

Glow

# Brightening Therapy

Treatment that reduces and restores skin discolorations with Peony and Vitamin C for all skin types.

Professional cosmetic facial treatment that repairs hyperpigmentation, blotches and dark spots while offering a uniform skin color tone and radiance. This treatment is based on the action of cosmetic products containing high concentrations of brightening and antioxidant ingredients in synergy with a specialized peeling and cellular stimulating system.

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#### **Main action**

Brightening, uniform color tone, cellular stimulation.

#### **Secondary action**

Hydration, rejuvenation.

#### **Skin concerns**

Pigmentation problems, spots, blemishes.

#### **Contraindications**

Contraindicated in skin herpes zoster.

#### **Skin types**

All skin types.

#### **Key ingredients**

Peonia Flower Extract, L-Ascorbic Acid, Phytic Acid, Asyntra, Rumex Extract, Gallic Acid, Licorice, A-Arbutin, White Argile, Folic Acid.

**Suggested applications:** At least 10 applications, based on the skin condition. This protocol can be combined with other brightening protocols.

**Session duration:** 50-55 minutes

**Repeatability:** 2 times a week

**Maintenance:** Once per month

## Glow Brightening Therapy

### 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 brightening peeling system 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. Glow Peeling (0.7-1ml)

Apply 0.7-1ml Glow Peeling (Mandelic Acid 5%, Phytic Acid 1%, Ascorbic Acid 2% (3-O-Ethyl Ascorbic Acid), Gallic Acid 0.025%, Lactic Acid 14.6% / pH ~ 3,50). 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)*

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### Step 3: Bright Repairing System

In this step we aim at reducing the tyrosinase action on melanin forming and at repairing of dyschromias and dark spots, following **2 stages**:

#### 3a. Glow C 12% (1ml) & Folic Acid (B9) Serum (1ml)

On dry, oil-free skin apply 1ml Glow C 12% on the face and neck and allow it to be absorbed (do not ionize). Then, apply 1ml of Folic Acid (B9) Serum on face and neck and massage gently until it is absorbed or ionize using the negative pole.

*(Duration: 4 minutes)*

#### 3b. White Argile Mask (5ml) & Eye Shine Mask (1ml)

Combine the 2 masks on the eye contour area, face and neck. With a soft brush apply 1ml Eye Shine Mask on the area around the eyes and 5ml White Argile Mask on the rest of the face and neck. Leave the masks on for 10 - 15 minutes and then rinse both masks with water. *(Duration: 25 minutes)*

*(Total duration: 29 minutes)*

### Step 4: Bright Protecting System

This step aims to balance melanin production and achieve color tone uniformity, in **2 stages**:

#### 4a. Brightening Serum (1ml)

On dry, oil-free skin apply 1ml Brightening Serum on the face and neck or ionize using the negative pole. *(Duration: 2 minutes)*

#### 4b. Brightening Cream (2ml)

Apply 2ml of Brightening Cream 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:

- Glow C 12%
- Brightening Cream

Night:

- AHA Smoothing Cream
- Brightening Serum

We strongly recommend the use of the home regimen products for at least two months.

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	Step	Product	Quantity/ application	Duration
1	<b>Cleansing System</b>	Sensitive Cleansing Gel	1ml	3 minutes
		Cleansing Tonic Lotion	1ml	
2	<b>Triple Action Peeling System</b>	AHA Smoothing Cream	3ml	9-11 minutes
		Exfoliating Enzyme Mask	1.5g	7 minutes
		Exfoliating Enzyme Lotion	3ml	
		Glow Peeling	0.7-1ml	
3	<b>Bright Repairing System</b>	Glow C 12%	1ml	4 minutes
		Folic Acid (B9) Serum	1ml	25 minutes
		Eye Shine Mask	1ml	
		White Argile Mask	5ml	
4	<b>Bright Protecting System</b>	Brightening Serum	1ml	2 minutes
		Brightening Cream	2ml	1 minute
5	<b>Sun Protection</b>	Sunfilm Face Gel SPF 30 or Sunfilm Face Bliss SPF 50+	2ml	1 minute

Home Daily Regimen: Morning - Night



**Glow C 12%**



**Brightening Cream**



**AHA Smoothing Cream**



**Brightening Serum**