

Hydration

Hyaluronic Therapy

Treatment for hydration and protection of the skin barrier with hyaluronic acid and ceramides for normal and dry skin types.

Professional cosmetic facial treatment for deep and long-lasting hydration and protection of the skin barrier. Additionally, it improves the appearance of skin with imperfections enhancing its consistency and firmness. This treatment is based on the action of cosmetic products containing high concentrations of hyaluronic acid and ceramides in synergy with a specialized peeling and cellular stimulating system.

Main action

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

Secondary action

Toning, firmness and consistency enhancement.

Skin concerns

Low skin moisture reserves, trans epidermal water loss, epidermal moisture imbalance, temporary skin dehydration, pre-invasive skin preparation (mesotherapy, chemical peelings, etc.), dull skin.

Contraindications

Contraindicated in skin herpes zoster.

Skin types

Normal, dry.

Key ingredients

Hyaluronic Acid, Ceramides, Filagrinol, Unispheres (Vit A, E), Moist 24, Panthenol.

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

Session duration: 35-40 minutes

Repeatability: 1-2 times a week

Maintenance: Once per month

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 the epidermis and protect the skin barrier with the serum Hyaluronic Acid and the masks Hydrating and Eye Shine, 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. For people with increased skin needs (wrinkles), use Sirtuin Hyaluronic Serum which combines hyaluronic acid with Sirtuin (biological youth regulator). *(Duration: 2 minutes)*

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

Combine the 2 masks on the area around the eyes, face and neck. With a soft mask brush apply 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 Protecting System

This step aims to protect and retain the skin's moisture as well as enhance the skin barrier with ceramides and hyaluronic acid, in **2 stages**:

4a. 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)*

4b. Multi Hydrating Cream (2ml)

Apply 2ml Multi Hydrating Cream on the face and neck and massage gently 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
- Multi Hydrating Cream

Night:

- Ceramide Serum
- Multi Hydrating 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.

Hydration Hyaluronic Therapy

	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	
		Exfoliating Enzyme Lotion	3ml	7 minutes
		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 Protecting System	Ceramide Serum	1ml	2 minutes
		Multi Hydrating Cream	2ml	1 minute
5	Sun Protection	Sunfilm Face Gel SPF 30 or Sunfilm Face Bliss SPF 50+	2ml	1 minute

Home Daily Regimen: Morning - Night



Hyaluronic Acid Serum



Multi Hydrating Cream



Ceramide Serum