

# STRENGTHENING BODY SKIN PROGRAM

## Indications

The body skin strengthening program is a comprehensive approach to restoring skin elasticity and tone after physiological changes such as weight loss or childbirth. The procedure boosts collagen and elastin synthesis, helps reduce swelling, improves tissue oxygenation and nutrient absorption, speeding up the 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-014</b> ANTIOXIDANT BATH MIXTURE WITH WINE EXTRACT	Fill the bath with warm water (35-37°C), then add 50 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-026</b> REJUVENATING BODY BIOSCRUB ENTERA™	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-011</b> BOOSTER WINE 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-028</b> EXTRA-FIRMING MASSAGE BODY 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-026</b> REJUVENATING BODY BIOSCRUB ENTERA™	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>		
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<b>4. COMPLETING THE TREATMENT (20 minutes).</b>		
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