Cleansing Tonic Lotion and tone the skin on face and neck.

(Total duration: 3 minutes)

Step 2: Triple Action Peeling System

At this stage we combine exfoliation, by removing the dead cells of the epidermis, with cellular stimulation and renewal. We apply a specialized peeling system for moisturizing action in **3 stages**:

2a. AHA Smoothing Cream (3ml)

Apply 3ml of AHA Smoothing Cream (Lactic Acid 2.7%, Glycolic Acid 5.3%, Mandelic Acid 1.0%/ pH ~ 5) on the face and neck, then massage for 3-5 minutes until absorbed. Allow it to dry for 3 minutes* and continue by rubbing with fingertips creating a gommage effect. This step is complete when all the gommage residue has been removed. *In the meantime, mix the Exfoliating Enzyme Mask with Exfoliating Enzyme Lotion. *(Duration: 9-11 minutes)*

2b. Exfoliating Enzyme Mask (1.5g) & Exfoliating Enzyme Lotion (3ml) (eye contour area)

The choice of enzymatic peeling on the delicate skin around the eyes, offers gentle exfoliation without causing irritation. It has brightening effects and acts as an eye protection. Apply the Exfoliating Enzyme Mask (Papain, Bromelain, Kaolin) and Exfoliating Enzyme Lotion (L-Arginine) on the area around the eyes. Use: Mix 1.5gr powder with 3ml lotion in a bowl to make a paste and then apply it around the eyes with a soft brush.

2c. Protection Peeling (0.7-1ml)

Apply 0.7-1ml Protection Peeling (Glycolic Acid 10.5%, Lactic Acid 5.4%, Panthenol / pH~2.7). Leave on for 7 minutes and do not remove. In case of irritation rinse with water and move to the next step. *(Duration: 7 minutes)*

Remove the enzyme mask from the area around the eyes 7 minutes after its application.

(Total duration: 16-18 minutes)

Step 3: Hydra Hyaluronic System

This step aims to restore moisture balance of epidermis and protect the skin barrier with Hyaluronic Acid Serum and mask with vitamins A & E, by following **2 stages**:

3a. Hyaluronic Acid Serum (1ml)

On dry, oil-free skin apply 1ml Hyaluronic Acid Serum on the face and neck. Allow it to be absorbed or ionize using the negative pole. In increased skin needs (wrinkles), use Sirtuin Hyaluronic Serum which combines hyaluronic acid with Sirtuin (biological youth regulator). *(Duration: 2 minutes)*

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3b. Hydrating Mask (5ml) & Eye Shine Mask (1ml)

Use the 2 masks in combination on the area around the eyes, face and neck. Apply with a soft mask brush 1ml Eye Shine Mask on the area around the eyes and 5ml Hydrating Mask on the rest of the face and neck. Leave until it is partially absorbed (5 minutes) and then proceed with facial massage using both masks for 5 minutes and rinse with water. *(Duration: 10 minutes)*

(Total duration: 12 minutes)

Step 4: Hydra Antioxidant System

This step aims to enhance skin's water content and to protect skin cells' vitality from oxidative damage with the antioxidant Vitamin C Serum and mask with Acerola fruit (Vitamin C), in **2 stages**:

4a. Vitamin C Serum (1ml)

On dry, oil-free skin apply 1ml Vitamin C Serum on the face and neck and allow it to be absorbed or ionize using the negative pole. *(Duration: 2 minutes)*

4b. Hydra C Latex Mask (40g)

Apply the Hydra C Latex Mask. Mix 40g (=120ml) mask powder with 100ml water until a uniform mixture is formed. Apply the mask on the face and neck (it can be also applied on the eyes and lips, if the client has no claustrophobic issues). Leave on for 20 minutes and remove as latex (one piece). *(Duration: 20 minutes)*

(Total duration: 22 minutes)

Step 5: Hydra Protecting System

This step aims to protect and maintain the moisture balance and enhance the skin barrier using ceramides, hyaluronic acid and vitamin C, in **2 stages**:

5a. Ceramide Serum (1ml)

On dry, oil-free skin apply 1ml Ceramide Serum on the face and neck and allow it to be absorbed (do not ionize). *(Duration: 2 minutes)*

5b. Extra Moisturizing Cream (2ml)

Apply 2ml Extra Moisturizing Cream on face and neck and gently massage until it is absorbed. *(Duration: 1 minute)*

(Total duration: 3 minutes)

Step 5: Sun Protection

Optionally, apply 2ml Sunfilm Face Gel SPF 30 or Sunfilm Face Bliss SPF 50, depending on the skin type, the season and time of the session. *(Duration: 1 minute)*

Step 6: Home Daily Regimen

Morning:

- **Hyaluronic Acid Serum** or **Sirtuin Hyaluronic Serum** suitable for the skins with increased needs
- **Extra Moisturizing Cream**

Night:

- **Ceramide Serum**
- **Extra Moisturizing Cream**

Strongly recommend use of home regimen products during and in between treatments. Products should be used tactically until all contents (ex: Jar= 50ml) have been utilized.

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| | Step | Product | Quantity/ application | Duration |
|---|-------------------------------------|--|--------------------------|--------------|
| 1 | Cleansing System | Hydra Cleansing Milk | 1ml | 3 minutes |
| | | Cleansing Tonic Lotion | 1ml | |
| 2 | Triple Action Peeling System | AHA Smoothing Cream | 3ml | 9-11 minutes |
| | | Exfoliating Enzyme Mask | 1.5g | 7 minutes |
| | | Exfoliating Enzyme Lotion | 3ml | |
| | | Protection Peeling | 0.7-1ml | |
| 3 | Hydra Hyaluronic System | Hyaluronic Acid Serum | 1ml | 2 minutes |
| | | Hydrating Mask | 5ml | 10 minutes |
| | | Eye Shine Mask | 1ml | |
| 4 | Hydra Antioxidant System | Vitamin C Serum | 1ml | 2 minutes |
| | | Hydra C Latex Mask | 40g | 20 minutes |
| 5 | Hydra Protecting System | Ceramide Serum | 1ml | 2 minutes |
| | | Extra Moisturizing Cream | 2ml | 1 minute |
| 6 | Sun Protection | Sunfilm Face Gel SPF 30 or Sunfilm Face Bliss SPF 50+ | 2ml | 1 minute |

Home Daily Regimen: Morning - Night



Hyaluronic Acid Serum
or **Sirtuin Hyaluronic Serum** suitable
for the skins with increased needs



Extra Moisturizing Cream



Ceramide Serum