

## FACIAL: MOISTURISING-PURIFYING • 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 moisturise, refresh and purify skin from toxins and impurities. 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

- Moisturisation and moisture preservation
- Smoothing action
- Soothing effect
- Purification

### 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

LEMONGRASS OIL	It provides stimulation, purifies and clears the mind. Inspires wisdom and improves concentration.
MIND OIL	It increases relaxation, clears the mind and improves concentration
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	Nourishment, regeneration
BERGAMOT EO	It protects skin and has regenerating and soothing properties
GERANIUM EO	Skin protection and regeneration
LAVENDER EO	Relaxation
YOGURT CREAM	Nourishing, moisturising, smoothing and soothing action
CITRIC & GREEN MASK	It provides luminosity and moisturisation. Antioxidant properties
LEMON PEELING SALT	Exfoliation, oxygenation, remineralisation. Antioxidant properties
YOGURT BODY MILK	Nourishing, moisturising, smoothing and soothing action

## STEP BY STEP

### 1 WELCOME

Set up the cabin with relaxing music, candles and LEMON ESSENTIAL OIL in the essence burner.

We will initiate the treatment applying MIND OIL on the temples and on the cervical area. 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 1 drop of LAVENDER ESSENTIAL OIL, 2 drops of GERANIUM EO and 2 drops of BERGAMOT EO in a bowl. Apply the mixture and work on it using digital and kneading movements for 10 minutes. Total moisturisation and regeneration will be achieved, together with a soothing and purifying action.

### 6 MASSAGE

Perform a classic facial massage using a mixture comprising YOGURT CREAM and 5 drops of BERGAMOT EO. This mixture completes the specific moisturisation and nourishment for this skin type. The massage should be performed employing flat strokes and draining manoeuvres.

### 7 MASK APPLICATION

Apply CITRIC & GREEN 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 LEMON 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 YOGURT BODY MILK mixed with 5 drops of BERGAMOT 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 YOGURT CREAM. Spread the product on the face, neck and chest until fully absorbed. Apply MIND OIL on the lobes, temples, solar plexus and the inner part of the wrist to provide the customer with a feeling of mental clarity, stimulation and well-being.



## 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: New Even Make-up Remover and Tonic Lotion, Rice Peeling, Yogurt Cream or the most appropriate Anubis product for each customer.



YOGURT CREAM



NEW EVEN  
TONIFYING LOTION



NEW EVEN  
CLEANSING GEL



RICE PEELING