

FACIAL: REGENERATING-REVITALISING • 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.

This is basic facial care in any Spa to nourish, revitalise and regenerate mature skin or skin with an alipic tendency. At the same time, it helps release stress and promotes relaxation. Even though it is not a facial treatment designed for that purpose, it can be offered as a basic or complementary treatment to another type of Spa program, as well as a preparation for skin for other more specific treatments.

OBJECTIVES

- Reduce expression signs
- Nourishment
- Regeneration and revitalisation

DURATION AND PERIODICITY

- Time per session: 1 hour approx. (make-up removal and peeling: 10 mins.- Oils: 10 mins. – Massage: 15 mins. – Mask: 15 mins. Conclusion: 10 mins.)
- Intensive treatment: Minimum of 6 sessions, two per week
- Maintenance: 1 or 2 monthly sessions

REQUIRED PRODUCTS

	SENSUAL OIL	It intensifies sensitivity
VITAL LINE MAKE-UP REMOVER FOR EYES & LIPS		Cleansing
VITAL LINE TONING MAKE-UP REMOVER		Cleansing and toning action
RICE PEELING		Exfoliation, decongestion, regeneration
THERMAL AQUA		Soothing and remineralising properties
MUSK ROSE OIL		Regeneration, anti-wrinkle
JASMINE EO		Rehydration, regeneration, antistress
SWEET NECTAR		Nourishment
LEMON EO		Stimulation, revitalisation
GERANIUM EO		Regeneration and smoothing
EXOTIC MASK		Energising and revitalising properties
NUT TREE PEELING SALT		Exfoliation, oxygenation, remineralisation, nourishment

STEP BY STEP

1 WELCOME

Set up the cabin with relaxing music, candles and a few drops of LEMON and GERANIUM EO (4 drops of each one) in the essence burner.

Start the treatment applying SENSUAL 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 RICE PEELING using digital movements and applying a small amount of product for a few minutes. If desired, it can be left to dry and, due to its special texture, it can be worked on as a gommage, in order to obtain a second exfoliation. 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 MUSK ROSE OIL with 5 drops of JASMINE ESSENTIAL OIL in a bowl. Apply the mixture and work on it using digital and kneading movements for 10 minutes. Maximum nourishment and regeneration is achieved, and skin is revitalised.

6 MASSAGE

Perform a classic facial massage using a mixture comprising SWEET NECTAR cream and 5 drops of LEMON EO. This mixture completes the specific moisturisation and nourishment for this skin type. Skin is also toned and refreshed.

7 MASK APPLICATION

Apply EXOTIC MASK, a peel-off plastic mask: Empty the mask's container and fill it to the indicated mark with THERMAL AQUA. Mix this amount of lotion with the powder and beat it up vigorously using a spatula until a homogeneous and fluid mixture is obtained. Apply the mixture using a spatula. It must be applied with a slightly thick layer to facilitate its subsequent removal. Leave to rest for 15 to 20 minutes and carefully remove in an upwards direction.

While the mask is left to rest, we will perform a peeling with NUT TREE PEELING SALT on the hands and arms. Place 2 spatulas of product in a bowl and stir to mix the salts well with the oil. Apply the peeling directly with your hand and start working on it. Work alternating both hands, with frictions and digital movements, encouraging the activation of microcirculation and increasing cellular oxygenation. The product needs to be worked on until fully absorbed. Excess salts should be removed using frictions or with a dry towel. The active principles will be absorbed and they will penetrate the skin.

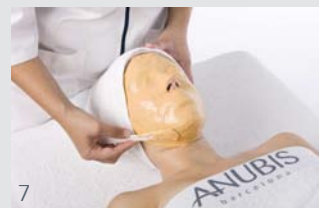
Perform a relaxing massage on the hands and arms with SWEET NECTAR mixed with 5 drops of LEMON EO.

8 TREATMENT CONCLUSION

Gently remove the plastic mask in an upwards direction. 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 SWEET NECTAR. Spread the product on the face, neck and chest until fully absorbed.

Apply SENSUAL OIL on the lobes, temples, solar plexus and the inner part of the wrist to provide the customer with a feeling of well-being, calm and sensorial stimulation.



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 Aqua Mousse, Rice Peeling and Q10 Retinol Cream, or the most adequate Anubis product for each customer.



AQUA MOUSSE



Q10: ANTRADICALES, ANTIOXIDANTE



RICE PEELING