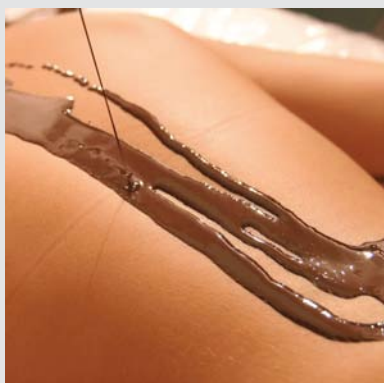


CHOCOTHERAPY • SPA TREATMENT



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. Chocotherapy provides nourishment and regeneration, while releasing and stimulating endorphin production. It also offers an intense sensation of optimism, well-being and relaxation.

Chocolate, already used by Aztecs for their beauty rituals, has antioxidant properties due to its contents in polyphenols, flavonoids, theobromine, caffeine and tannins. As a result, it regenerates and remineralises skin, providing a lyplotic action. The Chocotherapy treatment offers in-depth moisturisation, nourishment and regeneration that right from the first session makes skin smooth and soft again.

OBJECTIVES

- In-depth nourishment for skin, moisturisation and regeneration
- Relaxation of the nervous system, anti-stress effect
- Stimulation of vitality and optimism
- Antioxidant and emollient action
- Reduction and reaffirmation

DURATION AND PERIODICITY

- Time per session: 90 mins. approx. This time can be reduced shortening the duration of the mask and the final massage.
- Complete programme: Minimum of 6 sessions, one per week
- Maintenance: 1 or 2 monthly sessions

REQUIRED PRODUCTS

THERMAL AQUA or EAU VERT	Moisturisation, soothing and decongesting action
VITAL LINE MAKE-UP REMOVER or AQUA MOUSSE	Deep cleansing action
SALTS PEELING (lemon or hazelnut)	Exfoliation, oxygenation, remineralisation
RICE PEELING	Cleansing, decongestion, oxygenation
CHOCOTHERAPY MASK	Nourishment, reduction, regeneration
CHOCOTHERAPY CREAM	Nourishment, reduction, regeneration
THERAPY NATUR OIL	Nourishment and moisturisation
ORANGE EO	Revitalising action
SANDAL EO	Stimulation
BERGAMOT EO	It smoothes and regenerates skin
LAVENDER EO (optional)	Relaxation
NEROLI EO	Stimulation and regeneration
SWEET NECTAR or YOGURT CREAM	Nourishment
RED FRUIT MASK (optional in facial treatment)	It provides luminosity and moisturisation. Antioxidant properties

STEP BY STEP

1 WELCOME

Before starting the treatment, it is recommended to give an atmosphere to the cabin with the aroma diffuser and a few drops of ORANGE and SANDAL EO (4 drops of each one). Use indirect light or candlelight, and play soft ambient music. To receive the customer, a welcome tea can be offered.

2 TONING AND SKIN PREPARATION

With the customer in supine position, spray the entire body with Thermal Aqua and perform a gentle unblocking of legs and arms to activate energy points and increase endorphin level. Remove with sponges or towels wet in water.

Apply a warm wet cloth with 3 drops of BERGAMOT EO on the face for 5 mins. Total time: 10 mins.

3 EXFOLIATION

According to the customer needs, the most appropriate Salts and Oils Peeling can be applied: Lemon, hazelnut or aromatic. Place 3 spatulas of product in a bowl and stir to mix the salts well with the oil. Apply over the entire body, directly with your hand, starting to work on the feet. Work alternating both hands, with frictions and digital movements, encouraging the activation of microcirculation and to increase cellular oxygenation.

It is necessary to work on the product until maximum absorption is achieved. Salt excess needs to be removed using a dry towel without eliminating the oil to allow the penetration of the active principles and their absorption in the skin.

Perform the same operation (toning+exfoliation) in prone position.

Exfoliation total time: 20 mins.

4 MASK APPLICATION

Mix 250g of Chocotherapy Mask in a bowl with 5ml of Therapy Natur Oil until a homogeneous paste is obtained. Heat up this paste in the microwave for 2 minutes at low temperature. Spread the mixture with your hands over the entire body. Start on the back and move on towards the legs and arms using relaxing massage strokes. The singularity of this mask is its elasticity and texture that allows its application as a massage. Heating it up before its application further elastifies its texture. Always check before application that it is warm but not burning hot.

If aromatherapy is often used in treatments, instead of mixing the mask with Therapy Natur Oil, it should be mixed with 2 drops of Lavender EO, 4 drops of Orange and 2 drops of Neroli, once the mask has been heated up.

After the 20 minutes of massage, leave to rest a further 15 minutes, covering the customer with Raisa paper or a sweating cloth. The mask provides a deep feeling of warmth and relaxation, while the active principles penetrate the skin and work on it.

Total application and mask exposition time: 30 mins.

While the mask penetrates the skin, the facial treatment can be performed.

a.- Cleanse the skin applying a thin layer of Aqua Mousse or Vital Line make-up remover gel on the face and neck using a brush. Spread employing circular movements and remove with sponges or towels wet in water. If necessary, remove make-up on eyes and lips with Vital Line make-up remover for eyes and lips.

b.- Tone with Thermal Aqua or Eau Vert, using a sprayer or soaking some cotton disks with the product.

c.- Perform a gentle exfoliation with Rice Peeling. Apply and work on it with digital movements. Optionally, we can leave to dry for a few minutes and, due to its special texture, it can be worked on with frictions such as gommage, in order to obtain a second exfoliation. Remove with sponges or towels wet in water.

d.- Apply the mask. Two options are available: We can go on with the integral chocolate treatment using the Chocotherapy Mask, or we can apply the Red Fruit Mask plastic mask, made with wild berries.

OPTION 1.- CHOCOLATE MASK

If we wish to use this mask for an integral chocolate treatment, we will mix it with 2 drops of Neroli EO after having heated it up very slightly. The essential oil should not be heated up, otherwise it would lose its properties. Apply it and work on it gently. Leave to rest for around 10 minutes and remove it with lukewarm water.

OPTION 2.- RED FRUIT MASK

If you wish to use this plastic mask, empty the mask container and fill it to the indicated mark with Eau Vert or 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 it with the 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.

e.-To finish the facial treatment after the mask, tone skin with Thermal Aqua.



5 TREATMENT CONCLUSION

Once the facial treatment has been completed, open up the wrapping and remove the body mask using towels wet in water. Start with the customer in supine position. If a shower is available, it is now time to clean up the cabin, change the sheets and set the cabin up to finish the treatment.

Perform a deep and tension-relieving massage with Chocotherapy Cream. 2 drops of orange EO can be added to the cream, at the cosmetologist's discretion. For the face, neck and chest, Yogurt Cream or Sweet Nectar can be used. Finish the treatment in prone position.

It is important to perform a head and hair massage to ensure complete relaxation.

Massage total time: 30 minutes.



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 facial Yogurt Cream, the Yogurt body milk or the most adequate Anubis product for the customer.



RICE PEELING



YOGURT MASK



YOGURT CREAM



YOGURT BODY MILK