

YOGURT THERAPY • SPA TREATMENT



Anubis combines facial and body care in the Spa, immersing our customers in a world of sensations, while their skin benefits from the properties of the active elements. Yogurt therapy provides numerous properties for skin, in particular moisturising and nourishing properties.

Yogurt already appeared in the ancient Greek beauty treatments as an ingredient with highly-valued cosmetic qualities. In the current Spa anti-aging treatments, it is a basic element due to its active principles such as lactose, lactic acid, proteins, lipids, minerals and vitamins.

OBJECTIVES

- In-depth moisturisation and moisture preservation
- Renovating action
- Soothing and softening action
- Epidermis natural pH balance
- Nourishment
- Reaffirming

DURATION AND PERIODICITY

- Time per session: 60 mins. approx. (Make-up Removal and Facial Peeling: 5 mins. – Body Peeling: 20 mins – Wrapping and facial massage: 15 mins. – Facial mask and supine body massage: 10 mins. - Prone body massage: 10 mins. Relaxation: 5 mins.)
- Intensive treatment: Minimum of 6 sessions, one per week
- Maintenance: One monthly session

REQUIRED PRODUCTS

	ORANGE EO	Moisturisation, soothing, revitalisation
	SANDAL EO	Regeneration, relaxation
VITAL LINE MAKE-UP REMOVER FOR EYES & LIPS		Deep cleansing action
VITAL LINE TONING MAKE-UP REMOVER		Cleansing and toning action
SUGAR PEELING		Exfoliation, elastication
THERMAL AQUA		Soothing and remineralising properties
YOGURT BODY MILK		Moisture preservation, moisturisation, nourishment
THERAPY NATUR OIL		Nourishment
YOGURT CREAM		Nourishing, moisturising and soothing action
OLIMAX HIDRO		Moisturisation
YOGURT MASK		Nourishment, anti-aging, smoothing action

STEP BY STEP

1 WELCOME

Before starting the treatment, it is recommended to give an atmosphere to the cabin with relaxing music and 8 drops of ORANGE EO in the essence burner. Prepare the massage table with the selected material for the wrapping. Place a towel on the table for increased comfort. Start the treatment with the customer in supine position.

2 FACIAL CLEANSING AND TONING

Remove make-up on eyes if necessary with VITAL LINE MAKE-UP REMOVER GEL FOR EYES AND LIPS. Cleanse skin on the face with VITAL LINE TONING MAKE-UP REMOVER. Apply using a brush and work on it. Remove with sponges or towels wet in water.

3 FACIAL EXFOLIATION

Perform facial peeling with SUGAR PEELING. Apply the product and work on it with digital movements. Remove using sponges or towels wet in water. Apply THERMAL AQUA on the face, using a sprayer or soaking some cotton disks with the product.

4 BODY EXFOLIATION

Put 3 spatulas of SUGAR PEELING in a bowl. Work on the body applying the product directly with your hand. In supine position, start with the feet, moving up to the arms, working on each area until the product is fully absorbed. Remove excess sugar. If desired, the peeling can be removed with wet gloves or taking a shower, if available.

Turn the customer over and perform the same process in prone position.

Total process lasts for around 20 minutes.

Remove the towel leaving the customer on the plastic or Raysa paper, which will be used later on for the wrapping.

5 BODY WRAPPING

We prepare a mixture with YOGURT BODY MILK and THERAPY NATUR OIL ensuring that the mixture is not too liquid. Then, we spread it over the entire body,

in prone position, using long strokes. Put the remaining cream to one side to be used later on in the same process in supine position. Keeping the same position, we wrap the customer up with Raysa paper or plastic film for 15-20 mins.

6 FACIAL MASSAGE AND MASK

While the customer is wrapped up, we work on the face performing a massage with YOGURT CREAM mixed with 5 drops of SANDAL EO and ORANGE EO (15 mins.) This massage has a nourishing, moisturising and soothing action. Apply YOGURT MASK on the face. It is a creamy mask that can be easily removed. We apply it using a brush, avoiding the lips and any wounds, as it contains lactic acid and could cause a slight itching sensation. Leave the mask to rest for about 10 minutes.

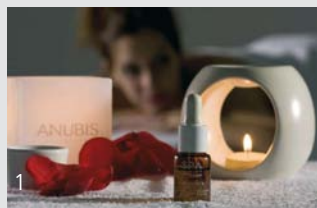
7 BODY WRAPPING

While the facial mask is left to rest, open the wrapping and perform the massage in supine position using the remaining cream. Start with the feet and move up to the other areas. If necessary, apply more YOGURT BODY MILK with THERAPY NATUR OIL. The massage should be performed with long relaxing and draining strokes, putting special attention on the main areas affected by muscle soreness.

8 TREATMENT CONCLUSION

Once the massage in supine position has been completed, remove the facial mask using towels wet in water and apply YOGURT CREAM until fully absorbed. Turn the customer over and remove the Raysa paper or plastic film. Perform the massage in prone position with the same mixture of YOGURT BODY MILK and THERAPY NATUR OIL (10 mins). Use long relaxing and draining strokes, putting special attention on the main areas affected by muscle soreness. Start on the legs and finish on the back.

Once the massage is complete, we will leave the customer to rest for 5 minutes. After this time, a tea or fruit juice will be offered as a farewell.



MAINTENANCE: SPA AT HOME

Once the treatment is finished, we say goodbye to the customer while explaining the importance of the Spa products to be used at home. We can recommend the rice peeling, the facial Yogurt Cream, the Yogurt body milk or the most adequate Anubis product for the customer.



YOGURT MASK



YOGURT CREAM



RICE PEELING



YOGURT BODY MILK