

## Hydration

# Hydra C Therapy

Treatment that hydrates the skin and protects skin's barrier with hyaluronic acid, vitamin C suitable for normal, combination and oily skin types.

Professional cosmetic facial treatment for deep and long-lasting skin hydration and skin barrier's protection. Additionally, it protects the skin from oxidative stress, improves the appearance of the skin with imperfections, enhancing its consistency and firmness. 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 peeling and cellular stimulating system.

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### **Main action**

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

### **Secondary action**

Toning, antioxidant.

### **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, combination, oily skin.

### **Key ingredients**

Hyaluronic Acid, Ceramides, AA2G, L-Ascorbic Acid, Acerola Fruit (Vitamin C).

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

**Session duration:** 45-50 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. Sensitive Cleansing Gel

Cleanse the face and neck thoroughly with Sensitive Cleansing Gel and remove using a wet cotton pad.

#### 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 Antioxidant System

This step aims to restore epidermal water balance, protect the skin barrier and enhance skin against oxidative stress with Hyaluronic Acid Serum and Hydra C Latex Mask, by following **2 stages**:

#### 3a. Hyaluronic Acid Serum (1ml)

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

#### 3b. 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 4: Hydra Protecting System

This step aims to protect and maintain the water balance and enhance the skin barrier using Ceramides Serum, and cream with 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. Hydra Repairing Cream (2ml)

Apply 2ml Hydra Repairing Cream on face and neck with gentle massage until it is absorbed. (*Duration: 1 minute*)

*(Total duration: 3 minutes)*

### Step 5: Sun Protection

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

### Step 6: Home Daily Regimen

Daily use: morning/night:

- Vitamin C Serum or Forte C 12% for congested skin
- Hyaluronic Acid Serum
- Hydra Repairing 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 Hydra C Therapy

	Step	Product	Quantity/ application	Duration
<b>1</b>	<b>Cleansing System</b>	Sensitive Cleansing Gel	1ml	3 minutes
		Cleansing Tonic Lotion	1ml	
<b>2</b>	<b>Triple Action Peeling System</b>	AHA Smoothing Cream	3ml	9-11 minutes
		Exfoliating Enzyme Mask	1.5g	7 minutes
		Exfoliating Enzyme Lotion	3ml	
		Protection Peeling	0.7-1ml	
<b>3</b>	<b>Hydra Antioxidant System</b>	Hyaluronic Acid Serum	1ml	2 minutes
		Hydra C Latex Mask	40g	20 minutes
<b>4</b>	<b>Hydra Protecting System</b>	Ceramide Serum	1ml	2 minutes
		Hydra Repairing Cream	2ml	1 minute
<b>5</b>	<b>Sun Protection</b>	Sunfilm Face Gel SPF 30	2ml	1 minute

### Home Daily Regimen: Morning - Night



**Vitamin C Serum**  
or **Forte C 12%** for congested skin



**Hyaluronic Acid Serum**



**Hydra Repairing Cream**