

# RELAX BODY PROGRAM (DELIGHT BODY SKIN PROGRAM)

## Indications

The chocolate program literally 'washes away' signs of fatigue, leaving a magical aroma on the skin, reducing stress, and affording pleasure. It improves body tone and elasticity, smooths and nourishes the skin, makes it well-tended, and triggers regeneration.

**Treatment duration:** Option 1 - 85 minutes; Option 2 - 70 minutes

**Recommended treatment schedule:** 8-10 treatments, 1 session every 5 days

**Supportive treatments:** twice or thrice a month

Option	Preparation	Application method
<b>1. BATHING (15 minutes). Skin cleansing.</b>		
Option 1	<b>CB-011</b> SOOTHING MILK & HONEY BATH MIXTURE	Fill the bath with warm water (35-37°C), then add 60 mL of concentrate pre-dissolved in a separate container (per a total volume of 150-200 L). Take a bath for 10-15 minutes. After bathing, pat the skin with a towel, leaving it slightly damp.
<b>2. EXFOLIATION (20 minutes). Skin preparation.</b>		
Option 1	<b>BP-015</b> REGENERATING & STIMULATING COFFEE BODY SCRUB	Exfoliation is the first step in body care and should be effective. Apply the product on damp skin in circular motions using gloves or a special mitt (Kessa) and massage for 15-20 minutes until slight redness occurs, moving from the feet upward. Upon completing the exfoliation, thoroughly rinse off the residue with warm water using gloves or a sponge, or remove it with a damp towel. Shower can also be used.
<b>3. SKIN CARE (30 minutes). Wrapping.</b>		
Option 1	<b>BM-010</b> MOISTURIZING & NOURISHING CHOCOLATE BODY MASK	Heat the mask to 37°C and apply it evenly and thinly on clean body skin, avoiding the chest and head areas. Apply a pre-cooled mask on both legs. Upon applying the mask, wrap the body with a disposable polyethylene sheet and cover it with a thermal blanket. Leave it for 20-30 minutes. Rinse off the mask in the shower or remove it with a wet towel.
<b>4. COMPLETING THE TREATMENT (20 minutes).</b>		
Option 1	<b>BMCR-019</b> REJUVENATING CHOCOLATE BODY MASSAGE CREAM	Apply cream on clean and dry body skin and massage until the product is fully absorbed.

Option	Preparation	Application method
<b>1. TAKING A SHOWER. Skin cleansing.</b>		
Option 2	After the shower, pat the skin with a towel, leaving it slightly damp.	
<b>2. EXFOLIATION (20 minutes). Skin preparation.</b>		
Option 2	<b>BP-015</b> REGENERATING & STIMULATING COFFEE BODY SCRUB	Exfoliation is the first step in body care and should be effective. Apply the product on damp skin in circular motions using gloves or a special mitt (Kessa) and massage for 15-20 minutes until slight redness occurs, moving from the feet upward. Upon completing the exfoliation, thoroughly rinse off the residue with warm water using gloves or a sponge, or remove it with a damp towel. Shower can also be used.
<b>3. SKIN CARE (30 minutes). Wrapping.</b>		
Option 2	<b>BM-010</b> MOISTURIZING & NOURISHING CHOCOLATE BODY MASK	Heat the mask to 37°C and apply it evenly and thinly on clean body skin, avoiding the chest and head areas. Apply a pre-cooled mask on both legs. Upon applying the mask, wrap the body with a disposable polyethylene sheet and cover it with a thermal blanket. Leave it for 20-30 minutes. Rinse off the mask in the shower or remove it with a wet towel.
<b>4. COMPLETING THE TREATMENT (20 minutes).</b>		
Option 2	<b>BMCR-019</b> REJUVENATING CHOCOLATE BODY MASSAGE CREAM	Apply cream on clean and dry body skin and massage until the product is fully absorbed.