

ANTISTRESS BODY SKIN PROGRAM

Indications

The program is aimed at restoring body after mental and physical exertions. Spa care allows for completely relaxing, unwinding, relieving emotional and muscle tension, mitigating fatigue, and restoring the serenity of mind.

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
1. BATHING (15 minutes). Skin cleansing.		
Option 1	CB-011 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.
2. EXFOLIATION (20 minutes). Skin preparation.		
Option 1	BP-024 MOISTURIZING & NOURISHING MILK & HONEY 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.
3. SKIN CARE (30 minutes). Wrapping.		
Option 1	BM-015 ANTISTRESS BODY MASK VITASU™	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.
4. COMPLETING THE TREATMENT (20 minutes).		
Option 1	BO-019 RELAX MASSAGE OIL FOR BODY	Warm a small amount of the product in your hands or a water bath to a comfortable temperature. Apply the warmed oil on the body skin and massage intensively. Blot any excess with a tissue or paper towel. Upon completing the treatment, cover the client with a large dry towel and then a blanket to maintain body temperature. Give him/her time to rest and relax (3-5 minutes).

Option	Preparation	Application method
1. TAKING A SHOWER. Skin cleansing.		
Option 2	After the shower, pat the skin with a towel, leaving it slightly damp.	
2. EXFOLIATION (20 minutes). Skin preparation.		
Option 2	BP-024 MOISTURIZING & NOURISHING MILK & HONEY 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.
3. SKIN CARE (30 minutes). Wrapping.		
Option 2	BM-015 ANTISTRESS BODY MASK VITASU™	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.
4. COMPLETING THE TREATMENT (20 minutes).		
Option 2	BO-019 RELAX MASSAGE OIL FOR BODY	Warm a small amount of the product in your hands or a water bath to a comfortable temperature. Apply the warmed oil on the body skin and massage intensively. Blot any excess with a tissue or paper towel. Upon completing the treatment, cover the client with a large dry towel and then a blanket to maintain body temperature. Give him/her time to rest and relax (3-5 minutes).