

## COFFEETHERAPY • 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. Coffeetherapy provides many effects on skin, such as detoxification, regeneration of blocked and devitalised skin and energy. A unique experience that perfectly combines modelling efficiency and sensorial pleasure. The fusion of its modelling and reaffirming components defines contours and models body shape. Its intense aroma encourages maximum well-being and its tone, similar to recently toasted coffee, relaxes and reduces stress. Coffee, an entire culture and lifestyle around the Mediterranean, is used in therapies and in aesthetic treatments due to the properties of its seeds. It has a stimulating, revitalising, moisturising and anti-cellulite effect. It is used in volume reduction programs due to its lipolytic action. It also detoxifies tissues, promotes drainage and helps to improve blood circulation while releasing tensions, amongst other therapeutic applications. It is used in wraps with a reaffirming effect for firmer, smoother and younger-looking skin. It also provides an extremely pleasant feeling that activates senses. Composition of coffee: Caffeine, mineral salts, lipids, sugars, amino acids, vitamin B.

### OBJECTIVES

- Reduction of volume
- Detoxification of adipose tissue
- Circulation activation
- Provision of energy and vitality, tension release.

### 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 and soothing action
VITAL LINE MAKE-UP REMOVER or AQUA MOUSSE	It provides deep-cleansing action
SALTS PEELING (aromatic)	Exfoliation, oxygenation, remineralisation
RICE PEELING	Cleansing, decongestion, oxygenation
COFFEETHERAPY MASK	Detoxifying and diuretic properties
COFFEETHERAPY CREAM	Diuretic and reducing properties
THERAPY NATUR OIL	Nourishment
SWEET NECTAR or YOGURT CREAM or MUSK ROSE	Nourishment
GERANIUM EO	Activation of lymphatic system and soothing effect
NEROLI EO	Anti-wrinkle, luminosity and moisturisation
LAVENDER EO	Relaxation
YLANG YLANG EO	Regeneration and smoothing
LEMON EO or ORANGE EO	Cleansing, fat reduction, stimulation
EXOTIC MASK (optional in facial treatment)	It has energising and revitalising 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 5 drops of LAVENDER EO and 3 drops of YLANG YLANG EO. 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. Apply a warm wet cloth with 3 drops of LAVENDER EO on the face for 5 mins. Step total time: 10 mins.

### 3 EXFOLIATION

According to the needs of the customer, apply the most appropriate salts peeling. Aromatic Peeling salt is recommended. Place 3 spatulas of product in a bowl and stir to mix the salts well with the oil.

Apply the peeling over the entire body, directly with your hand, starting with the feet. Work alternating both hands, with frictions and digital movements, encouraging the activation of microcirculation and increasing 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 Coffeetherapy 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 4 drops of Lavender EO, 4 drops of Lemon and 4 drops of Geranium, 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, 15 mins., 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 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 coffee treatment using the Coffeetherapy Mask or we can apply the plastic mask Exotic Mask.

#### OPTION 1.- COFFEE MASK

If this option is used for an integral coffee treatment, heat the mask up slightly, apply it and work on it gently. Leave to rest for about 10 mins. and remove with lukewarm water.

#### OPTION 2.- EXOTIC 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 15-20 mins and carefully remove in an upwards direction.

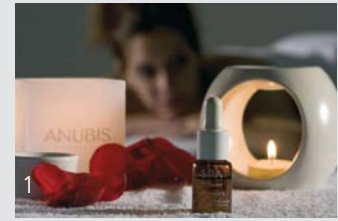
e.- Tone skin with Thermal Aqua



### 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 Coffeetherapy Cream. A drop of Orange EO can be added to the cream. In the face, neck and chest area Yogurt Cream or Sweet Nectar can be used. Alternatively, Musk rose oil with 3 drops of Neroli EO can also be used. Finish the treatment in prone position.

It is important to perform a head and hair massage to ensure complete relaxation. Massage time: 30 mins.



## 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



YOGURT BODY MILK