

DR. GRANDEL

KOSMETIK



Professional Guide

DR. GRANDEL KOSMETIK

In love with perfection

The professional approach and scientific methods guarantee beauty products that stand for optimized nature made in Germany.

This provides the FEELING OF HAVING CHOSEN THE BEST FOR THE SKIN and its individual needs.

PROFESSIONAL COLLECTION



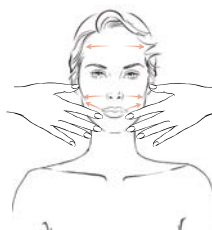
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DR. GRANDEL

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PRODUCT INFORMATION

Peeling | Massage | Masks



PROFESSIONAL COLLECTION

PEELING

Products	Alpha Effect AHA-Peeling Peel Index 40	Alpha Effect AHA-Peeling Peel Index 60	AHA Mask Peeling mask with fruit acids	Ferment Peeling Gentle enzyme peeling powder – Peel Index 30
Effect & benefits	- intensive AHA-Peeling for a smooth and even skin complexion - refines the skin complexion and reduces lines and irregularities - Ideal for problem skin with impurities 10 % fruit acids (AHA) pH 3.5 – 4.0	- highly effective AHA-Peeling for a refined and smooth skin complexion - refines scars and pigment spots - Ideal for demanding skin and skin with large pores 20 % fruit acids (AHA) pH 3.0 – 3.5	- very gentle and beneficial exfoliation effect for a smooth and even feeling of the skin 6 % Fruit Acids (AHA) pH 5.0 – 6.0	- gentle enzyme peeling for fine-pored and smooth skin - pleasant skin care experience - without fragrances and dyes
Highlight active ingredients	- Lactic Acid - Citric Acid - Glycolic Acid - Malic Acid (liposomally encapsulated)	- Lactic Acid - Citric Acid - Glycolic Acid - Tartaric Acid - Malic Acid (liposomally encapsulated)	- Malic Acid (liposomally encapsulated) - Glycolic Acid (liposomally encapsulated) - Lactic Acid (liposomally encapsulated) - Citric Acid (liposomally encapsulated)	Papaine (Papaya Enzyme)
Skin type	n, d, c, o	n, d, c, o	n, d, c, o	n, d, c, o
Skin condition	de, r	de, r	s, de, r	s, de
Texture	liquid	liquid	light cream-gel mask	powder
Application	After cleansing, protect the eyes with damp cotton pads. Pour Alpha Effect AHA Peeling into a small bowl (two to three pipettes). Apply to dry skin with the brush and let absorb for 10 minutes. Do not use steam. To intensify the results and long-term effectiveness, apply a thick, covering layer of the AHA Mask and let absorb for another 10 minutes (if appropriate, use Alpha Effect Technique). Remove residue with warm, wet compresses or wash mitts and tone the skin. Then continue treatment with a suitable DR. GRANDEL skin care product. If appropriate, recommend sun protection products.		After cleansing, protect the eyes with damp cotton pads. Apply a thick, covering layer of AHA Mask and let absorb for 10 minutes. Remove residue with warm, wet compresses or wash mitts and tone the skin.	Lather up approximately half a teaspoon of the product with a little water or tonic and a brush and apply. Let absorb for 10 to 20 minutes and keep moist with steam (no ozone) or warm, wet compresses. Then carefully rinse off.

PROFESSIONAL COLLECTION

SPECIAL MASKS

Products	Massage Medium Light A uniquely light and soothing massage product	Deep Cleansing Massage Gel Cleansing Massage Gel
Effect & benefits	▪ an ultra-light massage fluid with long-lasting massage properties ▪ soothes and alleviates redness and irritation, including on sensitive skin ▪ suitable for all skin types ▪ free from colorings, fragrances and preservatives	▪ cleanses and refines the skin ▪ reduces skin roughness and strengthens the skin barrier ▪ restores the skin's balance ▪ provides a radiant complexion
Highlight active ingredients	▪ Anti Stress Complex	▪ Squalane ▪ Algae Extract
Skin type	n, d, c, o	n, d, c, o
Skin condition	s, de, r	s, dm, r
Texture	light	light
Application	Ideally use in combination with an active ingredient concentrate. Use ½ – 1 teaspoon for massaging the face, neck and décolleté. The product can also be used for body treatments due to its concentrated formula. There is no need to wash the product off after the massage.	Preparation: Put both pads in a bowl and add 15 ml water. Transformation: Use a fan brush to mix both components into a gel. Application: Use the fan brush to apply the massage gel to face, neck and décolleté. Leave out hair roots and eyebrows. Massage: Massage for 5-10 minutes. If necessary, moisten your fingers during the massage so that the gel is massageable for longer. Removal: Remove surplus residue with a warm compress.

PROFESSIONAL COLLECTION

SPECIAL MASKS

Products	TIMELESS Alpha Mask Restructuring Mask	Aloe Vera Gel & Mask Soothing moisturizing mask in gel form	SOS Relaxing Mask Soothing, smoothing cream mask
Effect & benefits	- restructures the skin and refines the complexion - smooths and moisturizes - areas of dry, scaly and red skin become soft and smooth - leaves the skin feeling luxuriously well cared for and looking youthfully radiant	- instantly calming and soothing effect - noticeably relieves redness, swelling and heat right away and relaxes the skin - contains no fragrances, dyes or preservatives	- soothing cream pack for sensitive, stressed skin - reduces irritations and redness - instantly soothes
Highlight active ingredients	- Impulse Enzymes - Soybean Isoflavone - Lupin Oil	Aloe vera	Witch Hazel Extract
Skin type	n, d, c, o	n, d, c, o	n, d, c, o
Skin condition	s, de, r	s, de, r	s, de
Texture	light/medium	light	compact/rich
Application	Apply a thick, covering layer to the face, neck and décolleté. Carefully rinse off mask residue after 10 to 20 minutes. Does not need to be kept moist. Then apply a DR. GRANDEL skin care product. Can be used as a massage medium.		Apply a thick, covering layer to the face, neck and décolleté. Carefully rinse off mask residue after 10 to 20 minutes. Does not need to be kept moist. Then apply a DR. GRANDEL skin care product.

PROFESSIONAL COLLECTION

SPECIAL MASKS

Products	Basic Mask Powder Mask powder	Firming Mask Powder Firming mask powder
Effect & benefits	▪ cooling, occlusive mask ▪ visibly reduces lines and fine wrinkles ▪ smooth, even complexion	▪ tightening and purifying mask ▪ firms up contours, renews elasticity ▪ stimulates micro-circulation and revitalizes the skin
Highlight active ingredients	▪ Algae Extract ▪ Silica Powder	▪ Kaolin
Skin type	n, d, c, o	n, d, c, o
Skin condition	s, de, r	s, de, r
Texture	powder	powder
Application	Apply a suitable active ingredient concentrate (any DR. GRANDEL ampoules and concentrates may be used) to the face, neck and décolleté, apply a dab of cream over the top. Lay damp cotton pads on the eyes to protect them and apply a suitable eye care product around the eye area. Cover the hairline with tissues. Using the large measuring spoon, measure out: – 3 large measuring spoons of Basic Mask Powder – 5 large measuring spoons of Active Liquid Stir with the cosmetic spatula and apply to prepped skin immediately. Begin in the center of the collar bone and work upward to the forehead along the center line. Then distribute on the sides of the face and neck. Apply a very thick layer at the edges of the mask. The mask can be pulled off the skin in one piece after about 20 minutes. Remove residue with warm, damp compresses.	Apply a suitable, oil-free active ingredient concentrate to the skin on the face, neck and décolleté and let it absorb into the skin. Using the small measuring spoon, measure out: – 1 small measuring spoon of Firming Mask Powder – 2–3 small measuring spoons of an Active Liquid Stir with a fan brush and apply a very thin layer to the skin of the face, neck and décolleté – there should be no milky areas showing. Application technique: ▪ Use vertical strokes, starting at the bottom and working upward, over the décolleté and neck up to the chin, beginning at the outermost edges ▪ Use vertical strokes from the chin to the forehead, starting at the outer edges of the face over the temples and then over the nose ▪ Then use vertical strokes going over the forehead to the hairline Let absorb for 15 to 20 minutes. There should be no facial movement (talking, etc.) as this will cause the mask film to “break” and become less effective. Afterwards, moisten the dried mask with the same brush technique and the same Active Liquid. Then remove residue with a soft compress or wash mitts.

PROFESSIONAL COLLECTION

SPECIAL MASKS

Products	Active Liquid Hyaluron Active-ingredient solution with micro-hyaluron	Hyaluron Mask Smoothing fleece mask for intensive moisture
Effect & benefits	▪ immediate in-depth moisturization ▪ promotes the skin's hyaluron distribution ▪ visibly smoothes dryness wrinkles	▪ skin instantly feels and looks smoother ▪ skin is plumped up and intensively hydrated
Highlight active ingredients	▪ Micro Hyaluron	▪ Classic hyaluronic acid ▪ Acacia collagen
Skin type	n, d, c, o	n, d, c, o
Skin condition	s, de, r	s, de, r
Texture	liquid	Fleece mask/saturated
Application	See Basic Mask Powder and Firming Mask Powder .	Lay the pre-cut fleece mask on the cleansed skin of the face. Let absorb for 15–20 minutes and then remove. Due to its high concentration of active ingredients, this mask may tingle slightly.

COS MOTIV

CONCEPT BY DR. GRANDEL

The COSMotiv treatment concept provides:

- Description of the treatment and the treatment results – which can be used for the treatment menu
- Recommendations for the suitable ampoules and skincare series to use at home
- Detailed step-by-step guide including sales arguments for the products used
- Suggestions for alternatives in professional masks, tools and techniques to upgrade to a professional “DE LUXE” variant
- Recommended tools and techniques
- Provision of time requirement for the treatments and the “DE LUXE” variants



General information on the COSMotiv treatment concept

- Each COSMotiv treatment includes approx. 20 minutes for a professional skin analysis and care consultation as well as a professional and warm welcome and goodbye. This ensures that the treatment can take place in a relaxed atmosphere that is beneficial both for the customer and for the cosmetician. (E.g., the time requirement of 90 minutes means 70 minutes net treatment time.)
- Removing of impurities and classic eyebrow correction are included in the time at 5 minutes each.
Exception: The PURIFACE treatment time includes an extended time of 15 minutes for removing impurities.
- Tonic can be used individually, e.g. after cleansing, exfoliation or masks, and is automatically included as a cost item in the cost of the goods.
- The massage is included at 20 minutes.

Abbreviations for the series

CL	CLEANSING
HA	HYDRO ACTIVE
VI	VITAMIN INFUSION
BG	BEAUTYGEN
CO	PRO COLLAGEN
TL	TIMELESS
NU	NUTRI SENSATION
HL	HYDRO LIPID
P3D	PERFORMANCE 3D
EN	ELEMENTS OF NATURE
SB	SENSITIVE BALANCE
US	ULTRA SENSITIVE
PF	PURIFACE
SP	SPECIALS
PCO	AMPOULES in PERFECTION

Treatment	–	Result
HYDRO ACTIVE	–	Intensive moisture
VITAMIN INFUSION	–	Infuse your skin with vitamins
BEAUTYGEN	–	Rejuvenating and renewing
TIMELESS	–	Timelessly beautiful
NUTRI SENSATION	–	Regenerating, nourishing, firming
PERFORMANCE 3D	–	Multi-dimensional results
ELEMENTS OF NATURE	–	Naturally beautiful
SENSITIVE BALANCE	–	For sensitive, irritated skin
PURIFACE	–	For a pure, fresh complexion
AMPOULE PERFECTION	–	Ampoule power for maximum beauty effect
DEEP CLEANSING PUR	–	Deep cleansing for more radiance

HYDRO ACTIVE pleasantly replenishes the skin's moisture reserves and ensures plump-looking skin with various types of hyaluronic acid. Intelligent active ingredients supply the skin with minerals and trace elements, bestow new vitality and provide instant and lasting moisture. Immerse yourself! ♂ Also ideal for men.

1 RECOMMENDED AMPOULES

FOR SALON AND HOME USE



PROFESSIONAL COLLECTION **Hydro Active**

Active ingredient concentrate for intensive moisturization of the skin. Hydro Active invigorates and vitalizes. For fresh, plump-looking skin.



PROFESSIONAL COLLECTION **Hyaluron Moisture Flash**

Active ingredient concentrate with micro hyaluronic acid for an immediate, deep-down moisture boost. Refines the skin and ensures a glowing complexion.



PROFESSIONAL COLLECTION **Hyaluron**

Intensive conditioning concentrate with 'line-filler effect'. Even pronounced dryness lines are specifically plumped up from inside and significantly reduced.

2 RECOMMENDED SERIES

FOR HOME USE



HYDRO ACTIVE Intensive moisture

"Intelligent", active ingredients, nourishing oils and special encapsulation technologies ensure textures that moisturize and plump out the skin.



PRO COLLAGEN New elasticity and firmness

Pro Collagen specifically assists in collagen synthesis and proactively improves the skin's moisture profile and firmness.

PROFESSIONAL "DE LUXE" variant: for a particularly smoothing effect and to specifically plump out pronounced dryness lines, use the **Hyaluron Mask** (item no. 10818) from the PROFESSIONAL COLLECTION.

Step-by-step guide	Series	Products	Tools/technique	Sales arguments
Remove eye make-up	CL	Eye Make-up Remover Gel		Instantly removes even stubborn make-up without leaving any residue.
Cleansing	CL	Purigel		Refreshing cleansing gel.
Exfoliation	CL	Effect Peeling	“Supersoft” mask brush	Refining enzymatic peeling.
Ampoule	PCO	Individual See front page	Apply 1/2 ampoule	
Massage	PCO	Massage Medium – Light –	Then remove with damp esthetic wipe	Provides a uniquely fresh and light massage sensation. Also ideal for sensitive skin.
Ampoule	PCO	Individual See front page	Apply 1/2 ampoule	
Eye mask	HA	Eye Contour Gel +	Remove with “super-soft” wash mitts	Cools, moisturizes and decongests the skin.
Face mask	HA	Moisture Mask		Invigorates and banishes signs of tiredness.
Professional mask	PCO HA	Hyaluron Mask + Hyaluron Filler Caps		Smoothing sheet mask with concentrated hyaluronic acid, for skin that instantly looks and feels smoother.
Final care for eye area, face, neck and décolleté		HYDRO ACTIVE or PRO COLLAGEN		Intensive moisture New elasticity and firmness
Time requirement		Approx. 90 minutes		
Time requirement “DE LUXE”		Approx. 115 minutes “DE LUXE”		

Like a vitamin-loaded beauty infusion blended with fruity extracts from the pomegranate blossom and mango, this treatment protects against signs of premature aging and maintains the skin's natural tonicity. With its high-tech encapsulation of vitamins A, B and C, it also strengthens the skin's own protective function, creating a youthful radiance, for a smooth, refreshed complexion.

1 RECOMMENDED AMPOULES

FOR SALON AND HOME USE



PROFESSIONAL COLLECTION **AHA Effect**

Active ingredient concentrate with 5% fruit acids and Green Mandarin Fruit Water. AHA effect for skin that looks deep-down clean and refined.



PROFESSIONAL COLLECTION **Beauty Date**

Relaxes expression lines, refines the complexion, and creates a pretty, rosy glow in moments.



PROFESSIONAL COLLECTION **SOS**

Soothing active ingredient concentrate. Regenerates while reducing IRRITATION AND SLIGHT redness.

2 RECOMMENDED SERIES

FOR HOME USE



VITAMIN INFUSION

Infuse your skin with vitamins.

Vitamin Infusion revitalizes skin like a vitaminloaded beauty infusion and has a smoothing and refreshing effect.



PRO COLLAGEN

New elasticity and firmness

Pro Collagen specifically assists in collagen synthesis and proactively improves the skin's moisture profile and firmness.

“DE LUXE” SALON VARIANT: The **Deep Cleansing Massage Gel** (item no. 41436) cleanses and refines the skin to create a radiant complexion. Apply a suitable ampoule and the **Aloe Vera Gel & Mask** (item no. 40348) as a facial pack and provide an approx. 10-minute activating neck massage using **Massage Medium – light –**.

Step-by-step guide	Series	Products	Tools/technique	Sales arguments
Remove eye and lip make-up	CL	Eye Make-up Remover Gel		Instantly removes even stubborn make-up without leaving any residue
Cleansing	CL	2 in 1 Cleansing Foam	Brushes	Invigorating cleansing foam with an exfoliating effect
Exfoliation	CL	Ferment Peeling	Fan brush	Gentle enzyme peeling for a refined complexion Refreshing facial toner
	CL	Fresh Tonic		
Deep cleansing	PCO	Deep Cleansing Massage Gel	Terry cloth	Cleanses and refines
	CL	Micell Cleansing Water		Deep-down cleansing
Ampoule	PCO	Individual	Wash mitts »supersoft«	Refines and smoothes
Mask	PCO	Aloe Vera Gel & Mask		Moisturizing gel mask
Neck massage	PCO	Massage Medium – light		Light massage product for sensitive skin
Concentrate	VI	Serum		Refines and smoothes
Mask & massage	VI	Mask	Mabella Twin Duo	Soothes and smoothes
Final care for eye area, face, neck and décolleté		VITAMIN INFUSION or		Infuse your skin with vitamins.
		PRO COLLAGEN		New elasticity and firmness.
Time requirement		Approx. 65 minutes		
Time requirement „DE LUXE“		Approx. 95 minutes “DE LUXE”		

BEAUTYGEN rejuvenates and renews the skin's appearance visibly and lastingly with snow algae extract and other valuable active ingredient combinations. Velvety soft textures and pleasant fragrances turn the treatment into a unique moment of indulgence.

1 RECOMMENDED AMPOULES

FOR SALON AND HOME USE



BEAUTYGEN **RENEW AMPOULE**

Rejuvenating active ingredient concentrate with 'immediate effect'.



PROFESSIONAL COLLECTION **Instant Smoother**

Active ingredient concentrate for a soft-looking complexion. The skin is instantly visibly smoothed, mattified and refined.



PROFESSIONAL COLLECTION **Collagen Boost**

Firms and restructures with '360° effect'.

2 RECOMMENDED SERIES

FOR HOME USE



BEAUTYGEN Rejuvenating and renewing

Scientists have succeeded in unlocking the 'beauty gene' of the skin. The extract of snow algae activates the skin's 'beauty gene', protects the collagen fibers and enhances elasticity.



PRO COLLAGEN New elasticity and firmness

Pro Collagen specifically assists in collagen synthesis and proactively improves the skin's moisture profile and firmness.

PROFESSIONAL "DE LUXE" VARIANT: the special feeling afforded the skin during treatment is obtained by the use of **Mabella Twin Duo**. These stainless steel massage tools (item no. 90158, set of 2) can be warmed beforehand in warm water and used for stimulation during the classic massage. They complement, support and intensify your classic massage.

The dual-component mask comprising **Basic Mask Powder** (item no. 10147) and **Active Liquid - Hyaluron** - (item no. 41356) is also ideal for developing the use of temperature as a stimulus and thus enhancing the result. It forms an occlusive, cooling mask layer and increases the absorption and effectiveness of the previously applied active ingredients.

Step-by-step guide	Series	Products	Tools/technique	Sales arguments
Remove eye and lip make-up	CL	Eye Make-up Remover Gel		Instantly removes even stubborn make-up without leaving any residue.
Cleansing	CL	Cleansing Milk		Light, creamy cleansing milk.
Exfoliation	PCO	Alpha Effect AHA Peeling	“Supersoft” mask brush	Refining fruit acid peeling to reduce lines and wrinkles.
Ampoule	PCO	Individual See front page		
Mask	PCO	Aloe Vera Gel & Mask	“Supersoft” wash mitts	Soothes and intensively moisturizes.
Concentrate	BG	RENEW ESSENCE		Rejuvenates, firms and refines the pores.
Massage Professional tool		Massage Medium – Light –	10 minutes warm with MABELLA TWIN DUO	Leaves a uniquely fresh and light massage sensation, also ideal for sensitive skin.
Eye mask	BG	RENEW EYE & LIP		Provides an instant lifting effect.
Professional mask	PCO	Basic Mask Powder + Active Liquid – Hyaluron –	Leave to work for 25 – 30 minutes	Enhances the effect of the active ingredients used by means of an occlusive effect and cools the skin for a smooth, youthful complexion.
Final care for eye area, face, neck and décolleté		BEAUTYGEN or PRO COLLAGEN		Rejuvenating and renewing New elasticity and firmness
Time requirement		Approx. 95 minutes		
Time requirement “DE LUXE”		Approx. 115 minutes “DE LUXE”		

TIMELESS refines the skin structure and supports the tonicity of the skin. An extraordinary selection of highly effective products leaves the skin looking timelessly beautiful. The massage with precious active ingredients guarantees remarkably smooth-looking skin and a glowing, even complexion.

1 RECOMMENDED AMPOULES

FOR SALON AND HOME USE

PROFESSIONAL COLLECTION **Retinol**



Active ingredient concentrate to counter the signs of aging. Even pronounced wrinkles are visibly reduced with Retinol. This intensive nighttime care product reduces lines and wrinkles during sleep.



PROFESSIONAL COLLECTION **Hyaluron at Night**

Active ingredient concentrate with reserves of hyaluronic acid. Replenishes the skin's moisture reserves overnight.



PROFESSIONAL COLLECTION **AHA-Effect**

tive ingredient concentrate with 5% fruit acids and Green Mandarin Fruit Water. AHA effect for skin that looks deep-down clean and refined.

2 RECOMMENDED SERIES

FOR HOME USE



TIMELESS
Timelessly beautiful

The youthful power of beech buds, in highly active combinations of ingredients, minimizes lines and wrinkles and improves cell regeneration. The skin's youthful radiance is restored. TIMELESS smoothes and invigorates.



VITAMIN INFUSION
Infuse your skin with vitamins.

Vitamin Infusion revitalizes skin like a vitamin-laden beauty infusion and has a smoothing and refreshing effect.

PROFESSIONAL "DE LUXE" VARIANT: for an impressive "wow" effect that can be felt and seen for a long time, you can upgrade this treatment with the dual-component mask comprising **Basic Mask Powder** (item no. 10147) and **Active Liquid – Hyaluron** – (item no. 41356). It forms an occlusive, cooling mask layer and increases the absorption and effectiveness of the previously applied active ingredients.

Step-by-step guide	Series	Products	Tools/technique	Sales arguments
Remove eye make-up	CL	Eye Make-up Remover Gel		Instantly removes even stubborn make-up without leaving any residue.
Cleansing	CL	Cleansing Milk		Removes both oil-based and water-soluble dirt particles gently and without leaving any residue.
Exfoliation	PCO	Ferment Peeling	Fan brush Glass bowl	Very gentle yet effective exfoliation for skin that feels soft and smooth.
Ampoule	PCO	Individual See front page		
Eye mask	TL	Eye & Lip	Apply covering layer and leave to work for 10 minutes	Reduces expression and lip lines.
Face mask	TL	Sleeping Cream & Mask		Smoothes, regenerates and firms the skin.
Professional mask	PCO	Basic Mask Powder + Active Liquid – Hyaluron –	Leave to work for 25-30 minutes	Enhances the effect of the active ingredients used by means of an occlusive effect and cools the skin for a smooth, youthful complexion.
Concentrate	TL	Concentrate		Smooths lines and wrinkles of all kinds, including expression lines.
Massage	TL	Revitalizing Cream	Massage for 10 minutes, then remove using “supersoft” wash mitts if necessary	Leaves the skin looking youthfully smooth and feeling soft.
Final care for eye area, face, neck and décolleté		TIMELESS or VITAMIN INFUSION		Timelessly beautiful Infuse your skin with vitamins.
Time requirement		Approx. 100 minutes		
Time requirement “DE LUXE”		Approx. 120 minutes “DE LUXE”		

NUTRI SENSATION guarantees an intensive supply of high-quality nutrients and lipids, to repair deficits visibly and tangibly. A sensorially pleasant, intensive treatment for beautiful, relaxed-looking skin.

1 RECOMMENDED AMPOULES

FOR SALON AND HOME USE



NUTRI SENSATION **The Ampoule**

Regenerates the skin with essential restoring substances. Firms the contours and leaves the skin looking visibly younger.



PROFESSIONAL COLLECTION **Contour Lift**

Active ingredient concentrate with 'push-up' effect, firms and smoothes, defines the contours. For an instant lifting effect.



PROFESSIONAL COLLECTION **Collagen Boost**

Firms and restructures with '360° effect'.

2 RECOMMENDED SERIES

FOR HOME USE



NUTRI SENSATION

Regenerating, nourishing, firming

Regenerating skincare range, which is specially suited to the particular requirements of demanding skin. For a visibly relaxed, radiantly beautiful complexion and firm contours.



HYDRO LIPID

For demanding skin

Regenerates and revitalizes demanding, mature and dry skin. Supplies the skin with oil, moisture and regenerating active ingredients from the outside.

PROFESSIONAL "DE LUXE" VARIANT: use the salon **Firming Mask Powder** (item no. 10289) for an extra firming and detoxifying effect. This is mixed with **Active Liquid – Hyaluron** – (item no. 41356) or **Aloe Vera Gel & Mask** (item no. 40348).

Step-by-step guide	Series	Products	Tools/technique	Sales arguments
Remove eye make-up	CL	Eye Make-up Remover Gel		Instantly removes even stubborn make-up without leaving any residue.
Cleansing	CL	Cleansing Milk	“Supersoft” wash mitts	Light, creamy cleansing milk.
Exfoliation	CL	Effect Peeling	“Supersoft” mask brush	Refining enzymatic peeling.
Ampoule	PCO	individual See front page		
Professional mask	PCO	Firming Mask Powder + Active Liquid – Hyaluron –		Special firming and detoxifying mask based on finest porcelain powder. For a smooth and delicate complexion.
Massage	HL	Ultra Night		Ensures a soft, smooth and younger-looking complexion.
Eye mask	NU	Eye Cream & Mask +	“Supersoft” mask brush	Ensures a soft, smooth and younger-looking complexion.
Face mask	NU	Repair Mask		For a visibly relaxed and smoother eye area. Leaves the skin looking relaxed and even.
Final care for eye area, face, neck and décolleté		NUTRI SENSATION or HYDRO LIPID		Regenerating, nourishing, firming For demanding skin
Time requirement Time requirement „DE LUXE“		Approx. 90 minutes Approx. 115 minutes „DE LUXE“	 CONCEPT BY DR.GRANDEL	

PERFORMANCE 3D is an intensive treatment, which combines the various forms of the latest generation of active ingredients in the highest concentration and significantly improves the skin's appearance on several levels. Moisturizing, firming, smoothing and optimum protection against premature skin aging guarantee an incomparable experience and result. ♂ Also ideal for men.

1 RECOMMENDED AMPOULES

FOR SALON AND HOME USE



PROFESSIONAL COLLECTION **Forever 39**

Firming, reactivating active ingredient concentrate for a firm V-contour and new tonicity.

Ruby powder restores radiance to the complexion.



PROFESSIONAL COLLECTION **Contour Lift**

Active ingredient concentrate with 'push-up' effect, firms and smoothes, defines the contours.

For an instant lifting effect.



PROFESSIONAL COLLECTION **Hyaluron**

Intensive conditioning concentrate with 'line-filler effect'.

Even pronounced dryness lines are specifically plumped up from inside and significantly reduced.

2 RECOMMENDED SERIES

FOR HOME USE



PERFORMANCE 3D

Multi-dimensional results

Innovative 3D technology and maximum concentration of active ingredients restore the skin's youthfulness and provide a real alternative to medical esthetics.



TIMELESS

Timelessly beautiful

The youthful power of beech buds, in highly active combinations of ingredients, minimizes lines and wrinkles and improves cell regeneration. The skin's youthful radiance is restored.

TIMELESS smoothes and invigorates.

PROFESSIONAL "DE LUXE" VARIANT: additionally supply the skin with maximum moisture by applying the salon sheet mask **Hyaluron Mask** (item no. 10818) and leaving it to work for 15–20 minutes before the massage. After such a moisturizing boost, the customer will be able to enjoy the look and feel of pleasantly smooth skin for days. As a highlight before the final treatment stage, pamper the skin with **PERFORMANCE 3D Ultra Lift**.

Step-by-step guide	Series	Products	Tools/technique	Sales arguments
Remove eye make-up	CL	Eye Make-up Remover Gel		Instantly removes even stubborn make-up without leaving any residue.
Cleansing	CL	Cleansing Milk	"Supersoft" mask brush	Light, creamy cleansing milk.
	CL	Micell Cleansing Water	Cotton pads	For gentle, deep-down 2-step cleansing.
Exfoliation	PCO	Alpha Effect AHA-Peeling + AHA Mask	"Supersoft" mask brush	Gentle and effective exfoliation – refines the complexion and stimulates cell regeneration.
	PCO		Mask sheets	Combines an impressive immediate effect with long-lasting moisture reserves.
Professional mask	PCO	Hyaluron Mask	While the mask is taking effect	Smoothing sheet mask with concentrated hyaluronic acid for skin that instantly looks and feels smoother.
Hand massage	SP	Protection Hand		Nourishes, regenerates and protects the delicate skin on the hands.
Massage	PCO	Massage Medium – Light –	"Supersoft" wash mitts	Provides a uniquely fresh and light massage sensation. Also ideal for sensitive skin.
Ampoule	PCO	individual See front page		
Eye mask	P3D	Eye		Ensures a relaxed, smooth and younger-looking eye area with its highly effective triple action.
	PCO	Basic Mask Powder	Leave to work for 25 – 30 minutes	Enhances the effect of the active ingredients used by means of an occlusive effect and cools the skin for a smooth, youthful complexion.
Concentrate	P3D	Ultra Lift		Instantly improves the skin's texture and leaves it looking more even.
Final care for eye area, face, neck and décolleté		PERFORMANCE 3D or TIMELESS		Multi-dimensional results Timelessly beautiful
Time requirement		Approx. 105 minutes		
Time requirement Zeitbedarf „DE LUXE“		Approx. 120 minutes „DE LUXE“		

ELEMENTS OF NATURE supports the skin with the power of nature for all-round, beautifully cared-for skin. Epigran, the multi-active essence obtained from wheatgerm, is at the heart of this treatment and combines naturalness, tradition and effectiveness more than any other active ingredient in a beneficial treatment experience. ♂ Also ideal for men.

1 RECOMMENDED AMPOULES

FOR SALON AND HOME USE



ELEMENTS OF NATURE **Epigran**

Multi-active essence obtained from wheatgerm. Gives the skin a natural freshness, vivacity and a youthful radiance. Smooths, firms and moisturizes. Suitable for all skin types.



PROFESSIONAL COLLECTION **Collagen Boost**

Firms and restructures with '360° effect'.



PROFESSIONAL COLLECTION **SOS**

Soothing active ingredient concentrate. Strengthens the skin's immunity and has an anti-inflammatory effect. Soothes irritation and slight redness.

2 RECOMMENDED SERIES

FOR HOME USE



ELEMENTS OF NATURE Naturally beautiful

Epigran, the multi-active essence obtained from wheatgerm, is the key element of this series. It combines naturalness, tradition and effectiveness more than any other active ingredient.



ULTRA SENSITIVE For highly sensitive skin

Protects with a unique cream base like a “second” skin, thereby strengthening the barrier function.

For the very delicate skin.

PROFESSIONAL “DE LUXE” VARIANT: after exfoliation and deep cleansing, use **Aloe Vera Gel & Mask** (item no. 40348) to soothe and intensively moisturize the skin. The gel mask can be kept moist during the application time with an esthetic wipe or tissues.

Step-by-step guide	Series	Products	Tools/technique	Sales arguments
Remove eye make-up Cleansing	EN	Puri Soft	"Supersoft" mask brush "Supersoft" wash mitt	Mild, gentle cleansing based on natural ingredients. Removes even stubborn eye and lip make-up.
Exfoliation	CL	Alpha Effect AHA-Peeling	"Supersoft" mask brush	Refining fruit acid peeling to reduce lines and wrinkles.
Salon mask	PCO	Aloe Vera Gel & Mask	"Supersoft" mask brush	Soothes and moisturizes at the same time.
Ampoule	PCO	Individual See front page		
Massage	EN EN	Anti Stress or Regeneration		Rich, soothing skincare. Rich, firming skincare.
Concentrate	EN	Epigran		Multi-active: Smoothes, firms and stimulates the microcirculation.
Eye mask	EN	Contour Balm	"Supersoft" mask brush	Firming nourishment for eye and lip contours.
Face mask	EN	Cream Mask		Smoothing and balancing mask.
Final care for eye area, face, neck and décolleté		ELEMENTS OF NATURE or ULTRA SENSITIVE		Naturally beautiful For highly sensitive skin
Time requirement		Approx. 95 minutes		
Time requirement "DE LUXE"		Approx. 110 minutes "DE LUXE"		

Die **SENSITIVE BALANCE** Treatment soothes sensitive, irritated skin. Calming plant extracts and nourishing natural oils sooth irritation, ensure adequate moisture and leave the skin looking smooth, calm and relaxed.

1 RECOMMENDED AMPOULES

FOR SALON AND HOME USE



PROFESSIONAL COLLECTION **SOS**

Soothing active ingredient concentrate. Strengthens the skin's immunity and has an anti-inflammatory effect.
Soothes irritation and slight redness.



PROFESSIONAL COLLECTION **Cell Repair**

Rejuvenating active ingredient concentrate with fruit stem cells.
Leaves the skin visibly smoother and radiant-looking.



PROFESSIONAL COLLECTION **Beauty Flash**

Active ingredient concentrate for a fine, even complexion.
Beauty Flash refines the pores and reduces redness.
For a perfect complexion.

2 RECOMMENDED SERIES

FOR HOME USE



SENSITIVE BALANCE

For sensitive, irritated skin

Nourishes sensitive, dry skin with natural oils obtained from wheatgerm and avocado and protects the skin against drying out.



ULTRA SENSITIVE

For highly sensitive skin

Protects with a unique cream base like a "second" skin, thereby strengthening the barrier function.

For the very delicate skin.

PROFESSIONAL "DE LUXE" VARIANT: After exfoliation and deep cleansing, use **Aloe Vera Gel & Mask** (item no. 40348) to soothe and intensively moisturize the skin. This mask is kept moist during the application time with an esthetic wipe or tissues.

"ULTRA SENSITIVE" VARIANT: for allergy-prone skin, avoid using the Ellissima capsule! This means that the treatment steps are free from colors, fragrances and parabens. Instead, offer the customer extra pampering with a gentle brush massage using the **"Supersoft" fan brush** (item no. 12001, 1 piece).

Step-by-step guide	Series	Products	Tools/technique	Sales arguments
Remove eye make-up Cleansing	CL	Gentle Foam Cleanser		Gentle cleansing foam for sensitive skin, also removes eye and lip make-up.
Exfoliation	CL	Ferment Peeling		Gentle enzymatic peeling for a fine and smooth complexion.
Professional mask	PCO	Aloe Vera Gel & Mask	"Supersoft" mask brush Sheet mask	Soothes and moisturizes at the same time.
Ampoule	PCO	Individual See front page		
Massage	PCO	Massage Medium – Light –	After the massage take off the remainder with damp esthetic wipes	Leaves a uniquely fresh and light massage sensation – also ideal for sensitive skin.
Face mask	PCO PCO	Firming Mask Powder mit Aloe Vera Gel & Mask	"Supersoft" wash mitts	Special firming and detoxifying mask based on finest porcelain powder. For a smooth and delicate complexion.
Concentrate	SB	Ellissima		Visibly refines and soothes the skin.
Final care for eye area, face, neck and décolleté	SB US	SENSITIVE BALANCE or ULTRA SENSITIVE		For sensitive, irritated skin For highly sensitive skin
Time requirement		Approx. 90 minutes		
Time requirement "DE LUXE"		Approx. 110 minutes "DE LUXE"		

PURIFACE normalizes excessive cornification, counteracts inflammation, adds plenty of moisture and has both a soothing and balancing effect on the skin's appearance. This salon treatment results in a clear, even and balanced complexion.

1 RECOMMENDED AMPOULES

FOR SALON AND HOME USE



PROFESSIONAL COLLECTION **Instant Smoother**

Active ingredient concentrate for a soft-looking complexion. The skin is instantly visibly smoothed, mattified and refined.



PROFESSIONAL COLLECTION **SOS**

Soothing active ingredient concentrate. Strengthens the skin's immunity and has an anti-inflammatory effect. Soothes irritation and slight redness.



PROFESSIONAL COLLECTION **Epigran**

Multi-active essence obtained from wheatgerm. Gives the skin a natural freshness, vivacity and a youthful radiance. Smooths, firms and moisturizes. Suitable for all skin types.

2 RECOMMENDED SERIES

FOR HOME USE



PURIFACE

For a pure, fresh complexion

Restores balance to the skin's functions.

For a fresh, clear complexion.



ELEMENTS OF NATURE

Naturally beautiful

Epigran, the multi-active essence obtained from wheatgerm is the heart of this series. It combines naturalness, tradition and effectiveness more than any other active ingredient.

Derma Pur and **Cream Mask** have a soothing and balancing effect.

PROFESSIONAL "DE LUXE" VARIANT: let your customer enjoy her favorite music during the deep-cleansing treatment. This creates a pleasant and relaxing atmosphere. Perform a gentle hand massage while the mask is taking effect. This will enable your customer to enjoy gentle strokes after the strenuous deep-cleansing process.

Step-by-step guide	Series	Products	Tools/technique	Sales arguments
Remove eye make-up	CL	Eye Make-up Remover Gel		Instantly removes even stubborn make-up without leaving any residue.
Cleansing	CL	2 in 1 Cleansing Foam		Invigorating cleansing foam with exfoliating effect.
Exfoliation	PCO	Alpha Effect AHA-Peeling + AHA Mask	“Supersoft” mask brush “Supersoft” wash mitts	Professional AHA peeling with two-stage effect, which meets the skin’s individual requirements. Combines an impressive immediate effect with long-lasting moisture reserves.
Eye mask	EN	Contour Balm		Firming and invigorating nourishment for eye and lip contours.
Face mask	EN	Dermabalance Mask		Soothing active ingredient mask – nourishes, smoothes and clarifies.
Hand massage	SP	PROTECTION HAND	While the mask is taking effect	Intensively moisturizes and leaves the skin feeling velvety soft.
Ampoule	PCO	individuell See front page		
Final care for eye area, face, neck and décolleté		PURIFACE or ELEMENTS OF NATURE		For a pure, fresh complexion Naturally beautiful
Time requirement Time requirement “DE LUXE”		Approx. 80 minutes Approx. 80 minutes “DE LUXE”	 CONCEPT BY DR.GRANDEL	

AMPOULES – AMPOULES – AMPOULES | The special treatment with the ‚beauty kick‘ for our ampoule fans!
Choose between the topics ‚moisturizing‘ or ‚regeneration‘ and convince your customer with a perfect care result.

PERFECT REFRESH

FOR SALON USE



PROFESSIONAL COLLECTION **Hydro Active**

Active ingredient concentrate for intensive moisturization of the skin. Hydro Active invigorates and vitalizes.
For fresh, plump-looking skin.



PROFESSIONAL COLLECTION **Hyaluron**

Intensive conditioning concentrate with ‘line-filler effect’.
Even pronounced dryness lines are specifically plumped up from inside and significantly reduced.



NUTRI SENSATION **The Ampoule**

Regenerates the skin with essential restoring substances.
Firms the contours and leaves the skin looking visibly younger.

FINAL CARE

HYDRO ACTIVE – Eye Contour Cream & Mask

HYDRO ACTIVE – Hyaluron Refill Cream

HYDRO ACTIVE serie - Intensive moisturizing
“Intelligent” active ingredients, grooming oils and special encapsulation techniques provide textures that deeply moisturize the skin.

PERFECT REGENERATION

FOR SALON USE



PROFESSIONAL COLLECTION **Collagran**

Active ingredients with properties similar to those of collagen for intensive care of demanding skin. Containing a carrot extract and biopeptides, Collagran offers an alternative to animal-source collagen smoothing the skin and having a benevolent effect on wrinkle depth.



PROFESSIONAL COLLECTION **Retinol**

Active ingredient concentrate to counter the signs of aging. Even pronounced wrinkles are visibly reduced with Retinol. This intensive nighttime care product reduces lines and wrinkles during sleep.



PROFESSIONAL COLLECTION **Cell Repair**

Rejuvenating active ingredient concentrate with fruit stem cells.
Leaves the skin visibly smoother and radiant-looking.

FINAL CARE

TIMELESS – Eye & Lip

TIMELESS – Revitalizing Cream

TIMELESS serie - Timelessly beautiful

The youth-giving power of the beech bud in highly effective active substance combinations that minimize lines and tiny wrinkles while also stimulating cellular renewal. Skin is restored to its natural youthful radiance. TIMELESS smooths and revitalizes.

Step-by-step guide	Series	Products	Tools/technique	Sales arguments
Remove eye make-up	CL	Eye Make-up Remover Gel		Instantly removes even stubborn make-up without leaving any residue
Cleansing	CL	Purigel	Foam up using a toner and apply with a fan brush	Refreshing cleansing gel
Exfoliation	CL	Ferment Peeling	Foam up with Soft Tonic, apply and gently massage in with a facial massage	Gentle enzymatic peeling for a fine and smooth complexion
Exfoliation	PCO	Alpha Effect AHA Peeling	Supersoft mask brush	Gentle and effective exfoliation – refines the complexion and stimulates cell regeneration
Mask		AHA Mask	Mask sheets, 'Alpha Effect Technique' massage technique	Combines an impressive immediate with a long-lasting deposit effect
Refresh	CL	Micell Cleansing Water	Apply to cotton pads and use stroking motions to refresh the skin	For deep-down, gentle, 2-fold cleansing step, with a tonifying effect as well
Ampoule	PCO	See recommendation on front page	Gently massage in (tap in)	
Ampoule	PCO	See recommendation on front page	TWIN DUO, stroking & circular movements	
Ampoule	PCO or NU	See recommendation on front page	'Soft Sensation Technique' with supersoft fan brush	
Eye care Final care for face, neck and décolleté	HA or TL	See recommendation on front page		Plump moisture or timelessly beautiful skin
Time requirement		Approx. 65 minutes	 CONCEPT BY DR.GRANDEL	

DEEP CLEANSING TREATMENT – This special treatment combines a cleansing and refining massage and a peeling with long-term effect. **For a clear, fresh and balanced complexion.**

1 TREATMENT GOALS:

- Highly effective cleansing right down to the pores
- Radiant complexion
- Flawless skin
- Energy boost

Treatment time: 60 min.

2 SKIN FEELING:

feel free | feel soft | feel fine



Step-by-step guide	Products	Application	Sales arguments
Welcome drink		Welcome your customer with a lemon and ginger shot	
Welcome ritual	Warm compress	Start the treatment by welcoming your customer with a warm compress. (Décolleté and face)	
Cleansing	PURI SOFT	Lather up with Soft Tonic, apply with a fan brush and lather with moist hands. Remove residue with a warm compress.	Removes waterproof eye and/or lip make-up
Peeling massage	FERMENT PEELING	Lather up with Soft Tonic, apply and perform a cleansing massage with the face massage brushes. Remove residue with a warm compress.	Removes waterproof eye and/or lip make-up
Peeling technique	ALPHA EFFECT PEELING Peel Index 40 or 60 AHA MASK	Apply ALPHA EFFECT PEELING with the Supersoft mask brush. Mask wipes, massage technique "Alpha Effect Technique".	Refines the complexion and stimulates cell renewal Instant effect with a lasting timed release effect
Deep cleansing	MICELL CLEANSING WATER	Apply to cotton pads and cleanse the skin with circling motions.	Calming and pore-refining
Toning	SOFT TONIC	Apply to cotton pads and refresh the skin with stroking motions.	Adds a moisture boost
Cleansing massage	Deep Cleansing Massage Gel	Put the pads in a bowl and add 15 ml water. Use a fan brush to mix both components into a gel. Apply massage gel to neck and décolleté. Massage for 5 – 7 minutes. If necessary, moisten your fingers during the massage so that the gel is massageable for longer. Remove surplus residue with a warm compress.	Cleanses and refines the skin Reduces the skin roughness and strengthens the skin barrier Restores the skin's balance Provides a radiant complexion
Ampoule	Individually customize the ampoule to the customer's skincare needs.	Gently massage in. (tap in to the skin)	
Final care	Individually customize the eye care and the final care to the customer's skincare needs.	Apply a small amount around the eyes and gently tap in. Apply a hazelnut-sized amount of the cream to face, neck and décolleté.	

DR.GRANDEL

ALPHA EFFECT Technique

This gentle peeling technique is a wonderful option for applying ALPHA EFFECT AHA peelings, making treatments a feel-good experience for the customer. Fruit acids (also known as AHAs = alpha-hydroxy acids) have an impressive peeling effect that visibly smoothens, refines, balances and regenerates the skin.

For a fresh, even and youthfully smooth looking complexion.



PREPARATION



Apply a suitable skincare product to the area around the eyes and cover the eyes with moist cotton wool pads.



Using a soft fan brush, apply 2-3 eyedroppers full of ALPHA EFFECT peeling to the skin. Leave to work for 10 minutes.



Then pour a walnut-sized amount of AHA MASK into a small bowl.



Apply DR. GRANDEL AHA MASK in a covering layer on top of the ALPHA EFFECT AHA peeling.

Prepare for the subsequent ALPHA EFFECT Technique approx. 6 mask cloths before. Pull them apart in one direction each.

APPLYING THE MASK FLEECES



1 Hold a taut fleece centrally under the chin, pull the ends up toward the earlobes and apply.



2 Spread a taut fleece centrally across the forehead, pull the ends down toward the temples and apply.



3 Apply a taut fleece diagonally from the jawline, across the cheeks and eyes, to the center of the forehead. Repeat this procedure on the other side of the face.



4 Cover the throat area with another taut fleece. Finally, place 1 to 2 fleeces over the décolleté area.

Perform each handle 3 times

MASSAGE MOVES



Starting at the center of the décolleté and using your index, middle, ring and little fingers, apply rolling pressure. Shift your hands to the pectoral muscles and slide as far as the armpits. Repeat this step three times.



Place your thumbs in the depression above the chin and apply rolling pressure, using the index fingers as support below the chin.



Position your middle and ring fingers at the corners of the mouth and apply rolling pressure.



Place your middle fingers on the upper lip and apply rolling pressures.



Fan your hands over the temples and use your fingers to apply rolling pressure.



Fan your hands over the hairline with your thumbs on the forehead. Place your fingertips on the cheekbones and apply rolling pressure.



Walk your fingers from this position to the forehead, above the eyebrows. Apply rolling pressure. Repeat three times, each time shifting higher until you reach the hairline.



Place your fingers on the cranial bone and apply rolling pressure with your whole hands.

MASSAGE MOVES



Place your fingers on the top vertebra (base of the skull) and pull gently while applying rolling pressure.



Finally, use both hands to stroke the lateral throat muscles down toward the shoulders.



Remove the fleece and any residue using moist compresses or washing gloves.

DR.GRANDEL

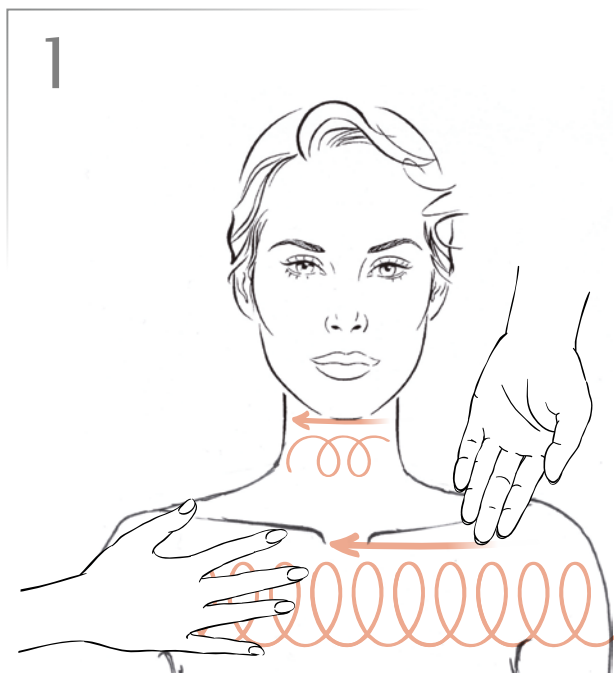
ADVANCED AMPOULE Technique



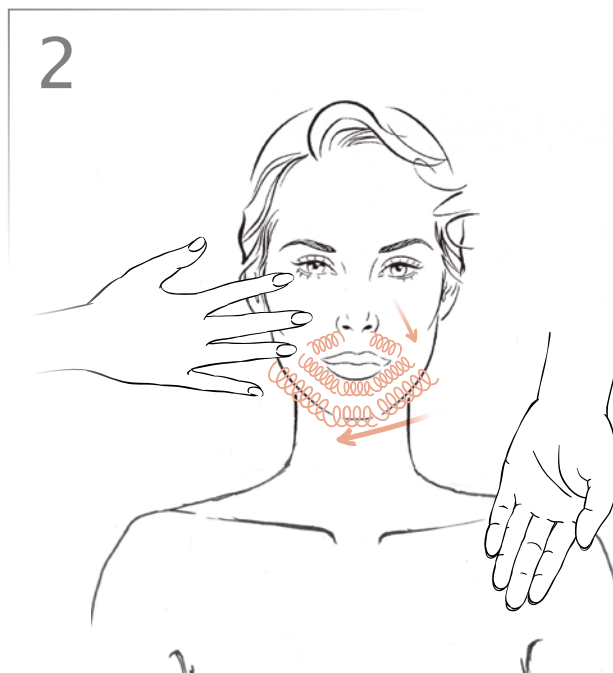
The a.a.t. (advanced ampoule technique) is a relaxing application technique for the ampoules of the PROFESSIONAL COLLECTION by DR. GRANDEL.

On the one hand it is aimed at working the ampoule contents into the skin carefully and completely and on the other hand to already give the customer a relaxing feeling of wellbeing while the product is being applied.

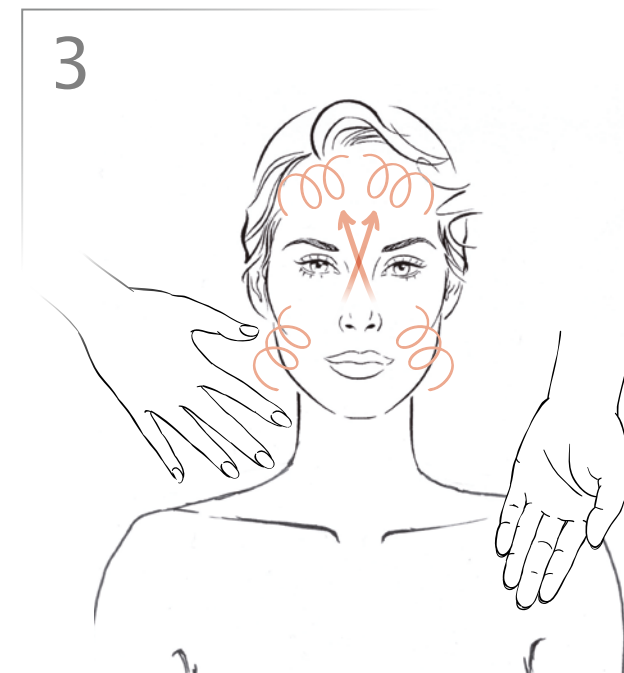
In the course of the treatment, the importance and high value of the ampoules for the customer can be once more emphasized and pointed out.



Cup one hand and pour half of the ampoule into it. Then place the hand on the client's left shoulder area. Use the fingers of the other hand to apply the active concentrate in generous circular movements, passing from the left to right sides of the décolleté and neck.



Lay your left hand on the outer border of the face and use your right hand to apply the active concentrate to the lower jaw and orbicularis oris areas, using circular movements.



Progress from the left cheek to the nose, maintaining circular movements to apply the active concentrate. Stroke across and up the side of the nose to the middle of the forehead, and from there use circular movements again to work downwards to the right temple. Work your way from the right cheek area to the left temple with the same hand.

4



Perform light tapping movements, alternately, with all fingerpads starting in the area of the décolleté and progressing via the platysma, chin and cheeks to the forehead.

5



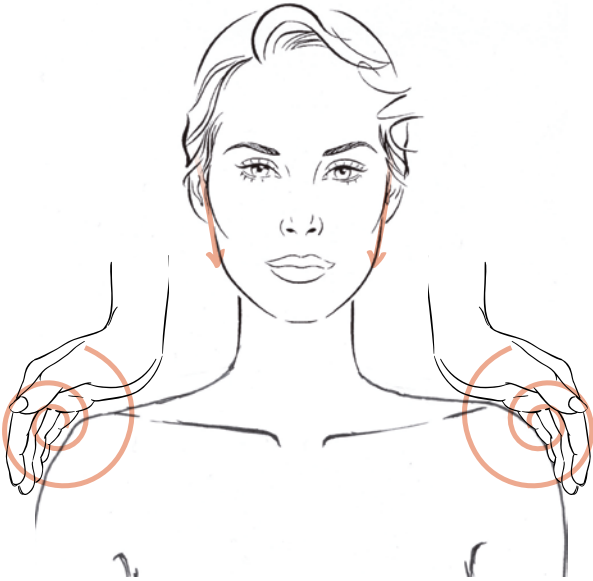
Distribute the second half of the ampoule in the palms of your hands. Start in the area of the décolleté and move on to the neck, chin, mouth area, cheeks, temples and forehead to apply the active concentrate with both hands, performing even rolling movements (making and breaking contact with the skin).

6



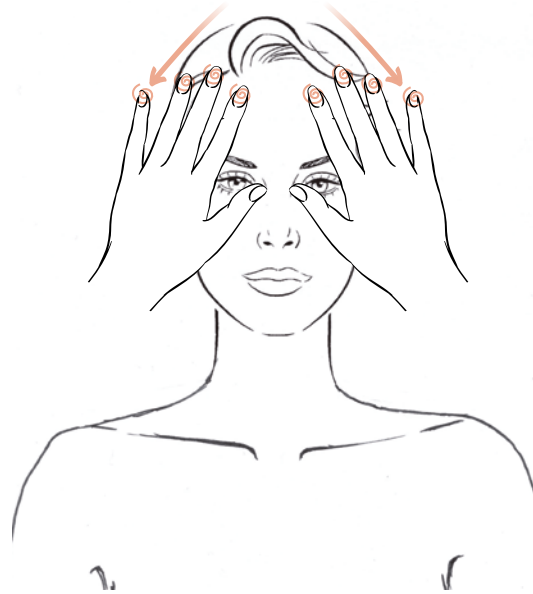
Light effleurage with both hands over the entire facial area, commencing in the middle of the face and finishing on the outer borders.

7



Use the backs of the hands to stroke down to the ball-and-socket joints of the shoulders, circle them and press. Smooth out the décolleté. While changing position to face the client, retain one hand in contact with her shoulder.

8



Take the fingerpads of both hands to the hairline of the forehead, apply pressure and perform circular on-the-spot movements. Count to three slowly and release. Repeat the step with your hands placed 2 cm (1 in.) further down the hairline.

9



Continue moving downwards with your hands, until the fingerpads are placed on the hairline above the ears, then press. Slide down behind the ears, with the hands enclosing the pinnae, and apply pressure. Slide down to the foramen magnum (the hole in the base of the skull) and press.

10



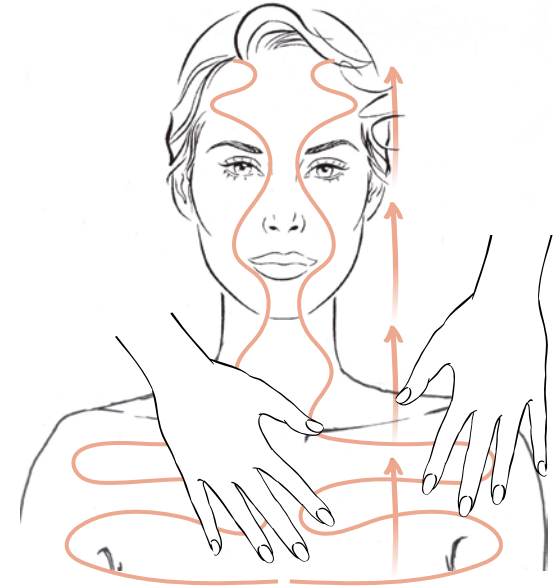
Slide to the atlas vertebra and exert pressure.

11



While returning to the position behind the client, retain one hand in contact with her shoulder.

12



One hand remains on the client's shoulder, and the second hand completes slow, gentle wave-like movements starting at the décolleté and progressing via the neck, lower jawline, chin, cheeks and temples to the forehead. Repeat this on the other side, with the alternate hand. Repeat the sequence 3 times.

Application recommendation ampoules with ultrasound & iontophoresis in the cosmetic institute

AMPOULES	SHORT DESCRIPTION	Ultrasound	Iontophoresis
Hydro Active	Thirst-quencher	no	no
Hyaluron	Moisture booster	no	no
Hyluron Moisture Flash	Hyaluron Deep Diving	no	no
Hyaluron at Night	Hyaluron Long Lasting	no	no
Beauty Date	Beauty Date	no	no
Forever 39	Forever 39	yes	yes (Anode +)
Contour Lift	Push-up effect	no	no
Retinol	Wrinkle killer	yes	no
Collagen Boost	Power pack	no	no
Instant Smoother	Photoshop ampoule	yes	no
Beauty Flash	Porcelain complexion	no	no
AHA Effect	Deep cleanser	no	no
Cell Repair	Bodyguard	yes	no
Time Out	a short holiday	no	no
Beauty Sleep	Beauty sleep	yes	no
Collagran	Plant-derived collagen	no	no
SOS	Fire brigade	no	no
Epigran lose	Multi-ctive essence of wheat germ	yes	yes (Cathode -)
Episome		no	no
BEUTYGEN RENEW AMPOULE	Rejuvenating active ingredient concentrate with instant impact	yes	Yes (Anode +)
NUTRI SENSATION The Ampoule	Regeneratin active ingredient ampule		no

Iontophorese:

In principle, an application period of approx. 5-7 minutes is recommended for iontophoresis.
The usual current of 0.4mA/cm² should be sufficient.



DR.GRANDEL

HELIX MASSAGE

2 IN 1 MASSAGE TECHNIQUE



1 FEATURES ACTIVATING AND STIMULATING EFFECTS...

...when carried out with the hands on a massage product.

Possible products:

- Massage creams of the series
- Massage Medium light

2 FEATURES BALANCING AND HARMONIZING EFFECTS...

...when carried out with a soft brush on a covering mask. In that case use the fan brush supersoft for grips 2, 4, 6, 8, 10, 11, 16, and 17.

Possible products:

- Soft gel mask or creamy mask

EFFECTS OF MASSAGE GRIPS



Spiral

The spiral-shaped grips (connected circles) are a combination of rubbing and kneading movements.

They activate blood circulation and firm the skin.



Helix

The helix-shaped grips (wavy lines) are a mixture of stroking and vibration.

They are balancing, loosen tissue and provide for gentle revitalization.

NOTE:

In case of atropic and very thin, parchment-like skin, this massage should not be done with the hands but can only be carried out as a brush massage.

PREPARATION AND START

- After **cleansing, peeling and applying an ampoule**, treat the eye zone with an eye mask and cover with moist cotton pads if necessary.
- If desired, (generously) apply a **massage product** with your hands or a creamy or foamy mask (in a covering layer) with a soft brush.
- The **grip sequence** starts at the shoulders.
- Every grip is **repeated three times**.
- With grips that are carried out first on one, then on the other side, you always start on the right-hand side.

MOVEMENTS



Longitudinal spirals



Circular spirals

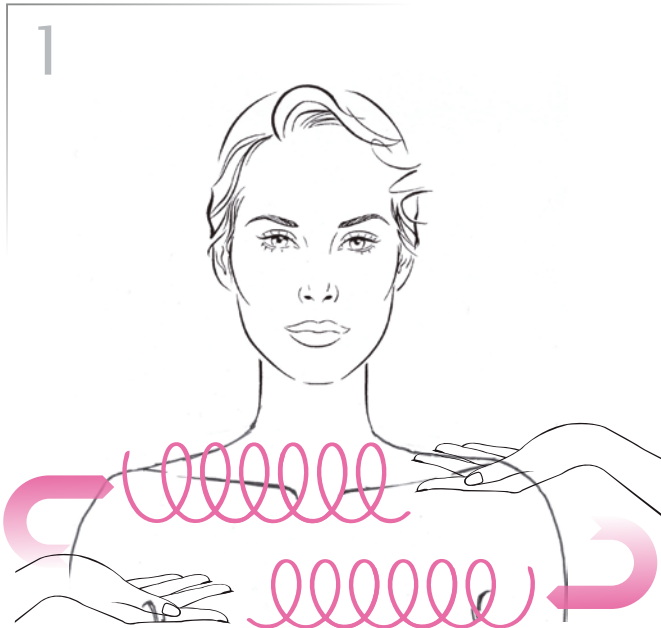


Simple helix

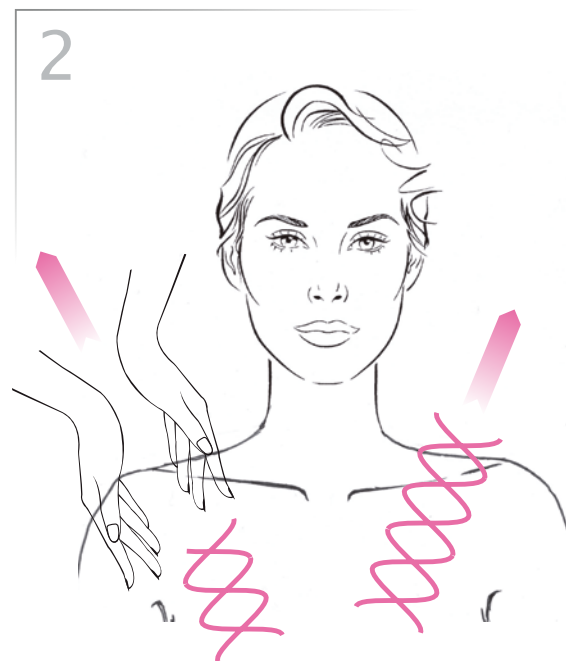


Double helix

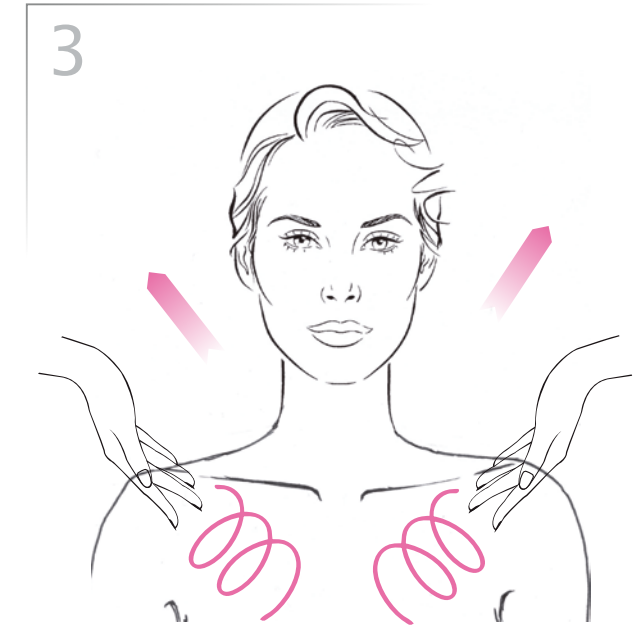
STEPS



Place hands crossed and stroke over the décolleté with spiral-shaped movements. Change hand position for each repetition.



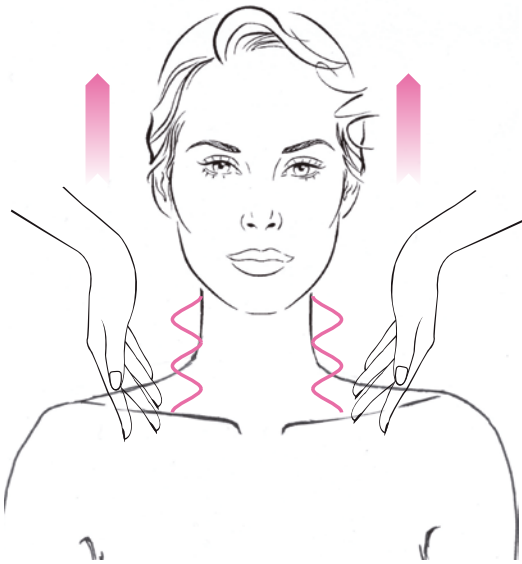
Place both hands or brush on breastbone and carry out a double-helix movement towards the shoulder joint – first right, then left.



Place hands at the breastbone and carry out parallel, spiral-shaped movements towards the shoulder.

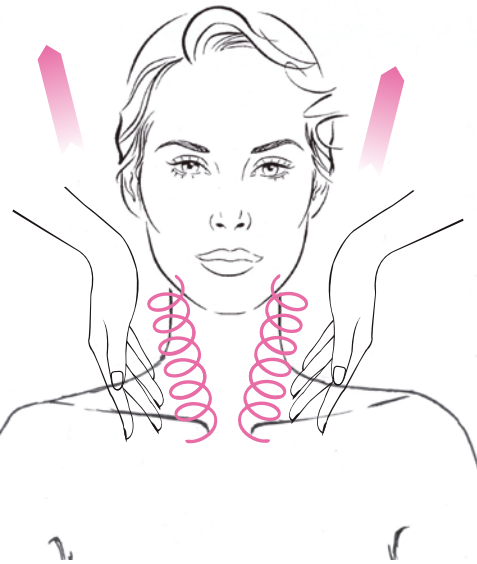
STEPS

4



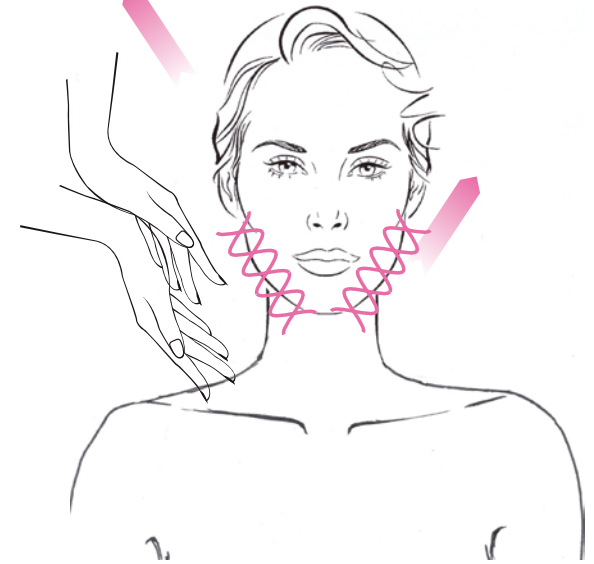
Place hands or brush on the side of the neck and carry out parallel, simple helix movements over the neck muscle upward.

5



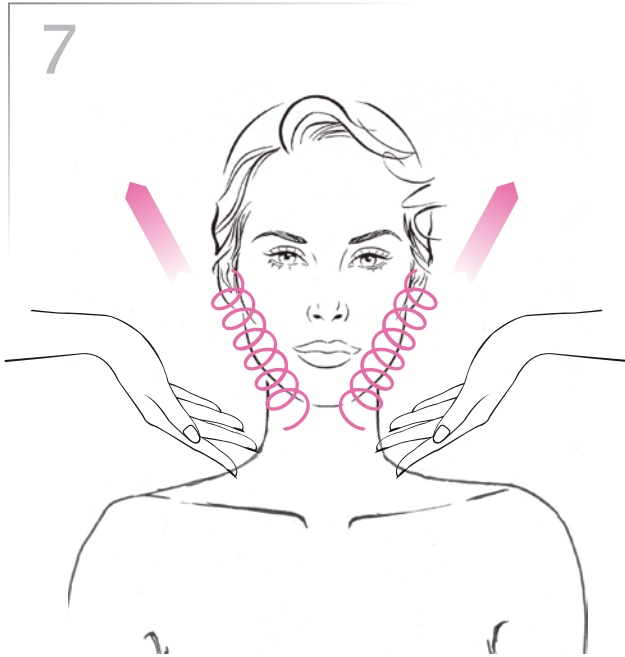
Place hands on the side of the neck and carry out parallel, spiral-shaped movements over the neck muscle upward. First right, then left.

6

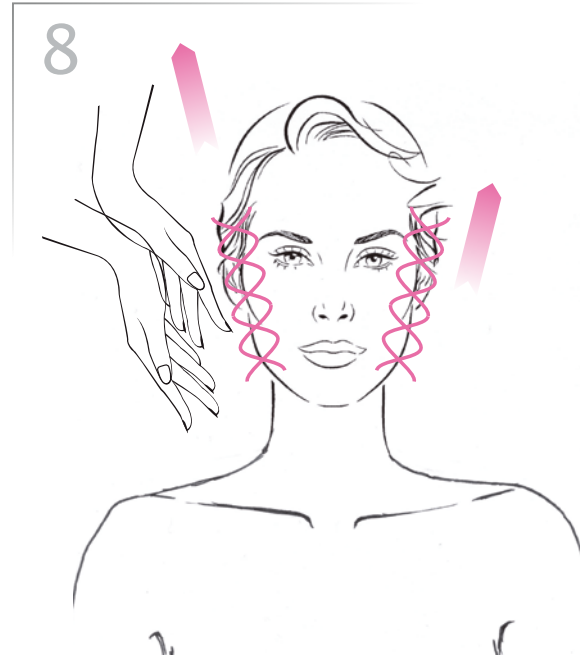


Place hands or brush at the chin and carry out an intertwining double-helix movement over the jawbone towards the ears. First right, then left.

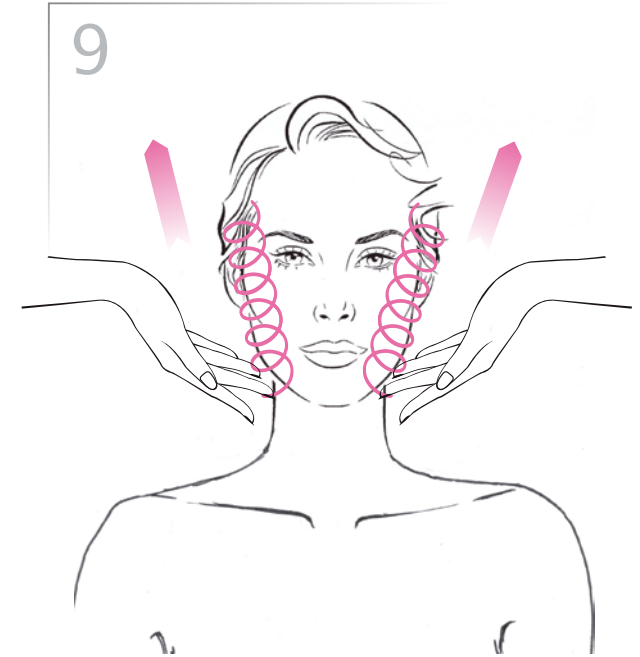
STEPS



Place hands parallel to chin and carry out parallel, spiral-shaped movements over the jawbone towards the ears.



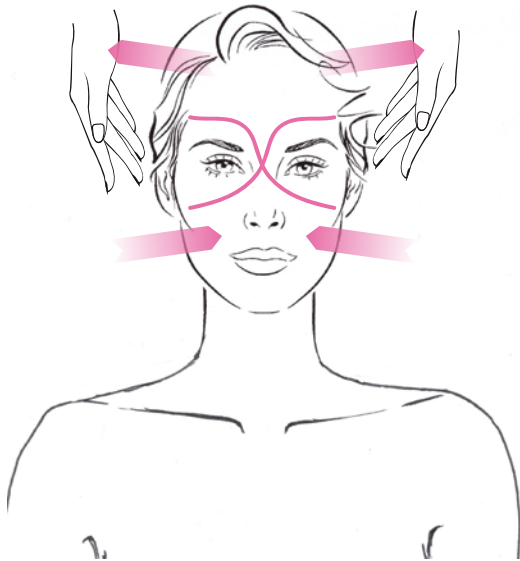
Place hands or brush at the corner of the mouth and carry out an intertwining double-helix movement over the cheeks towards the hair line. First right, then left.



Place hands at the corners of the mouth and carry out parallel, spiral-shaped movements over the cheeks towards the hair line.

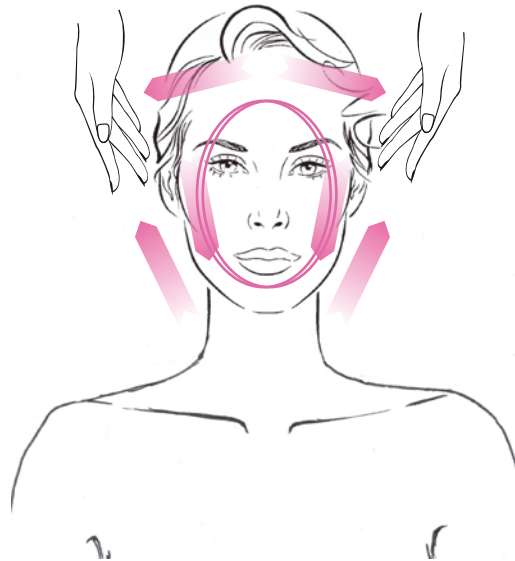
STEPS

10



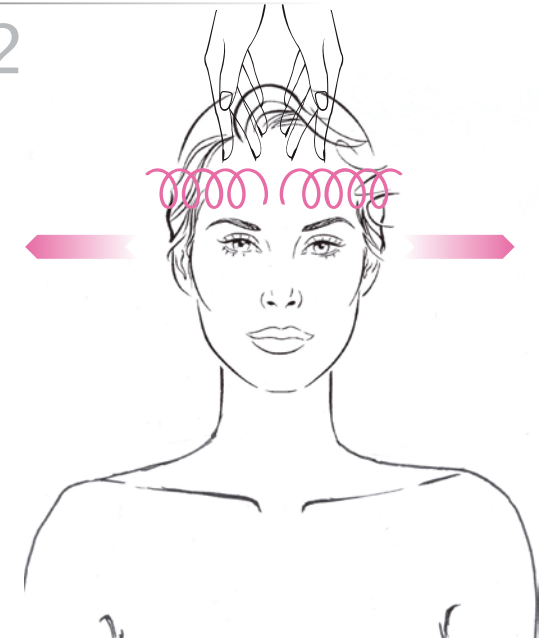
Place hands or brush at the outer point of the cheekbone and one after the other carry out a large x movement over the eye zone.

11



Place hands or brush at the forehead and simultaneously carry out intertwining circles over cheeks, chin area and temples.

12



Place hands at the middle of the forehead and carry out parallel, spiral-shaped movements towards the temples.

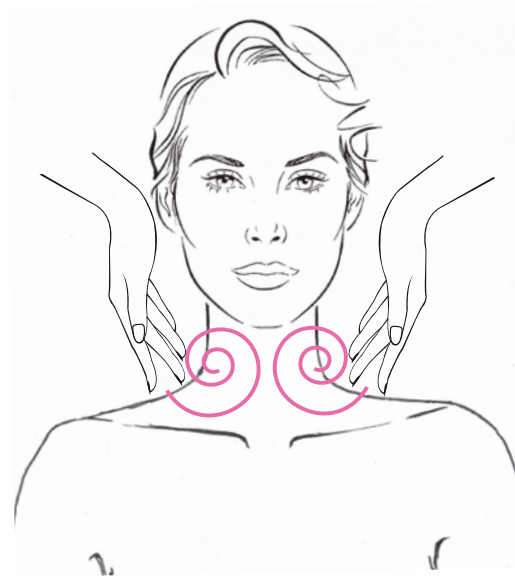
STEPS

13



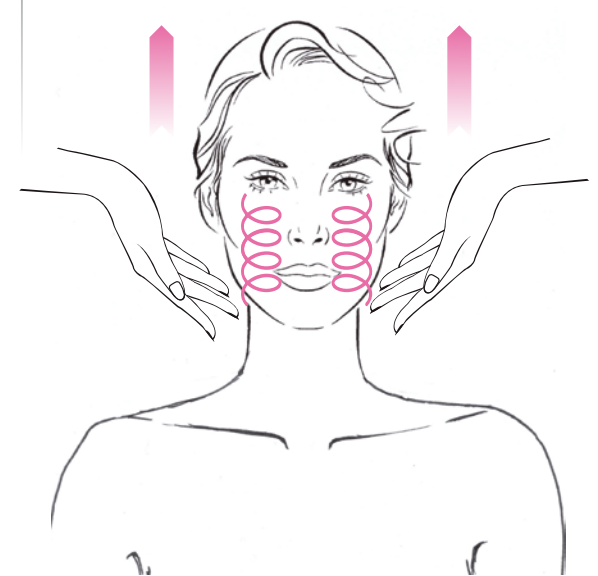
Place hands at the outer ends of the cheekbones and carry out parallel, spiral-shaped movements - gradually reducing the size - on the cheeks.

14



Place hands below the ears and carry out parallel, spiral-shaped movements - gradually reducing the size - on the lateral neck muscles.

15



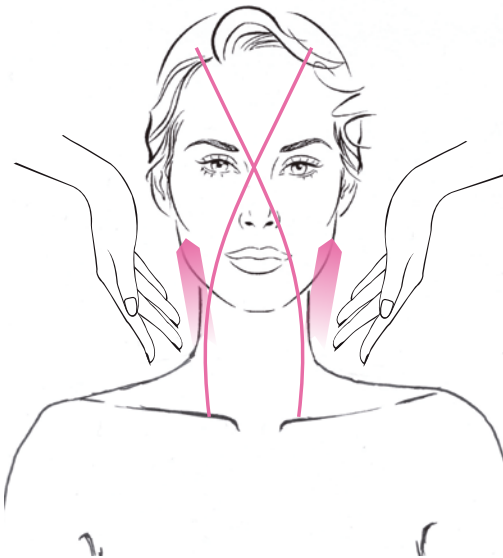
Place both hands at the lower jaw and carry out parallel, spiral-shaped movements towards the highest point of the cheekbones.

16



Place hands or brush at the right-hand temple side and carry out an intertwining double-helix movement over the forehead. Repeat on the left-hand side.

17



Place hands or brush alternatingly crossed at the cheekbone and carry out a long x-shaped movement, stroking out towards the temples.

18



Direct hands behind the shoulders, carry out parallel longitudinal spirals from there over the trapezius towards the back of the head. Finally stroke out over the shoulders.

Massage grip	Effleurage	Petrissage	Friction	Tapotement	Massage grips
Meaning	Stroking	Kneading	Rubbing	Percussion	Vibration
Use	Flowing connection of movements	Pressure on musculature or the tissue respectively, or pressure of muscles against bone	Mostly in small and circular movements	Mostly with flat hands or flat fingers or finger pads, respectively, depending on the part	Generating oscillation (vibration) with flat hands, flat fingers or finger pads
For the customer	Relaxation and regeneration	Loosening and relaxation	Warm feeling, feeling of activation	Loosening and movement	Loosening and deep relaxation
For the skin	Balancing and smoothing	Firming and tightening	Improvement of blood circulation and thus assimilation of active ingredients, improvement of complexion	Improves skin and muscle tonus and thus contours	Balancing, gentle revitalization, improved assimilation of active ingredients

DR.GRANDEL

NECK MASSAGE

Special massage for the neck area



PREPARATION AND PERFORMANCE

- After **cleansing, peeling and applying the ampoule**, use the BEAUTYGEN eye care and 24 hour skin care on the eye and forehead area.
- Apply **Massage Medium –Light–** generously across the neck and décolleté.
- The **sequence of strokes** should start at the shoulders.
- Depending on the time required **repeat three to five times**.
- After the massage, remove the massage cream thoroughly using the **cleansing sponge**. Clean the skin a second time if necessary to remove all residue.

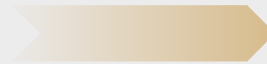
MASSAGE STROKES



Linear spirals



Circular spirals

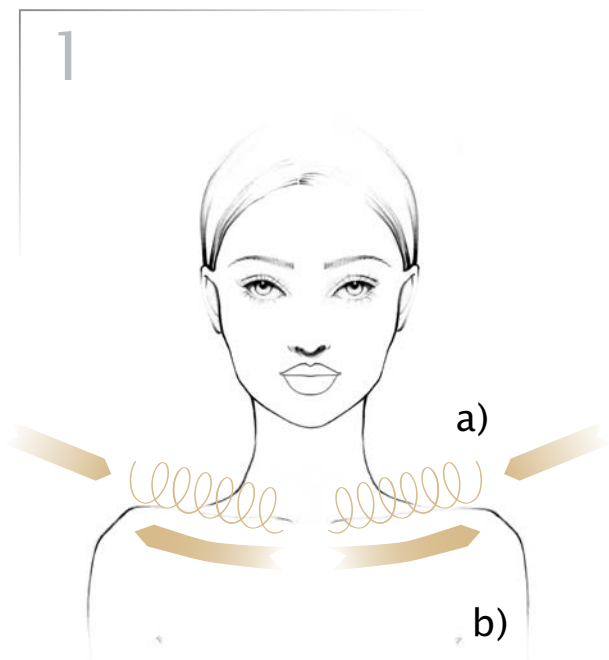


Effleurage

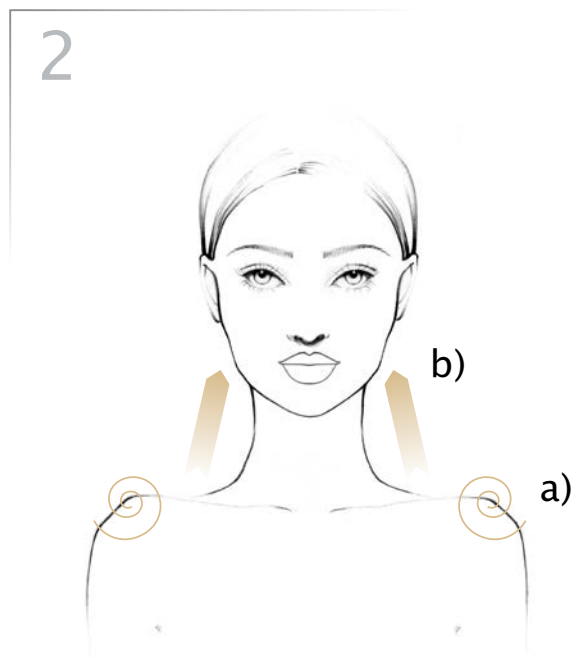


Pressure point

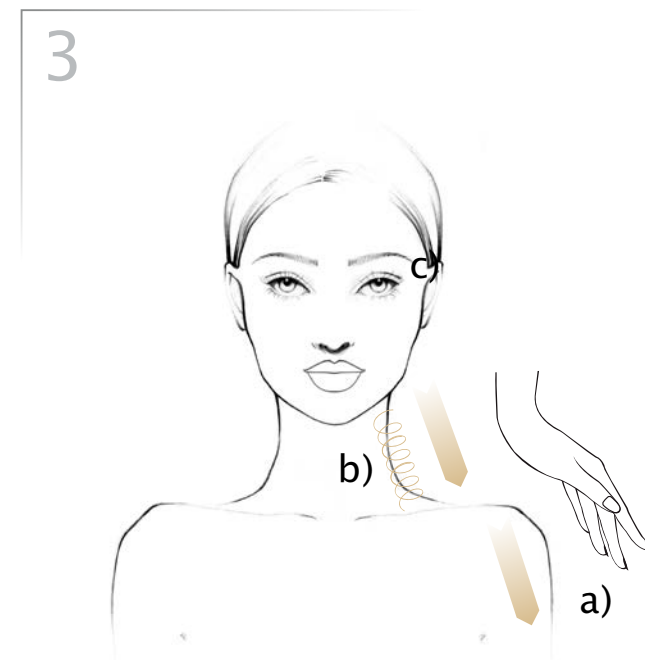
STEPS



- a) Place both hands parallel on the outer collarbone and use frictions to gently massage along the neckline (above the collarbone) from the outside in. Avoid the thyroid area.
- b) Apply lengthy effleurage strokes across the décolleté back to the shoulders. Circle the shoulders and then start from the beginning again.

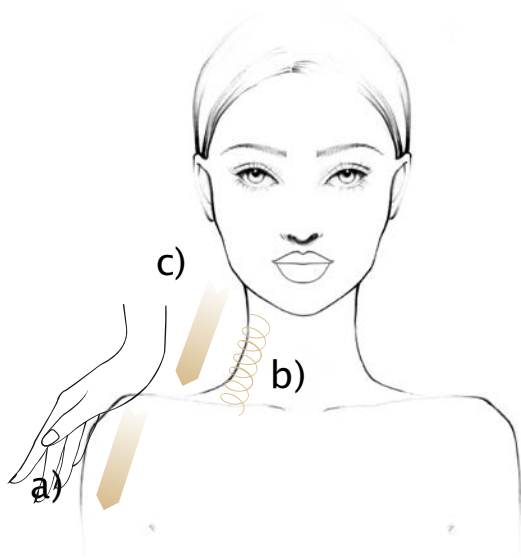


- a) Use gentle pressure to circle the shoulders several times and bring the strokes upwards across the trapezius muscle and neck.
- b) Pull the head up slightly to gently stretch the neck area.



- Turn the head to the right so that it can sit stable in your right hand.
- a) Place your left hand on the left shoulder and stretch this downwards for several seconds.
 - b) Place your hand on the base of the neck and apply gentle frictions up to the ear.
 - c) Make the hand into a fist and stroke down the trapezius to the shoulder using the knuckles. Apply three times in a circular motion.

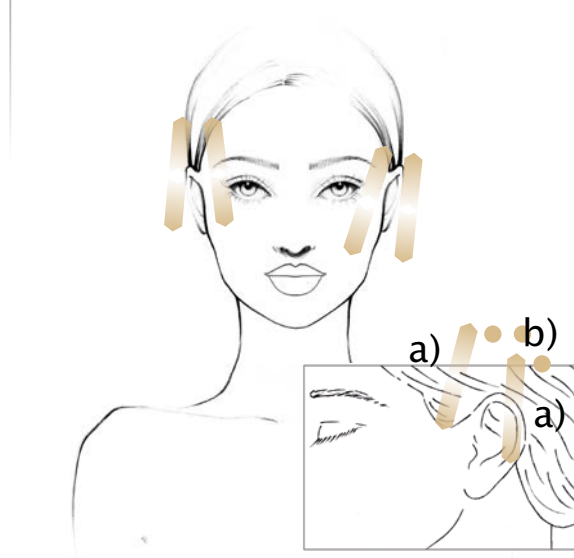
4



Now carry out the same sequence of strokes on the other side: turn the head to the left so that it can sit stable in your left hand.

- a) Place your right hand on the right shoulder and stretch this downwards for several seconds.
- b) Place your hand on the base of the neck and apply gentle frictions up to the ear.
- c) Make the hand into a fist and stroke down the trapezius to the shoulder using the knuckles. Apply three times in a circular motion.

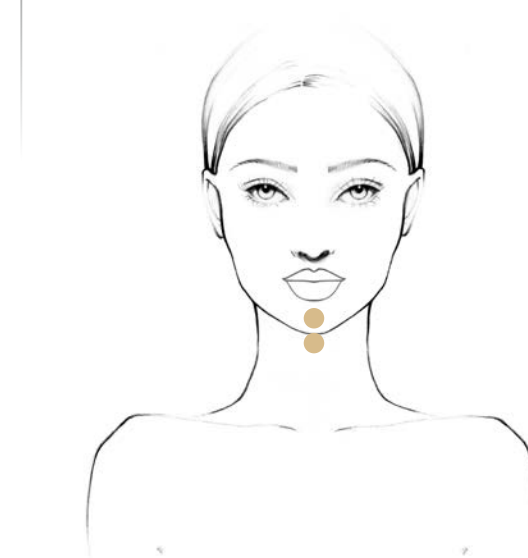
5



Return the head in the initial lying position and place both hands parallel over the ears. Place the ear between the index and middle finger.

- a) Push the fingers down towards the cheek, applying a pleasant level of pressure and then with the same pressure slide back up again.
- b) Once your fingers are above the ear, rotate the fingertips in the same spot 5 times by applying a deep pressure point massage.

6



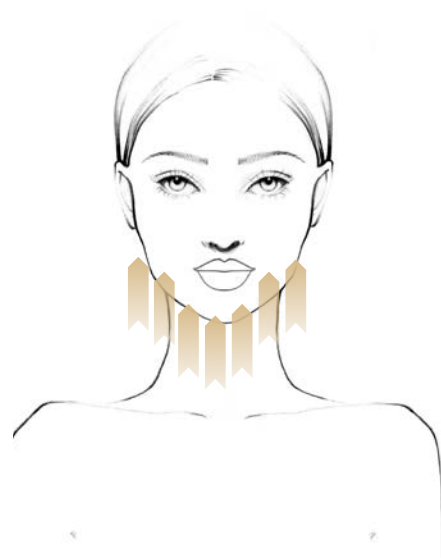
Place the thumb on the chin (below the bottom lip) and the index finger under the chin. Again, rotate the fingertips 5 times in this position by applying a pressure point massage.

7



- a) Place the hands parallel on the chin. Using the index and middle fingers, apply effleurage strokes with a pleasant level of pressure from the chin to the base of the jaw.
- b) Here apply a deep massage to the masticatory muscle with circles of friction.

8



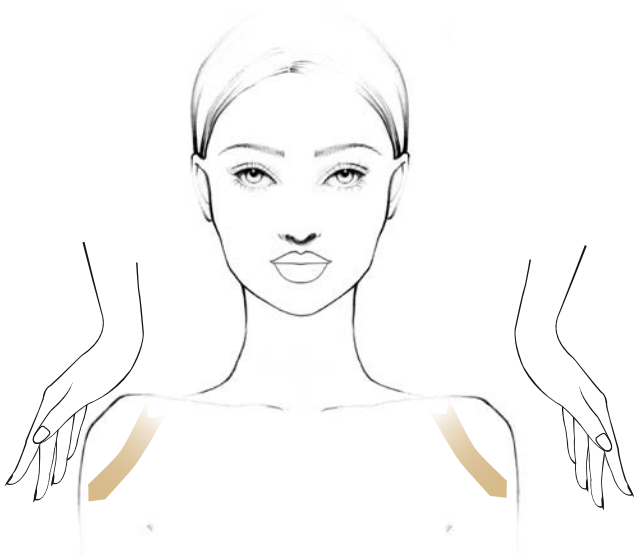
Now apply effleurage strokes to the entire chin and jawline area. Using flat hands, apply gentle upwards movements and keep swapping hands.

9



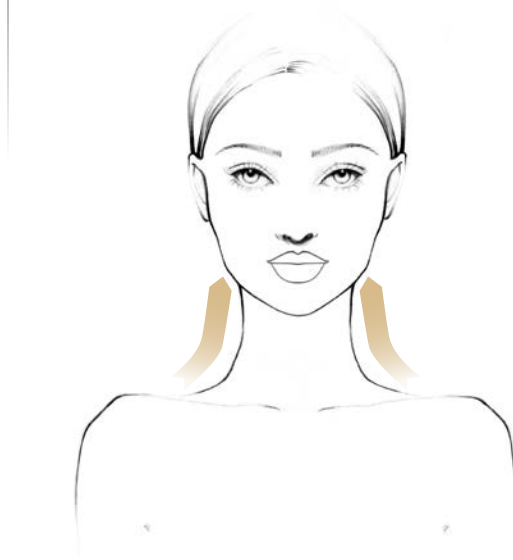
Apply the effleurage strokes from the collarbone to the jaw. Repeatedly use both hands (changing hand each time) to apply strokes along the neck and work slowly from left to right. Avoid the larynx area.

10



Place the hands parallel on the shoulders and stretch each shoulder downwards in turn.

11



Finally, as a last balancing technique, run the hands parallel from the shoulders via the trapezius to the back of the head.

Massage stroke	Effleurage	Friction	Pressure point massage
Significance	Stroking	Rubbing	Massaging the spot
Application	Flowing combination of strokes	In small spirals  or larger circles 	A deep massage at the relevant point, carried out with the fingertips
For the customer	Rest and relaxation	A feeling of warmth, a feeling of activation	Deep relaxation and stimulation of the energy points
For the skin	Balance and smoothing	Improves blood flow and therefore absorption of active ingredients, improvement in complexion	Stimulation of the skin and localized tissues

DR. GRANDEL

KOSMETIK

TOOLS



Tools

Your tools for special beauty experience

FACIAL CLEANSING SPONGE

Article No. 90010



Washable cleaning sponge.

Pack of 4

FACIAL MASSAGE BRUSHES

Article No. 90010



Facial massage brushes.

Pack of 6

WASH GLOVE SUPERSOFT

Article No. 90063



Super soft washing glove in a pack of 2 with its cuddly soft material.
Washable at 60 degrees.

MABELLA TWIN DUO

Article No. 90158



This massage tool can be used in many different ways: cooled for the freshness kick, warmed up for the cuddling moment. The large head is ideal for cosmetic massages and pressure point/reflex zone massages. The small head is particularly pleasant for gentle applications around the eye area. Clean the MABELLA Twin Duo after each treatment with lukewarm water and a gentle cleanser. Not suitable for the dishwasher.

MASKING CLOTHS (FLEECE)

Article No. 40998



These mask cloths can be used for example with the ALPHA EFFECT Techni que. Each package contains 60 pieces.

See also pages 36 to 38.

FANBRUSH SUPERSOFT

Article No. 12001



This gentle brush caresses the skin with its delicate synthetic hairs. The fan brush is easy to clean.

MASKBRUSH SUPERSOFT

Article No. 10279



This brush is gentle! The synthetic hairs caress the skin and are easy to clean.

EYE LIFT FANBRUSH SUPERSOFT

Article No. 37621



The super soft Eye Lift Brush can be used to work in eye care. In combination with the eye products, it reduces swelling and wrinkles.

MASK FANBRUSH

Article No. 7433



Cream or gel masks can be quickly and easily applied to the face and décolleté. The brush is easy to clean.

In love with perfection

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