

## FACIAL: 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: 50-60 mins. approx. (make-up removal and peeling: 10 mins. - Oils: 10 mins. - Massage: 15 mins. - Mask: 15 mins. Conclusion: 5 mins.)
- Intensive treatment: Minimum of 6 sessions, two per week
- Maintenance: 1 or 2 monthly sessions

### REQUIRED PRODUCTS

LEMON OR ORANGE EO	Revitalisation, optimism
ANTI-STRESS OIL	Relaxation
SANDAL EO	Regeneration and revitalisation
VITAL LINE MAKE-UP REMOVER FOR EYES & LIPS	Cleansing
VITAL LINE TONING MAKE-UP REMOVER	Cleansing and toning action
SUGAR PEELING	Exfoliation, elastication
THERMAL AQUA	Soothing and remineralising properties
HYPERICUM OIL	Regeneration, nourishment
YOGURT CREAM	Smoothing, nourishing, rehydrating and soothing properties
YOGURT BODY MILK	Smoothing, nourishing, rehydrating and soothing properties
YOGURT MASK	Nourishment, anti-aging, smoothing action

## STEP BY STEP

### 1 WELCOME

Set up the cabin with relaxing music, candles and ORANGE or LEMON ESSENTIAL OIL in the essence burner. Start the treatment applying ANTI STRESS OIL on the solar plexus and instruct the customer to breathe in and out a few times to relax it. We will leave our hands impregnated with the same oil on the customer's face for a few seconds to allow him/her to perceive the aroma.

### 2 SKIN CLEANSING AND MAKE-UP REMOVAL

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

### 3 EXFOLIATION

Perform the exfoliation with the SUGAR PEELING using digital movements and applying a small amount of product for a few minutes. Remove with sponges or towels wet in water.

### 4 TONING

Tone skin with THERMAL WATER, using a sprayer or cotton disks wet with the lotion.

### 5 IN-DEPTH MOISTURISATION AND NOURISHMENT

Mix HYPERICUM OIL with 4 drops of ORANGE EO and 1 drop of SANDAL EO in a bowl. Apply the mixture and work on it using digital and kneading movements for 10 minutes, putting special attention on the more problematic areas. Skin will be regenerated, moisturised and soothed.

### 6 MASSAGE

Perform a classic facial massage using the YOGURT CREAM. This cream completes the specific moisturisation and nourishment for this skin type. Skin is also rehydrated, smoothed and reaffirmed.

### 7 MASK APPLICATION

Apply the YOGURT MASK, a creamy mask that can easily be applied and removed. Leave it to rest for 15 to 20 minutes and remove it using sponges. While the mask is left to rest, use the SUGAR PEELING on the hands and arms until the product is fully absorbed. Remove any product residue using a dry towel, sponges or towels wet in water. Perform a massage on the hands and arms with YOGURT BODY MILK mixed with 2 drops of ORANGE EO and 3 drops of SANDAL EO.

Optionally, YOGURT MASK can be applied on the hands and arms after the massage. During the time of exposure of this mask, a head massage can also be performed.

### 8 TREATMENT CONCLUSION

Remove the mask using sponges. Tone skin with THERMAL AQUA, using a sprayer or cotton disks wet with the lotion, ensuring full removal of any product residue.

Finish the treatment with YOGURT CREAM. Spread the product on the face, neck and chest until fully absorbed.

Apply ANTI STRESS OIL on the lobes, temples, solar plexus and the inner part of the wrist to provide the customer with a feeling of relaxation and well-being.



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## MAINTENANCE: SPA AT HOME

Once the treatment is finished, we say goodbye to the customer while explaining the importance of Anubis products to be used at home. We can recommend Multiaction Mousse, Yogurt Cream, Rice Peeling and Yogurt Mask,, or the most adequate Anubis product for each customer.



MULTI ACTION MOUSSE



YOGURT CREAM



YOGURT MASK



YOGURT RICE PEELING