

A close-up photograph of a woman lying down, her eyes closed, as a white facial mask is applied to her face. A hand holds a fan-shaped brush, spreading the mask across her forehead, nose, and cheeks. Another hand in the upper right corner holds a small glass jar containing the mask. The woman's hair is pulled back and covered with a white towel. The background is a soft, out-of-focus white.

# BIODROGA TREATMENT MANUAL

**BIODROGA**  
BIOSCIENCE • INSTITUT

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# INFORMATION

## LIP SPECIAL

### INTRODUCTION

„BEAUTIFUL LIPS ARE MADE FOR KISSING“  
 Well groomed and plump lips are a beauty ideal. Cracked lips in contrast can be very irritating and can appear unkempt. In winter, the very dry heated air and the cold can be a big problem. Constant licking of the lips can cause them to be even drier. Intensive sunlight can also be very drying to the outer lip area. The new BIODROGA Lip Special says „bye bye!“ to cracked and raw lips and „hello“ to conditioned, soft, supple lips. Through the combination of varying massage techniques and the lip care miracle Firming Lip Treatment, the facial musculature of the mouth area becomes relaxed, thus preventing and minimizing lip wrinkles.

The Biodroga Lip Special can be integrated in every Biodroga Treatment as the final step and as a finishing treatment highlight! Of course it can be used as a treatment by itself as well. It is suitable for every skin type.

### TREATMENT RESULT/EFFECT

**Firmer, conditioned, full lips**

### TREATMENT DURATION

Approximately 10 Minuten

### PRODUCT RECOMMENDATION – TREATMENT

- Peeling: Micro-Dermabrasion Facial Peeling
- Massage: Firming Lip Treatment Lip Care

### PRODUCT RECOMMENDATION – HOME CARE

- Peeling: Micro-Dermabrasion Facial Peeling Every 14 days
- Lip Care: Apply Firming Lip Treatment several times daily.  
1 to 2 times per week, apply in a thick layer as a lip pack treatment and let work in for 10 minutes.



# TREATMENT SEQUENCE WITH LIP MASSAGE

## LIP SPECIAL

	TREATMENT SEQUENCE	PRODUCTS	ml
	<b>Peeling</b> For the optimal preparation, apply the Micro Dermabrasion Facial Peeling and work in gently for 30 seconds from the beginning of the outer lip contour to the lip surface. Remove peeling residue with a moist cotton pad.		0,5
	<b>Massage</b> In completion, apply Firming Lip Care in a thick layer and work in using the following special massage techniques.		2

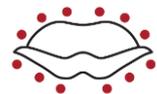
### SEQUENCE LIP MASSAGE

Repeat every treatment step 3–5 times

**1. O-MOUTH:** Fix fingers below the chin. Place your thumb in the middle of the lower lip, extend along the mouth ring muscle upwards to the middle upper lip. Repeat.



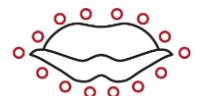
**2. LIP CIRCLES:** Place fingertips of the right and left hand on the upper lip contour and perform standing circles moving outward. Then place fingertips on the lower lip contour and repeat circles.



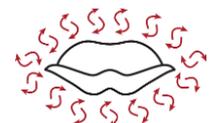
**3. LIP SMILING:** Frame the lip between the index and middle fingers of the right and left hand. Spread slightly upwards until the corner of the mouth. Smile 1–2 seconds fix, dropping back to the starting point.



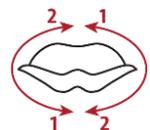
**4. LIP TAPPING:** tap lips and lip contour with drumming fingertips.



**5. OPPOSITE CRESCENT STROKES ALONG THE LIP CONTOUR:**  
With index fingers of the right and left hand.



**6. LIP SHIFTING:** Use the index fingers of the right and left hand to perform opposite crescent strokes from the lip heart to the middle lower lip.



**7. SILENT LIP:** move gently along with flat hand from corner of mouth to corner of the mouth. Right and left hand alternating.



## THROAT AND DÉCOLLETÉ SPECIAL

### INTRODUCTION

The throat and décolleté belong to the so-called "sun terraces". They are particularly stressed by external weather influences such as intense sunlight. Furthermore, certain lying positions during sleeping promote the formation of wrinkles. Due to the heavy stress, the skin in this area is often dry, developing small to deep wrinkles and pigment changes, which makes it appear unkempt.

In the personal care ritual at home, the neck and décolleté are often forgotten during care and moisturizing. Therefore, we should pay special attention to these areas of the skin. Because skin care goes beyond the face!

At hot parties, festive New Year's Eve balls, gala events or dinner with the girls you can look your best with a well-groomed décolleté..

The THROAT AND DÉCOLLETÉ SPECIAL is suitable for every skin type and every décolleté size.

### BENEFITS

- Makes sagging skin tissue appear firm and plump again
- Acts like an iron for neck and décolleté - wrinkles are a thing of the past
- The skin shines in new freshness.

### TREATMENT RESULT/EFFEKT

Well-groomed and firm skin on neck and décolleté

### TREATMENT TIME

Approx. 50 min

### RECOMMENDED TREATMENT PRICE

60 €

### PRODUCT RECOMMENDATION- TREATMENT

Cleansing and toning:	Skin specific
Peeling:	AHA Facial Scrub for mature, tanned skin with hyperpigmentation or Silky Enzyme Peeling Powder for sensitive skin
Ampoule:	Golden Caviar Concentrate
Mask & Hand-Armmassage:	Collagen Pad Relaxing Shimmering & Rich Anti-Age Body Lotion
Fragrance-Ritual:	Energizing Fragrance Concentrate
Massage:	Firming throat and décolleté treatment

### PRODUCT RECOMMENDATION- HOME CARE

For intensive care of neck and décolleté, integrate the Special Care Firming Throat and Décolleté Care into the personal, daily care ritual.

#### More home care tips for a firm décolleté:

- Integrate the neck and décolleté into the daily care ritual. Apply cleansing, peeling, serum & tightening neck and décolleté care.
- Cold décolleté shower: Form a horizontal figure "8" around the breasts with the shower spray. The figure "8" is repeated a total of about 10 times. Start with lukewarm water and slowly make the water cooler. Start the movement at the right chest, let the figure "8" end on the left chest after several 8th movements.
- Pay attention to sleeping habits. Back sleepers have fewer wrinkles on the décolleté!

# TREATMENT STEPS

## THROAT AND DÉCOLLETÉ SPECIAL

	TREATMENT STEPS	PRODUCTS	ml	EUR
	<p><b>Cleansing</b> Perform skin-specific cleansing on the throat and décolleté and then tone the skin.</p>		3 3	xxx
	<p><b>Peeling</b> Apply AHA facial peeling with two brushes to the dry skin and leave to act for 5-10 minutes, then peel with wet fingers. Then remove with a damp compress or sponge. Alternatively, use Silky Enzyme Peeling Powder for sensitive skin.</p>		3 or 2 g	xxx
	<p><b>Concentrate</b> Apply Golden Caviar Concentrate to dry skin and work in gently.</p>		1 unit	xxx
	<p><b>Mask</b> Crop collagen pad: Hold collagen pad horizontally and fold vertically in the middle, the open side points to the right. Then cut off the top right corner in a kind of "C-shape" so that a quarter of a circle is separated. There is 1 large collagen pad piece and 2 small collagen pad pieces. For an optimal fit, cut a line of 2-3 cm at the rounding of the large collagen pad piece on the right and left. Place the large piece in a tailored neck and décolleté fit, moisten with water and brush smoothly. Place the small pieces on the shoulder ball area and thoroughly moisten. Leave on for 15 minutes. During the penetration time perform an individual hand-arm massage with Relaxing Shimmering &amp; Rich Anti-Age Body Cream.</p>	    	1 unit 10	xxx xxx
	<p><b>Fragrance-Ritual</b> Fragrance ritual with Energizing Fragrance Concentrate. Perform fragrance ritual during the treatment sequence.</p>		1	xxx
	<p><b>Massage</b> Apply Firming Throat and Décolleté Care in a thick layer to the throat and décolleté and work intensively using special massage movements. Perform special massage movements during the massage routine. Minimally remove residue with a damp compress.</p>	  	10	xxx
		Total:		xxx

# MASSAGE SEQUENCE

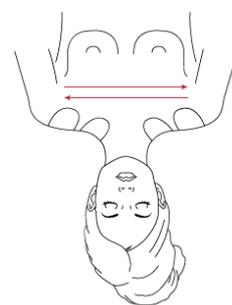
## THROAT AND DÉCOLLETÉ MASSAGE

**Fragrance-Ritual:** 1-2 Pour and distribute drops of Energizing Fragrance Concentrate on your own palm. Ask the customer to take a deep breath. Focus on the customer's breath. When inhaling "scented roof" with your hands over the customer's nose (distance approx. 5 cm to skin contact), dissolve the scented roof when exhaling and put pressure on the shoulder joints with your hands in parallel. Repeat a few breaths until you feel completely in tune with the customer. Then proceed to the next treatment step.

**Repeat each treatment step 3-5 times**

### 1. Alternating strokes from shoulder joint to shoulder joint

Alternate right and left hands.



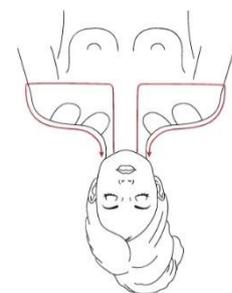
### 2. Outward moving circles

From the middle of the décolletage towards the armpits. Gently lift the pectoral muscles on the outward movement. Work back down to the starting point.



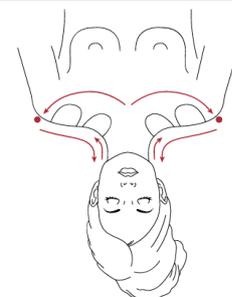
### 3. Alternating triangle maneuver

Right hand starts on the right side, alternating with the left hand stroking the left side: The backs of the hands glide gently from the profundus to the end of the clavicle. The palms stroke from the middle of the décolletage over the shoulder joints, along the trapezius muscle, and back to the starting point.



### 4. Butterfly stroke

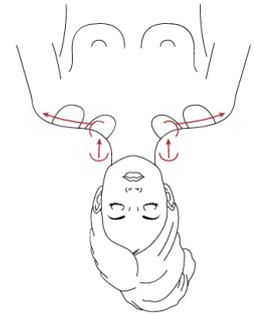
Form a fist and glide the knuckles from the end of the clavicle to the profundus. The thumbs hold the shoulder joints, the hands are placed flat on the décolletage, and stroke back to the starting point across the décolletage, trapezius, and neck.



## HALS- UND DÉCOLLETÉMASSEGE

### 5. Fork Maneuver and the trapezoidal edge

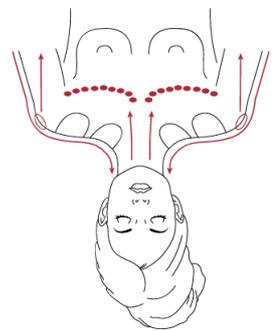
Spread the thumbs and the palms of the hand apart, turn the head slightly to one side. Stroke the edge of the trapezius hand over hand moving from the inside to the outside. The thumb moves over the edge of the trapezius, and the palm along the front of the body. First move along the right side, then the left. Hold the shoulder when changing sides.



### 6. Knuckeling Maneuver with upper arm stroking

Knead with the knuckles from the middle of the décolletage to the armpits, hold the shoulder joints with flat hands, and stroke the upper arms with flat hands. Move down the front of the upper arms towards the elbows.

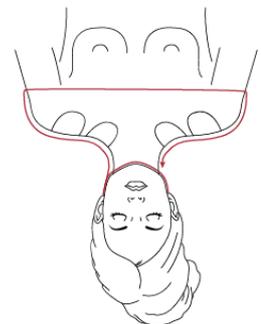
Stroke up along the back of the upper arms over the shoulder blades and move back to the starting point.



### 7. Large Retangle Maneuver (Throat and Décolleté)

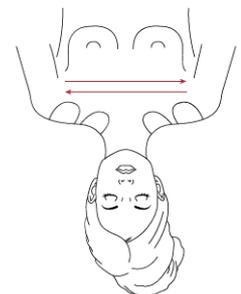
Alternate right and left hands.

Right hand glides from below the right ear along the line of the jaw to the left ear, down the side over the trapezius, and across the shoulder joint, along the décolletage back to the starting point. Repeat on the other side with the left hand



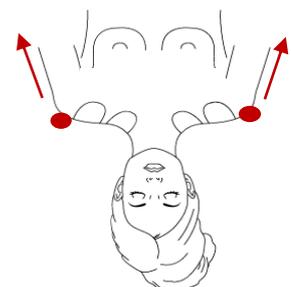
### 8. Alternating strokes from shoulder joint to shoulder joint

Alternate right and left hands from shoulder to shoulder joint



### 9. Balancing the shoulder joints

Using the palms cover the shoulder joints the right hand covers the right shoulder joint and the left hand the left shoulder joint. Apply pressure on both respective shoulder joints and stretch them downward.



# INTRODUCTION

## TREATMENT CONCEPT CONCENTRATES AND SHEET MASKS

The new BIODROGA CONCENTRATES and SHEET MASKS are enriched with valuable and luxurious ingredients – simply the best for skin.

They stand for extraordinary beauty results and, due to the unique and rare principal ingredients, they impart an unparalleled feeling:

### **BLUE ORCHID MOISTURE CONCENTRATE AND SHEET MASK – with the rare extract from Blue Orchids**

The extract of the **Blue Orchid** is gained from the same-named plant native to southeast Asia. In Asia, it stands for female beauty. The ingredient gained from it has been cherished since hundreds of years due to its regenerative and protective effect. Orchids also stand for longevity due to their long life, their extreme resistance towards environmental influences and their virtually invisible aging. The extract has gained increasing importance in cosmetics due to its conditioning properties and, due to its cell-regenerating effect, it is considered as „silver bullet“ for the care of mature skin. It stimulates the vitality of skin. It is considered to unfold a hydrating and antioxidant effect.

### **LUXURIOUS GRAPE ENERGY CONCENTRATE AND SHEET MASK – with grape extract from the Champagne**

The secret behind the luxurious skincare products are the most noble white and red grapes growing in the Champagne. These grapes contain energy-rich substances like polyphenols, bioflavonoids, trace elements and anti-oxidants which make this extract a unique energizer for skin.

**Grape extract from the Champagne** in BIODROGA's LUXURIOUS GRAPE CONCENTRATES and SHEET MASKS impart new energy to pale and dull looking skin.

# INTRODUCTION

TREATMENT CONCEPT CONCENTRATES AND SHEET MASKS

## INGREDIENTS FOR INSTANT AND LONG-LASTING BEAUTY EFFECTS

BLUE ORCHID MOISTURE TREATMENT	<p>BLUE ORCHID MOISTURE <b>CONCENTRATE:</b> Blue Orchid + Moisture Complex (hyaluronic acid + hydro extract)</p> <p><b>Ingredient with long-lasting effect:</b> Low-molecular hyaluronic acid</p>	<p>BLUE ORCHID MOISTURE <b>SHEET MASK:</b> Blue Orchid + Moisture Complex (hyaluronic acid + hydro extract)</p> <p><b>Ingredients with instant effect:</b> Polysaccharide spectrum + Hydroprotector</p>
LUXURIOUS GRAPE ENERGY TREATMENT	<p>LUXURIOUS GRAPE ENERGY <b>CONCENTRATE:</b> Grape extract from the Champagne + Energy Complex (Cronodyn™ + dragon fruit extract)</p> <p><b>Ingredient with long-lasting effect:</b> Omega-CH-Aktivator F</p>	<p>LUXURIOUS GRAPE ENERGY <b>SHEET MASK:</b> Grape extract from the Champagne + Energy Complex (Cronodyn™ + dragon fruit extract)</p> <p><b>Ingredients for instant effect:</b> Polysaccharide spectrum + Energy Booster</p>

# INTRODUCTION

## TREATMENT CONCEPT CONCENTRATES AND SHEET MASKS

Cosmetic industry is a paradise full of beauty treatments. Due to the large variety of treatments, it is not always easy for the clients to decide which one to choose. Many treatments promise an instantly visible result with a wonderful skin tone and a radiant complexion.

For individual occasions, such as a gala event, the immediate beauty effect is sufficient. However, nowadays great value is attached to sustainable treatment results. But: Who wants to be „beautiful“ just for the moment?

The new BIODROGA treatment concept combines the instant effect of the Sheet Masks with the intense effect of the Concentrates leaving visible and long-lasting results.

The precious BIODROGA CONCENTRATES rich in ingredients, perfectly penetrate skin and reach deeper skin layers due to their watery consistency and small molecular size.

BIODROGA Sheet Masks have a certain kind of sealing effect. They complete the ingredient penetration also in the upper skin layers leaving an instantly visible effect.

Owing to the uncomplicated and quick application, the CONCENTRATES & SHEET MASKS can be integrated into a “Quick Treatment” which can be easily enjoyed during the lunch break.



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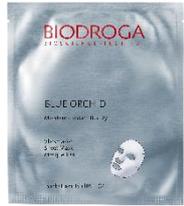
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# TREATMENT SEQUENCE



## BLUE ORCHID MOISTURE QUICK-TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	ml	EUR
	<b>Cleansing</b> Remove eye makeup, carry out skin-specific cleansing, and then tone the skin with a cotton pad and the toner.		2unit 5 5	XX XX XX
	<b>Peeling</b> Apply AHA Facial Peeling with two brushes to dry skin and let take effect 5-10 minutes. Then peel with moist fingers. Remove with a moist compress or sponge. Alternatively, use Celluscrub Facial Peeling.		5 or 5	XX or XX
	<b>Concentrate</b> Open ampule at the score line on the neck. Use an ampule breaker or cover the neck with a cosmetic tissue and break it open. Then apply BLUE ORCHID MOISTURE CONCENTRATE and work in thoroughly. It can also be infused by means of ultrasound or with galvanic current /iontophoresis. Infuse concentrate with positive and negative electrodes alternately.		1unit	XX
	<b>Mask</b> Open BLUE ORCHID MOISTURE SHEET MASK and place on the face. Remove paper sheet and smoothen out the tissue mask. Let take effect 10 minutes. Roll off mask downwards and thoroughly massage in residues.		1unit	XX
	<b>Final skincare product</b> INTENSE MOISTURE FORMULA Eye care  24h Care for dry skin		1 2	XX XX
		<b>Total:</b>		XX-XX

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

# TREATMENT SEQUENCE



## LUXURIOUS GRAPE ENERGY QUICK-TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	ml	EUR
	Remove eye makeup, carry out skin-specific cleansing, and then tone the skin with a cotton pad and the toner.		2 Units	XX
			5	XX
			5	XX
	<b>Peeling</b> Apply AHA Facial Peeling with two brushes to dry skin and let take effect 5-10 minutes. Then peel with moist fingers. Remove with a moist compress or sponge. Alternatively, use Celluscrub Facial Peeling.		5 or 5	XX
	<b>Concentrate</b> Open ampule at the score line on the neck. Use an ampule breaker or cover the neck with a cosmetic tissue and break it open. Then apply LUXURIOUS GRAPE ENERGY CONCENTRATE and work in thoroughly. It can also be infused by means of ultrasound or after radio frequency or with galvanic current /iontophoresis - Infuse concentrate with positive and negative electrodes alternately.		1 Units	XX
	<b>Maske</b> Open LUXURIOUS GRAPE ENERGY VLIESMASKE and place on the face. Remove paper sheet and smoothen out the tissue mask. Let take effect 10 minutes. Roll off mask downwards and thoroughly massage in residues.		1 Unit	XX
	<b>Final skincare product</b> OXYGEN FORMULA Eye Care ENERGIZE&PERFECT 24h care for dry skin		1	XX
			2	XX
		Total:		XX-XX

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

## INTENSE MOISTURE TREATMENT

### INTRODUCTION

**Dry skin** can have a number of causes. For example, if the skin's protective barrier is not perfectly intact there is increased trans-epidermal loss of moisture but an inadequate intake of fluids may also be the cause.

This skin is thirsty.

It has **dryness lines and wrinkles** and **appears exhausted**.

An intense boost of moisture with a depot effect is what this skin needs.

The INTENSE MOISTURE TREATMENT satisfies all this skin's needs.

### EFFECT

- Dryness lines and wrinkles are reduced
- The skin is intensively moisturized
- Thanks to the premium primary ingredient in the Intense Moisture Formula, madecassoside, water transport within the skin is optimized and the skin's protective barrier is strengthened
- Hyaluronic acid, which acts like a magnet for water, binds moisture within the skin over the long term
- This treatment ensures the lipid and moisture levels in the skin are balanced

### TREATMENT OUTCOME / EFFECT

**Intensively moisturized, fresh, and plump skin.**

### TREATMENT TIME

60 minutes

### PRODUCT RECOMMENDATION – TREATMENT

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling
Ampule:	Blue Orchid Moisture Concentrate
Massage:	Facial Massage Creme
Mask:	Power Moist Mask and Individual eye care
Final skincare product:	Intense Moisture Formula Basic Moist
	Individual eye care e.g., Intense Moisture Formula
	Intense Moisture Formula 24h Care for dry skin

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling
Ampule:	Blue Orchid Moisture Concentrate
Mask:	Power Moist Mask or Blue Orchid Moisture Sheet Mask
Final skincare product:	Intense Moisture Formula Eye Care
	Basic Moist
	Intense Moisture Formula 24h Care
	Intense Moisture Formula 24h Care for dry skin



# TREATMENT SEQUENCE

## INTENSE MOISTURE TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye makeup, carry out skin-specific cleansing, and then tone the skin with a cotton pad and the toner.		2 units	XX
			5	XX
			5	XX
	<b>Peeling</b> Apply AHA Facial Peeling with two brushes to dry skin and let take effect 5-10 minutes. Then peel with moist fingers. Remove with a moist compress or sponge.		5	XX
	<b>Concentrate</b> Apply Blue Orchid Moisture Concentrate to the dry skin and gently work in. Optionally work with electric devices. Infusion see page 12.		1 unit	XX
	<b>Massage</b> Apply the Facial Massage Creme to the skin and carry out the BIODROGA SIGNATURE MASSAGE. Remove any remaining massage cream with a moist cloth.		5	XX
	<b>Mask</b> Generously apply individual eye care (e.g., Intense Moisture Formula) and Power Moist Mask. After 15 minutes remove with a moist cloth.		2	XX
			10	XX
	<b>Final skincare product</b> Intense Moisture Formula Basic Moist Individual eye care e.g., Intense Moisture Formula Intense Moisture Formula 24h Care for dry skin		2	XX
			1	XX
			2	XX
		Total:		XX-XX

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

## SENSITIVE TREATMENT

### INTRODUCTION

If the skin is **very sensitive, itchy, red, irritated** or **often reacts very quickly to external stimuli**, then it needs a little pain relief.

The Sensitive Treatment is best suited to delicate individuals and acts as a rescue program for irritated skin thanks to its balanced and calming ingredients. It calms and soothes the skin, supports its protective function, makes it more resilient, and provides some serious help with regeneration. This treatment ensures **a harmonious complexion and new wellbeing**.

### EFFECT

- Irritation and redness are reduced
- The natural protective function of the skin is reinforced
- Itchiness and any unpleasant feeling of tightness are a thing of the past
- The resilience of the skin is boosted
- For balanced and soothed skin
- The lipid and moisture levels in the skin are balanced

### TREATMENT OUTCOME / EFFECT

**Balanced, regenerated, and resilient skin.**

### TREATMENT TIME

60 minutes



### PRODUCT RECOMMENDATION – TREATMENT

Cleansing and toning:	Skin-specific Recommended for very sensitive, dry skin: Cleansing Oil and Gentle Skin Lotion
Peeling:	Silky Enzyme Peeling Powder particularly good for sensitive skin with keratinization disorders or Celluscrub Facial Peeling for every skintype
Ampule:	Blue Orchid Moisture Concentrate
Facial Oil:	Revitalizing Oil
Mask and massage:	Individual eye care Creme Mask Sensitive or Vitamin Honey Mask for lipid-deficient, dry skin
Final skincare product:	Individual eye care Sensitive Formula 24h Care

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin-specific Recommended for very sensitive, dry skin: Cleansing Oil and Gentle Skin Lotion
Peeling:	Celluscrub Facial Peeling
Ampule:	Blue Orchid Moisture Concentrate mornings  Energize & Perfect Anti-Age Facial Oil evenings
Mask:	Power Moist Mask, Vitamin Honey Mask or Blue Orchid Moisture Sheet Mask
Final skincare product:	Sensitive Formula Eye Care Sensitive Formula 24h Care

# TREATMENT SEQUENCE

## SENSITIVE TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye makeup, carry out skin-specific cleansing, and then tone the skin with a cotton pad and the toner.		2 units 5 5	XX XX XX
	<b>Peeling</b> Mix Silky Enzyme Peeling Powder with lukewarm water to form a fluffy foam, apply to the skin with a brush, leave to work for 5 minutes, and remove with a moist cloth. <b>IMPORTANT:</b> The peeling product must always be kept moist! Alternatively, use Celluscrub Facial Peeling.		3 g or 5	XX or XX
	<b>Concentrate</b> Apply Blue Orchid Moisture Concentrate to the dry skin and gently work in. Optionally work with electric devices. Infusion see page 12.		1 unit	XX
	<b>Revitalizing Oil</b> Apply about 2–3 drops of Revitalizing Oil to the face, neck, and décolletage and gently massage in.		2	XX
	<b>Mask and Massage</b> Generously apply individual eye care and Creme Mask Sensitive and carry out the BIODROGA SIGNATURE MASSAGE. After 15–20 minutes remove with a moist cloth.		2  10	XX  XX
	<b>Final skincare product</b> Individual eye care  Sensitive Formula 24h Care for dry skin		1  2	XX  XX
		Total:		XX–XX

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

## OXYGEN TREATMENT

### INTRODUCTION

The skin often appears **tired, pale, and gray** if the **oxygen distribution** is **not even** throughout. This is because oxygen is the substance that is used by the engines of the skin cells, the mitochondria, to make energy.

This energy is essential for the cells to work at full speed and to ensure that all skin functions are fully operational.

The Oxygen Treatment meets all these requirements and offers the skin a **refreshing walk in the woods for a perfect, evenly distributed oxygen supply and a fresh rosy complexion.**

### EFFECT

- Encourages uniform exchange of oxygen between the skin cells
- Invigorates tired and pale skin
- Optimizes skin cell functions
- Produces a fresh rosy complexion

### TREATMENT OUTCOME / EFFECT

**An invigorated, rosy, and fresh complexion.**



### TREATMENT TIME

60 minutes

### PRODUCT RECOMMENDATION – TREATMENT

Cleansing and toning:	Skin-specific
Peeling:	Silky Enzyme Peeling Powder for keratinization disorders and sensitive skin or AHA Facial Peeling for tired looking skin with bad blood circulation
Ampule:	Luxurious Grape Energy Concentrate
Massage:	Oxygen Formula 24h Care for dry skin
Mask:	Oxygen Formula Eye Care  Vitamin Honey Mask
Final skincare product:	Oxygen Formula Eye Care  Oxygen Formula 24h Care for dry skin

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling
Ampule:	Blue Orchid Moisture Concentrate
Mask:	Vitamin Honey Mask for lipid-deficient, dry skin  Deep Cleansing Mask for oily or combination skin  Luxurious Grape Energy Sheet Mask for tired looking skin
Final skincare product:	Oxygen Formula Eye Care  Oxygen Formula 24h Care for oily/combination skin or Oxygen Formula 24h Care for dry skin



# TREATMENT SEQUENCE

## OXYGEN TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye makeup, carry out skin-specific cleansing, and then tone the skin.		2 units	XX
			5	XX
			5	XX
	<b>Peeling</b> Mix Silky Enzyme Peeling Powder with lukewarm water to form a fluffy foam, apply to the skin with a brush, leave to work for 5 minutes, and remove with a moist cloth. <b>IMPORTANT:</b> The peeling product must always be kept moist! Alternatively, use AHA Facial Peeling.		3 g or 5	XX or XX
	<b>Concentrate</b> Apply Luxurious Grape Energy Concentrate to the dry skin and gently work in. Optionally work with electric devices. Infusion see page 13.		1 unit	XX
	<b>Massage</b> Apply Oxygen Formula 24h Care for dry skin to the face, neck, and décolletage and carry out the BIODROGA SIGNATURE MASSAGE. Remove any remaining product with a moist cloth.		5	XX
	<b>Mask</b> Generously apply Oxygen Formula Eye Care and Vitamin Honey Mask.  After 15 minutes remove with a moist cloth.		2  10	XX  XX
	<b>Final skincare product</b>  Oxygen Formula Eye Care  Oxygen Formula 24h Care for dry skin		1	XX
			2	XX
		Total:	XX-XX	

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

## CLARIFYING PURAN TREATMENT

### INTRODUCTION

We don't feel our best with **impure skin!** This type of skin is often affected by **papules, pustules, and comedones.**

The skin type most commonly associated with these problems is oily skin.

However, even dry skin can often be affected by impurities.

The Clarifying Puran Treatment can be optimally adapted to any type of skin.

Clarifying and antibacterial ingredients are the **magic ingredient in the battle against impure skin.**

This treatment ensures **a harmonious, clear, and pure complexion.**

### EFFECT

- The skin is intensively clarified
- Existing impurities are tackled and new impurities are prevented from developing
- The texture of the skin is refined
- The skin is deeply moisturized
- Irritation and redness are reduced

### TREATMENT OUTCOME / EFFECT

**A clear, moisturized, and refined complexion.**

### TREATMENT TIME

60–70 minutes

### PRODUCT RECOMMENDATION – TREATMENT

Cleansing and toning:	Cleansing Fluid and Clarifying Lotion
Peeling:	AHA Facial Peeling or Silky Enzyme Peeling Powder
Ampule:	Serum for impure skin
	Blue Orchid Moisture Concentrate For dehydrated, impure skin
Massage:	Facial Massage Creme
Mask:	Clarifying Mask for impure skin
Final skincare product:	Individual eye care e.g., Oxygen Formula Eye Care
	Puran Formula
	24h Care for oily/combo skin

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Cleansing Fluid and Clarifying Lotion
Peeling:	AHA Facial Peeling
Ampule:	Blue Orchid Moisture Concentrate
Additional products:	Anti-Blemish Stick (evenings) Anti-Blemish Creme (daytime)
Mask:	Deep Cleansing Mask and/or Blue Orchid Moisture Sheet Mask
Final skincare product:	e.g., Oxygen Formula Eye Care
	Puran Formula
	24h Care for oily/combo skin
	Puran Formula
	24h Care for dry skin
	Puran Formula
	Acno-Lift Creme 25+
	BB Cream SPF 15 sand 01 / honey 02



# TREATMENT SEQUENCE

## CLARIFYING PURAN TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye makeup. Carry out cleansing steps with Cleansing Fluid, tone with the Clarifying Lotion.		2 units 5 5	XX XX XX
	<b>Peeling</b> Apply AHA Facial Peeling with two brushes to dry skin and let take effect 5-10 minutes. Remove with a moist compress or sponge. Alternatively, use Silky Enzyme Peeling Powder		5 or 3	XX or XX
	<b>Deep cleansing</b> Deep cleanse the skin and then apply the Serum for impure skin.		2	XX
	<b>Concentrate</b> Apply Blue Orchid Moisture Concentrate to the dry skin and gently work in. Optionally work with electric devices. Infusion see page 12.		1 unit	XX
	<b>Massage</b> Apply the Facial Massage Creme to the skin and carry out the BIODROGA SIGNATURE MASSAGE (only if the impurities are not painful or inflamed). Remove any remaining product with a moist cloth.		5	XX
	<b>Mask</b> Generously apply skin-specific eye care (e.g., Oxygen Formula Eye Care) and Clarifying Mask for impure skin. After 15 minutes remove with a moist cloth.		2 10	XX XX
	<b>Final skincare product</b> Skin-specific eye care e.g., Oxygen Formula Eye Care  Puran Formula 24h Care for oily/combo skin		1 2	XX XX
		<b>Total:</b>		XX - XX

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

# INFORMATION

## REPAIR + CELL PROTECTION TREATMENT

### INTRODUCTION

The sun and its UV rays are essential for life and are necessary for a number of processes in the body. For example, vitamin D, which is very important for bone formation, is produced in the granular layer of the epidermis by UV radiation.

However, too much sunshine can be harmful for our skin and our body. It causes our skin to **age more rapidly – photoaging** – and can lead to **severe cellular damage**. The skin also appears **drained and leathery**. It is also characterized by **pigmentation disorders**. The Repair + Cell Protection Treatment gives sun-damaged skin **effective help to regenerate itself, protects it from the visible consequences of UV radiation, and can even repair existing sun damage**.

### EFFECT

- The repair function of the skin is activated and supported
- Lines and wrinkles are reduced
- The skin is intensively moisturized and protected against moisture loss
- Dramatic increase in resilience
- Protection against harmful UV rays and free radicals

### TREATMENT OUTCOME / EFFECT

**Deeply moisturized, resilient, and regenerated skin.**

### TREATMENT TIME

60 minutes

### PRODUCT RECOMMENDATION – TREATMENT

Cleansing and toning:	Skin-specific
Peeling:	Silky Enzyme Peeling Powder
Ampule:	Skin-specific Concentrate
Massage:	Facial Massage Creme
Mask:	Power Moist Mask and Skin-specific Eye Care or Pure Collagen Pad (when using the Collagen Pad, apply before the massage)
Final skincare product:	Intense Moisture Formula Basic Moist  Skin-specific Eye Care  Repair & Cell Protection Day Care SPF 15

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin-specific
Peeling:	Celluscrub Facial Peeling
Ampule:	Skin-specific Concentrate e.g., Blue Orchid Moisture Concentrate
Mask:	Power Moist Mask or Blue Orchid Moisture Sheet Mask
Final skincare product:	Intense Moisture Formula Basic Moist  Repair & Cell Protection Eye Care  Repair & Cell Protection Day Care SPF 15  Repair & Cell Protection Night Care



# TREATMENT SEQUENCE

## REPAIR + CELL PROTECTION TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye makeup, carry out skin-specific cleansing, and then tone the skin.		2 units 5 5	XX XX XX
	<b>Peeling</b> Mix Silky Enzyme Peeling Powder with lukewarm water to form a fluffy foam, apply to the skin with a brush, leave to work for 5 minutes, and remove with a moist cloth. <b>IMPORTANT:</b> The peeling product must always be kept moist!		3	XX
	<b>Concentrate</b> Apply Skin-specific Concentrate to the dry skin and gently work in.		1 unit	XX
	<b>Massage</b> Apply the Facial Massage Creme to the skin and carry out the BIODROGA SIGNATURE MASSAGE. Remove any remaining product with a moist cloth.		5	XX
	<b>Mask</b> Generously apply Repair & Cell Protection Eye Care and Power Moist Mask. After 15 minutes remove with a moist cloth. Alternatively, apply a Collagen Pad to the skin, moisten well, leave to work for 15–20 minutes. When using the Collagen Pad, <b>apply before the massage!</b>		2 10 or 1 unit	XX XX or XX
	<b>Final skincare product</b> Intense Moisture Formula Basic Moist Skin-specific Eye Care Repair & Cell Protection Day Care SPF 15		1.5 1 2	XX XX XX
		Total:	XX-XX	

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

## ENERGIZE & PERFECT TREATMENT

### INTRODUCTION

**Listless skin** ages faster and **appears tired and drained**. It develops **lines and wrinkles**, the **skin functions gradually decline**, and **dark rings** develop under the eyes, which occur together with **swelling around the eye**.

The Energize & Perfect Treatment gives **more power and lots of vitality** to the skin.

It counteracts these deficits and **gives the skin an absolute refreshing kick**.

### EFFECT

- Gives the skin new energy
- Wake-up call for tired cells
- Skin functions are activated and cellular metabolism is stimulated
- Lines and wrinkles are reduced
- The level of moisture in the skin is optimized
- Signs of tiredness and stress are counteracted
- Swelling and dark rings around the eyes are a thing of the past

### TREATMENT OUTCOME / EFFECT

**Invigorated, energized, moisturized, and fresh skin with youthful radiance.**

### TREATMENT TIME

60 minutes



### PRODUCT RECOMMENDATION – TREATMENT

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling or Celluscrub Facial Peeling
Ampule:	Luxurious Grape Energy Concentrate
Massage:	Energize & Perfect 24h Care for dry skin
Mask:	Skin-specific eye care as eye mask Power Moist Mask or Vitamin Honey Mask
Final skincare product:	Skin-specific eye care (e.g., Oxygen Formula Eye Care)  Energize & Perfect 24h Care for dry skin

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling or Celluscrub Facial Peeling
Mask:	Power Moist Mask or Blue Orchid Moisture Sheet Mask or Vitamin Honey Mask or Luxurious Grape Energy Sheet Mask
Final skincare product:	Blue Orchid Moisture Concentrate for dehydrated skin and/or Anti-Age Facial Oil for lipid-deficient, sensitive skin  Energize & Perfect Eye Fluid  Energize & Perfect 24h Care or Energize & Perfect 24h Care for dry skin

# TREATMENT SEQUENCE

## ENERGIZE & PERFECT TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye makeup, carry out skin-specific cleansing, and then tone the skin.		2 units	XX
			5	XX
			5	XX
	<b>Peeling</b> Apply AHA Facial Peeling with two brushes to dry skin and let take effect 5-10 minutes. Then peel with moist fingers. Remove with a moist compress or sponge. Alternatively, use Celluscrub Facial Peeling.		5 or 5	XX or XX
	<b>Concentrate</b> Apply Luxurious Grape Energy Concentrate to the dry skin and gently work in. Optionally work with electric devices. Infusion see page 13.		1 unit	XX
	<b>Massage</b> Apply Energize & Perfect 24h Care for dry skin to the face, neck, and décolletage and carry out the BIODROGA SIGNATURE MASSAGE. After the massage, remove any remaining product with a moist cloth.		5	XX
	<b>Mask</b> Generously apply skin-specific eye care (e.g., Oxygen Formula Eye Care) and Power Moist Mask or Vitamin Honey Mask. After 15 minutes remove with a moist cloth.		2	XX
	<b>Final skincare product</b> Skin-specific eye care (e.g., Oxygen Formula Eye Care)  Energize & Perfect 24h Care for dry skin		1	XX
			2	XX
		Total:	XX-XX	

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

## ANTI-AGE CELL TREATMENT

### INTRODUCTION

**Lines and wrinkles** are the visible signs of skin aging. To counteract the unwanted process of premature and even chronological skin aging as early as possible, the skin needs specific support. Of course, this does not cover the entire spectrum of signs of skin aging: The Anti-Age Cell Treatment **quite specifically targets the reduction of lines and wrinkles, slight decreases in skin firmness and loss of moisture.**

### EFFECT

- Lines and wrinkles are reduced and the surface of the skin becomes more even
- The activity of skin stem cells is boosted
- The skin becomes firmer, appearing fresh and plump
- There is an intense boost in the moisture level

### TREATMENT OUTCOME / EFFECT

**Even, plump, and well moisturized skin.**

### TREATMENT TIME

60 minutes

### PRODUCT RECOMMENDATION – TREATMENT

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling for all skin types or Silky Enzyme Peeling Powder for severely keratinized, sensitive skin
Ampule:	Golden Caviar Concentrate
Massage:	Anti-Age Cell Formula Toning Night Care
Mask:	Anti-Age Cell Mask
Final skincare product:	Anti-Age Cell Formula Toning Eye Care Anti-Age Cell Formula Toning Day Care

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling or Celluscrub Facial Peeling
Ampule:	Golden Caviar Concentrate
Mask:	Anti-Age Cell Mask or Golden Caviar Sheet Mask
Final skincare product:	Anti-Age Cell Formula Toning Eye Care Anti-Age Cell Formula Toning Day Care Anti-Age Cell Formula Toning Day Care for dry skin Anti-Age Cell Formula Toning Night Care



# TREATMENT SEQUENCE



## ANTI-AGE CELL TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye makeup, carry out skin-specific cleansing, and then tone the skin.		2 units 5 5	XX XX XX
	<b>Peeling</b> Apply AHA Facial Peeling with two brushes to dry skin and let take effect 5-10 minutes. Then peel with moist fingers. Remove with a moist compress or sponge. Alternatively, use Silky Enzyme Peeling Powder.		5 or 3 g	XX or XX
	<b>Concentrate</b> Apply Golden Caviar Concentrate to the dry skin and gently work in. Optionally work with electric devices. Infusion see page 35.		1 unit	XX
	<b>Massage</b> Apply Anti-Age Cell Formula Toning Night Care to the face, neck, and décolletage and carry out the BIODROGA SIGNATURE MASSAGE. Remove any remaining product with a moist cloth.		5	XX
	<b>Mask</b> Generously apply the Anti-Age Cell Mask up to the lower lash line. After 10 minutes, remove the mask with a single movement using a damp tissue. Any remaining mask then melts when the final skincare product is applied, giving a long-lasting toning effect.		10	XX
	<b>Final skincare product</b> Anti-Age Cell Formula Eye Care Anti-Age Cell Formula Day Care		1 2	XX XX
		Total:	XX-XX	

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

# INFORMATION

## PERFECT AGE V-LIFTING TREATMENT

### INTRODUCTION

The hormonal change during the **female menopause** also affects skin. **Collagen production and skin-cell division slow down, skin elasticity and volume diminish, fine lines and wrinkles become more and more visible, and facial contours become saggy** → The „V“ shape of the face turns into an „A“ shape. Frequently, skin **loses its radiance**.

The goal of the PERFECT AGE V-LIFTING TREATMENT is the **restructuring of mature skin**, the supply with valuable anti-age nutrients and the restoring of its „V Shape“.

### EFFECT

- Tightens the facial contours
- Has a firming, tightening and restructuring effect
- Imparts youthful radiance to skin
- Minimizes the development of expression and age lines
- Optimizes skin's lipid and moisture balance

### TREATMENT RESULT/EFFECT

**Tightened facial contours, firm and plump skin**

### TREATMENT DURATION

Approx. 45 minutes without apparatus-assisted treatment



### PRODUCT RECOMMENDATION - TREATMENT

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling or Micro-Dermabrasion for intensive cell renewal and stimulation of mature skin  Silky Enzyme Peeling Powder für sanfte Zellerneuerung und sanfte Aktivierung der sensiblen reifen Haut
Serum:	Perfect Age Formula Anti-Age Serum
Massage:	Perfect Age Formula 24h Care for dry skin
Mask:	Anti-Age Cell Mask
Concluding care:	Anti-Age Cell Formula Eye Care  Perfect Age Formula 24h Care for dry skin

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling or Micro-Dermabrasion for intensive cell renewal and stimulation of mature skin  Silky Enzyme Peeling Powder for a gentle cell renewal and stimulation of sensitive mature skin
Ampoule/ Serum:	Perfect Age Formula Anti-Age Serum and as cure treatment Golden Caviar Concentrate
Mask:	Anti-Age-Cell Mask or Golden Caviar Sheet Mask
Concluding care:	Perfect Age Formula Eye Care Perfect Age Formula 24h Care or 24h Care for dry skin

# TREATMENT SEQUENCE



## PERFECT AGE V-LIFTING TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	ml	€
	<b>Cleansing</b> Remove eye makeup. Carry out cleansing steps with Cleansing Fluid, tone with the Clarifying Lotion.		2 units	XX
			5	XX
			5	XX
	<b>Peeling</b> Apply AHA Facial Peeling with two brushes to dry skin and let take effect 5-10 minutes. Remove with a moist compress or sponge. Alternatively, use Micro-Dermabrasion or Silky Enzyme Peeling Powder.		5	XX
	<b>Serum</b> Apply Perfect Age Formula Anti-Age Serum to dry skin and gently work in. Optionally work in with ultrasound or after radio frequency treatment. When using galvanic current, alternately work with + and -		2	XX
	<b>Massage</b> Apply Perfect-Age Formula 24h Care for dry skin, continue with BIODROGA V-Shaping Massage. Remove residues with a moist compress.		5	XX
	<b>Mask</b> Apply Anti-Age Cell Mask with dual brush system until the lower lashline. Ideally fix V shape with gaze technique, remove mask after 10 minutes. The mask residues melt with the concluding care applied afterwards and leave a long-lasting firming effect.		10	XX
	<b>Concluding Care</b> Anti-Age-Cell Formula Eye Care  Perfect Age Formula 24h Care for dry skin		0,5	XX
			2	XX
		Total:	XX - XX	

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

## MASSAGE SEQUENCE

# BIODROGA V-SHAPING MASSAGE

### Large face stroking maneuver

Hold the line of the jaw between the index and middle fingers, glide outward up to the level of the corner of the mouth. Keep the same finger position, move upward to the eye sockets, and glide toward the temples. Move from the temples with the middle and ring fingers over the zygomatic arch to the root of the nose. Again, glide back to the temples above the eyebrows with flat hands, apply pressure, and move back to the starting point.



### Stroking the line of the jaw

Starting in the middle of the chin, grasp the line of the jaw between the index and middle fingers of the right and left hands while sliding to the earlobes. Then stroke along the line of the jaw from earlobe to earlobe. Alternate right and left hands.



### Kneading the line of the jaw

between the thumbs and the remaining fingers. Starting in the middle of the chin, going from earlobe to earlobe.



### Repeat the stroking of the line of the jaw



## BIODROGA V-SHAPING MASSAGE

### Beetle stroke

The only stroke standing in front of the client.

Roll the line of the jaw out vertically between the thumb and other fingers.

Starting at the middle of the chin moving to the right earlobe.

Starting at the middle of the chin moving to the left earlobe.



### Scissor stroke

Place index fingers in the crease of the chin. Position remaining fingers below the line of the jaw. With a closing scissoring action, push the contours up toward the index finger. Open the scissors again without pressure. Repeat sequence – move hands outward away from the middle of the chin. Release one hand after the other and move back to the starting point.



### Half-moon strokes

Opposing half-moon strokes with 4 fingers. Starting at the middle of the chin, then moving from earlobe to earlobe.



### Chin stretch stroke

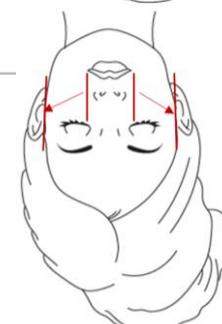
Grasp the line of the jaw between the thumb and other fingers.

Stretch from the chin out toward the earlobes – exert tension, hold for 3 seconds. Release one hand after the other and move back to the starting point.



### Cheek stretch stroke

Place hands with outer edges of hands (little finger edge) on the side of the nose. Stretch from the middle of the face out toward the sides – exert tension, hold for 3 seconds. Release one hand after the other and move back to the starting point.



### Pulsed stretch stroke

Place flat hands parallel on the mouth area. Exert pressure, with slight tension outward, gently release, exert pressure again. Hands move from the middle of the face outward. Release one hand after the other and move back to the starting point.

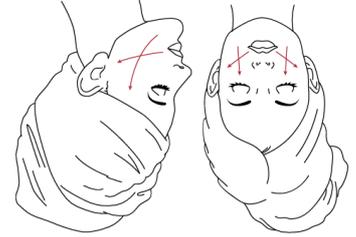


# MASSAGE SEQUENCE

## BIODROGA V-SHAPING MASSAGE

### Lifting maneuver in a cross pattern

The inner hand strokes the cheeks, lifting them upward, while the the outer hand makes flat strokes toward the ear.  
Alternate right and left cheeks.



### Knuckling the cheeks

Form fists, knead with the knuckles from the middle of the face outward and back again. Make several passes while lifting.



### Repeat of the lifting maneuver in a cross pattern



### V stroke on frown wrinkles

Using the middle and ring fingers of the right and left hands, stroke the frown wrinkles out and up in a V shape while alternating sides.



### V stroke on forehead

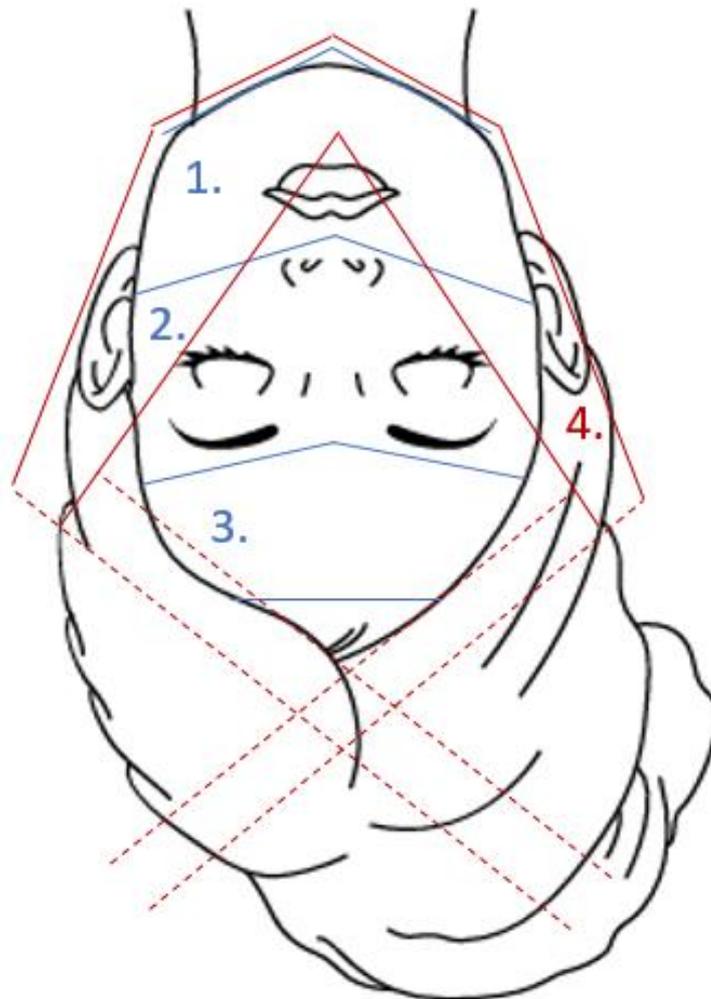
Using flat hands, stroke the forehead out and up in a V shape while alternating sides.



### Repeat large face stroking maneuver



## PERFECT AGE V-LIFTING TREATMENT



### Preparation:

Cut 3 × pieces of gauze, about 30 cm in length.

Cut 1 × piece of gauze, about 90 cm in length.

### To use:

Place the gauze pieces in positions 1.2.&3. horizontally on the face and fix by applying slight tension outward and slight tension upward.

4. Mold the contours of the face in a V shape – from the chin toward the earlobes to the back of the head. Cross gauze pieces over at the back of the head. The tension is maintained by the weight of the head lying on the treatment table.

## GOLDEN CAVIAR TREATMENT

### INTRODUCTION

**Body, soul, and mind** often need **a little bit of luxury.**

With luxurious caviar extract, the skin is nourished and becomes soft and supple. The Golden Caviar Treatment also encourages the metabolism and microcirculation in the skin, **reduces lines and wrinkles**, and **pampers the customer until she becomes deeply relaxed.**

### EFFECT

- Gives a luxurious nourishing feeling
- Visibly reduces lines and wrinkles
- Improves the metabolism and the microcirculation in the skin
- Nourishes the skin so it becomes soft and supple

### TREATMENT OUTCOME / EFFECT

**Soft, velvety smooth, and nourished skin with a fresh complexion.**

### TREATMENT TIME

60 minutes

### PRODUCT RECOMMENDATION – TREATMENT

Cleansing and toning:	Skin-specific
Peeling:	Celluscrub Facial Peeling
Ampule:	Golden Caviar Concentrate
Mask:	Skin-specific eye care as eye mask Golden Caviar Luxurious Creme Mask
Massage:	Golden Caviar 24h Care for dry skin
Final skincare product:	Golden Caviar Pore-refining Fluid
	Individual eye care
	Golden Caviar 24h Care
	or
	Golden Caviar 24h Care for dry skin

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin-specific
Peeling:	Celluscrub Facial Peeling
Ampule:	Golden Caviar Concentrate
Mask:	Golden Caviar Sheet Mask or Anti-Age Cell Mask
Final skincare product:	Golden Caviar Pore-refining Fluid
	Golden Caviar Fluid for the eye area
	Golden Caviar 24h Care or Golden Caviar 24h Care for dry skin
	Special Care Toning Neck and Décolletage Care



# TREATMENT SEQUENCE

## GOLDEN CAVIAR TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye makeup, carry out skin-specific cleansing, and then tone the skin.		2 units	XX
			5	XX
	<b>Peeling</b> Apply Celluscrub Facial Peeling, and work in for about 5 minutes using circular motions. Moisten the fingertips so that they glide better over the skin. Then remove the peeling with moist cloths.		5	XX
	<b>Concentrate</b> Open ampule at the score line on the neck. Use an ampule breaker or cover the neck with a cosmetic tissue and break it open. Then apply Golden Caviar Concentrate and work in thoroughly. It can also be infused by means of ultrasound or after radio frequency or with galvanic current/iontophoresis - Infuse concentrate with positive and negative electrodes alternately.		3	XX
	<b>Massage</b> Apply Golden Caviar 24h Care for dry skin to the face, neck, and décolletage and carry out the BIODROGA SIGNATURE MASSAGE. Remove any remaining product with a moist cloth.		5	XX
	<b>Mask</b> Generously apply individual eye care (e.g., Lotus & Sciense Eye Care) and Golden Caviar Luxurious Creme Mask to the face, neck, and décolletage. After 15 minutes remove with a moist cloth.		2	XX
			10	XX
	<b>Final skincare product</b> Golden Caviar Pore-refining Fluid Individual eye care Golden Caviar 24h Care or Golden Caviar 24h Care for dry skin		2	XX
			1	XX
			2	XX
			2	XX
<b>Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.</b>			<b>Total:</b>	XX –XX

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

## LUXURY LOTUS TREATMENT

### INTRODUCTION

**The best of the best:** sometimes the skin needs **an extra dose of attention**. Highly innovative ingredients should be used to give the skin an immediately **visible and detectable feeling of wellbeing**, allowing it to quickly **radiate pure beauty**.

What is important here is to use the valuable time exclusively and to be pampered by the treasures of nature. The lotus flower is an **oasis of beauty for the skin**, exotic, and effective.

The skin is enchanted by the Luxury Lotus Treatment with its premium extract and **blossoms to unique perfection and purity**.

### EFFECT

- Fine wrinkles are a thing of the past
- Pampers body, mind, and soul
- The reduction in the depth of wrinkles is boosted
- Perfectly complete skincare pleasure

### TREATMENT OUTCOME / EFFECT

**The skin awakens to complete beauty. Crystal clear and with a youthful appearance.**

### TREATMENT TIME

60 minutes



### PRODUCT RECOMMENDATION – TREATMENT

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling or Celluscrub Facial Peeling
Ampule:	Golden Caviar Concentrate
Massage:	Golden Caviar 24h Care for dry skin
Mask:	Golden Caviar Luxurious Creme Mask oder Anti-Age Cell Mask
Final skincare product:	Lotus & Science Anti-Age Eye Care
	Lotus & Science Anti-Age Day Care

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling or Celluscrub Facial Peeling
Ampule:	Golden Caviar Concentrate
Mask:	Golden Caviar Sheet Mask or Anti-Age Cell Mask
Final skincare product:	Lotus & Science Moisture Fluid for intense boost of moisture and an immediate toning effect
	Lotus & Science Anti-Age Eye Care
	Lotus & Science Anti-Age Day Care
	Lotus & Science Night Care

# TREATMENT SEQUENCE



## LUXURY LOTUS TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye makeup, carry out skin-specific cleansing, and then tone the skin.		2 units	XX
			5	XX
			5	XX
	<b>Peeling</b> Apply AHA Facial Peeling with two brushes to dry skin and let take effect 5-10 minutes. Then peel with moist fingers. Remove with a moist compress or sponge. Alternatively use Celluscrub Facial Peeling.		5 or 5	XX or XX
	<b>Concentrate</b> Apply Golden Caviar Concentrate to the skin and work in. Optionally work with electric devices. Infusion see page 35.		1 unit	XX
	<b>Massage</b> Apply Golden Caviar 24h Care for dry skin to the face, neck, and décolletage and carry out the LUXURY LOTUS MASSAGE. Remove any remaining product with a moist cloth.		5	XX
	<b>Mask</b> Generously apply Golden Caviar Luxurious Creme Mask. After 15 minutes remove with a moist cloth. Alternatively, use Anti-Age Cell Mask.		10 or 10	XX or XX
	<b>Final skincare product</b> Lotus & Science Anti-Age Eye Care  Lotus & Science Anti-Age Day Care		1	XX
			2	XX
<b>Total:</b>			XX-XX	

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

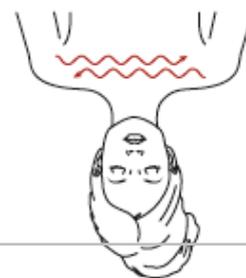
For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

# MASSAGE SEQUENCE

## LUXURY LOTUS MASSAGE

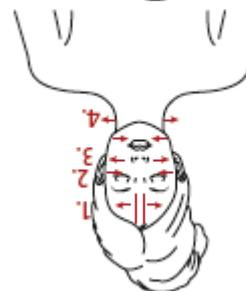
### 1. Applying the Massage Creme

Make wave-like strokes across the décolletage. Place the hands above the breasts and when the customer breaths out, apply pressure and when the customer breaths in, release the pressure. Then stroke towards the shoulders.



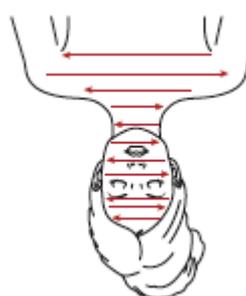
### 2. Butterfly

Place the edges of the hands on the forehead, open the hands towards the temples, close them again towards the sides of the nose, open towards the ears, close towards the mouth, and open again towards the ears.



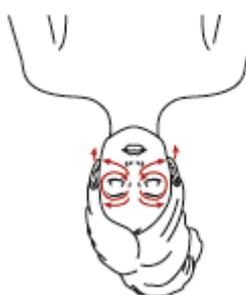
### 3. Stroking the face

With a flat hand, make strokes from right to left and vice versa: over the forehead, around the eye, the cheeks, around the mouth, the neck, and the décolletage. 1x



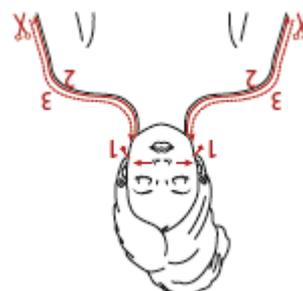
### 4. Glasses

With the thumb and fingers, encircle the eyes like a pair of glasses. Expand the glasses outwards with the thumb moving over the forehead and the fingers moving over the cheeks to the ears. Then gently tug on the earlobes.



### 5. Scissors

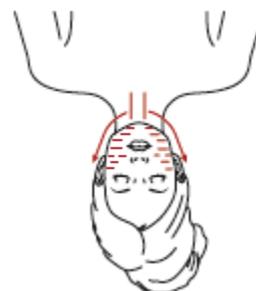
Stroke from the cheeks to the ears. Form a fist behind each ear and stroke along the neck to the shoulders, the upper arms down to the elbows. Open the hands to a scissor shape and move back up to the cheeks along the arms.



## LUXURY LOTUS MASSAGE

### 6. Kneading

Gently knead the cheek area using the thumbs and index fingers, on both sides from the chin across the cheeks to the temples.



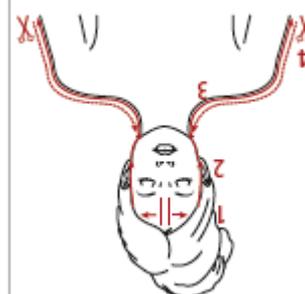
### 7. Stroking around the eye

Stroke the area below the eye, one after the other with both ring fingers alternating. Move from the inside to the outside in three lines.



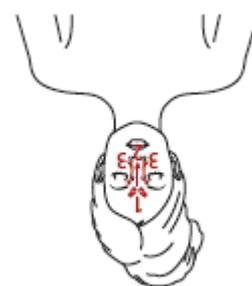
### 8. Open book

The hands are closed, the edges of the hands are placed on the forehead, the hands open outwards towards the temples, and the edges of the hands move towards the ears. Form a fist and stroke downwards moving along the side of the neck towards the shoulders and the upper arms down to the elbows. Then open the hands to a scissor shape and move back up along the arms and shoulders towards the forehead.



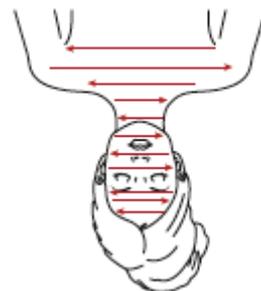
### 9. Pressure points

Three pressure points with three levels of pressure with the index, middle, and ring fingers. Then stroke along the nose from the root of the nose down along the sides and back up again and apply pressure points on the inside corner of the eye. Knead the eyebrows and apply a pressure point three times on the temples.

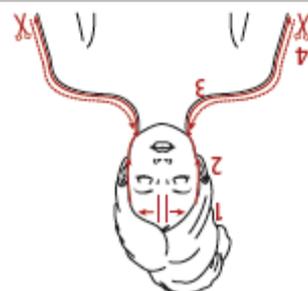


## LUXURY LOTUS MASSAGE

### 10. Stroking the face, as in Step 3



### 11. Open book, as in Step 8



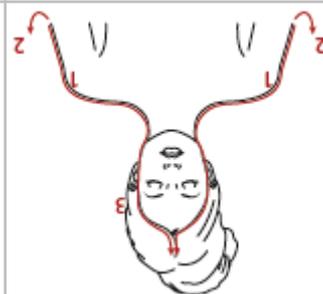
### 12. Loosening and pampering

Make wave-like strokes on the décolletage from right to left and vice versa. Take the hands deep under the shoulders and glide them up to the back of the neck while rocking. Loosen the neck area and knead the décolletage. Then make wave-like strokes across the décolletage.



### 13. Stroking the hair

Stroke from the backs of the hands along the arms, the shoulders, and the neck to the head. Stroke through the hair with the hands and then shake out the hands.



## BUSINESSMEN'S MOISTURE TREATMENT

### INTRODUCTION

**Men's skincare demands differ from those of women.** They often wish a quick treatment with a maximum effect in the shortest time. **The Businessmen's Moisture Treatment imparts an "express freshness kick" with an extra portion of moisture to the moisture-deficient skin of men – This treatment can also be used as „Wake-up Call“ before the next meeting during lunch break.**

### EFFECT

- Leaves a velvety soft skin feeling
- Refreshes skin
- Supplies skin with lavish moisture
- Minimizes dryness lines and wrinkles

### TREATMENT RESULT/EFFECT

A thoroughly hydrated skin with a rosy fresh complexion.

### TREATMENT DURATION

30 minutes

### PRODUCT RECOMMENDATION TREATMENT

Cleansing and Tonic:	Skin-specific (very popular: Cleansing Foam and Lotion Mild)
Peeling:	Silky Enzyme Peeling Powder
Ampulle:	Blue Orchid Moisture Concentrate,
Mask and Massage:	Blue Orchid Moisture Sheet Mask or Power Moist Mask
Concluding Care:	Intense Moisture Formula Eye Care  MOISTURE Hydra Power Fluid (Hydrating fluid and beard care in one product)

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and Tonic:	Skin-specific
Peeling:	AHA Facial Peeling or Celluscrub Facial Peeling
Ampoule:	Blue Orchid Moisture Concentrate,
Mask:	Blue Orchid Moisture Sheet Mask Select depending on skin type Power Moist Mask For moisture-deficient skin
Beard Care:	SENSITIVE After Shave Balsam

#### Tip:

Daily condition the beard with Anti-Age Facial Oil working it into the beard.

Anti-Blemish Stick – inflammation-inhibiting effect on grown-in beard hairs (Use Anti-Blemish Stick in the evenings due to its plaster effect)

Concluding Care	Individual eye care  MOISTURE Hydra Power Fluid (Hydrating fluid and beard care in one product)
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## BUSINESSMEN'S MOISTURE TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	ml	EUR
	<b>Cleansing</b> Carry out skin-specific cleansing, then clarify the skin.		5 5	XX-XX XX-XX
	<b>Peeling</b> Mix Silky Enzyme Peeling Powder with luke-warm water in a bowl using a shaving brush until reaching a fluffy foam. Apply the foam to skin, let take effect 5 minutes, then remove it with a moist compress. <b>IMPORTANT:</b> The peeling must always be kept moist!		3g	XX
	<b>Barber Compress Technique</b> Keep the peeling moist with warm and moist compresses. Then remove the residues of the peeling with compresses: 1. Warm compress 2. Cold compress + Energizing Essence (In cold compress water) → The small towels with different temperatures generate an interaction. Skin's blood flow is improved, the complexion looks rosy and skin feels refreshed.		1	XX
	<b>Concentrate</b> Apply Blue Orchid Moisture Concentrate.		1 unit	XX
	<b>Maske</b> Open BLUE ORCHID MOISTURE Sheet Mask and place on the face, remove the paper, and smoothen out. Let take effect 10 minutes. Alternatively, use a different skin-specific sheet mask. While letting take effect, apply Power Moist Mask on the throat and collarbone area and work in with the first 7 grips of the BIODROGA SIGNATURE MASSAGE. Remove residues of the Power Moist Maske with a moist and warm compress. Roll off sheet mask upwards and thoroughly massage in residues – do not remove!		1 unit 5	XX XX
	<b>Concluding Care</b> Intense Moisture Formula Eye Care  MOISTURE Hydra Power Fluid (Hydrating fluid and beard care in one product)		1 2	XX XX
		Total:		XX – XX

## GENTLEMEN'S ANTI-AGE TREATMENT

### INTRODUCTION

**Men's skincare demands are different than those of women.** However, they too love to **pamper and condition their skin.** Depending on the skin tone and the desired result, BIODROGA offers different products with **individual combination possibilities** for a **perfectly pampering Gentlemen's Treatment and a radiant and beautiful skin.**

### EFFECT

- Leaves a velvety soft skin feeling
- Diminishes fine lines and wrinkles
- Refreshes skin
- Supplies lavish moisture

### TREATMENT RESULT/EFFECT

A delicate, velvety soft skin and a fresh complexion.

### TREATMENT TIME

60 minutes

### PRODUCT RECOMMENDATION - TREATMENT

Cleansing and Tonic:	Skin-specific (very popular: Cleansing Foam and Lotion Mild)
Peeling:	Silky Enzyme Peeling Powder
Ampoule:	Golden Caviar Concentrate
Massage	Massagecreme Rich massage medium for the face + Anti-Age Age Fight Cream as massage ömedium for the eye contours
Mask:	Skin-specific cream mask, alternative Collagen Pad (when using the Collagen Pad, it must be used prior to the massage with lipid-containing products)
Concluding Care:	Anti-Age Age Fight Cream Face and Eye Care

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing & Tonic:	Skin-specific
Peeling:	AHA Facial Peeling or Celluscrub facial Peeling
Ampoule:	Golden Caviar Concentrate
Mask:	Skin-specific cream mask or Blue Orchid Moisture Sheet Mask Luxurious Grape Energy Sheet Mask
Beard Care:	After Shave Balm  <i>Tip:</i> Daily condition the beard with Anti-Age Facial Oli by working it into the beard
Concluding Care:	Anti-Age Age Fight Cream Face and Eye Care

# TREATMENT SEQUENCE

## GENTLEMEN'S ANTI-AGE TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	ml	EUR
	<b>Cleansing</b> Carry out skin-specific cleansing, then clarify the skin.		5  5	XX- XX  XX- XX
	<b>Peeling</b> Mix Silky Enzyme Peeling Powder with luke-warm water in a bowl using a shaving brush until reaching a fluffy foam. Apply the foam to skin, let take effect 5 minutes, then remove it with a moist compress. <b>IMPORTANT: The peeling must always be kept moist!</b>		3g	XX
	<b>Barber Compress Technique</b> Keep the peeling moist with warm and moist compresses. Then remove the residues of the peeling with compresses: 1. Warm compress 2. Cold compress + Energizing Essence (In cold compress water) → The small towels with different temperatures generate an interaction. Skin's blood flow is improved, the complexion looks rosy and skin feels refreshed.		1	XX
	<b>Concentrate</b> Apply Golden Caviar Concentrate to face and work in. Skin cells and the metabolism are stimulated. Optionally work in with electric defices. Infusion see page 35.		1 unit	XX
	<b>Massage</b> Apply Massage Cream to the face. Apply a thick coat of Anti-Age Age Fight Cream directly under the eyes. The carry out the BIODROGA SIGNATURE MASSAGE. Remove residues with a moist compress.		5 + 2	XX + XX
	<b>Mask</b> Generously apply skin-specific cream mask with a dual-brush system to face, throat and décolleté. Remove after 15 minutes with a moist compress. Alternatively use the Collagen Pad as special mask. It must be used prior to the massage with lipid-containing products. <u>Tip:</u> While letting take effect the mask, this time can be used for an individual head massage.		10  or 1 unit	XX – XX or XX
	<b>Concluding Care</b> Anti-Age Age Fight Cream Face and Eye Care		3	XX
			Total	44 XX- XX

### INTRODUCTION – “SMALL STONES GREAT EFFECT“ OR APPLICATION

Gua Sha is a special massage technique from traditional Chinese medicine – one of the oldest medical systems in the world. In the Gua Sha technique, very intensive stroking movements are carried out on the body with the help of a stone. Results of this application can be strongly reddened areas, even bruises. This Technique is designed to detoxify, heal and balance the body. However, Gua Sha is also the absolute favorite tool of beauty experts. Don't panic! On the face, the stones are applied much more gently and conjure up a unique beauty effect. The stones are specially shaped so that they adapt perfectly to each face contour and can therefore be treated specifically individual parts. The application acts like a "facial gym" and responds to our heavily stressed facial muscles. The facial muscles are deeply relaxed and facial wrinkles are prevented. By systematically brushing out with the Beauty Stone, lymph flow can also be optimized. Regular use of this technique should be ensured for better blood circulation, more vitality and resilience.

The BIODROGA Jade Gua Sha Beauty Stone is made of precious green jade.  
So the beauty boom is perfect!

### GREEN JADE – A VERY SPECIAL PIECE

Jade has been known and popular in China for 8,000 years. Jade is considered a „royal gemstone“ to which an extraordinary meaning is attributed.

In particular, emerald green jade was even more valuable than gold in some cultures. Green jade is considered a symbol of the good, the precious and the beautiful. It is not only in the form of jewellery that it is used for beauty.

The effect of green jade on the skin is very varied:

- cleansing and detoxing
- Reduces swelling
- soothing and relaxing
- stands for harmony and balance



### EFFECT – MASSAGE TECHNIQUE WITH THE BIODROGA BEAUTY STONE ON THE SKIN

- Promotes skin circulation - optimizes cell metabolism and cell formation
- Give a rosy fresh complexion and the perfect glow – the fresh kick for tired skin!
- Gentle stimulation of collagen synthesis by massage impulses
- Removes muscular tension of facial muscles – with regular use, facial wrinkles appear less deep
- Promotes lymph flow and thus the removal of slag substances
- Supports the inclusion of BIODROGA products
- Natural facelift - contouring and lifting

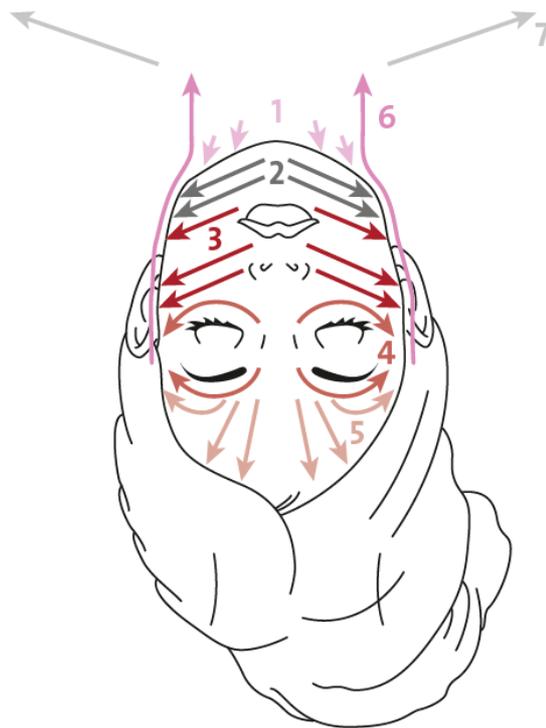
### INDICATIONS – CONTRAINDICATIONS

The BIODROGA JADE GUA SHA BEAUTY STONE APPLICATION can be carried out on any healthy skin. The application should not be carried out in case of impure skin with inflammatory impurities (risk of lubrication infection) and skin prone to redness/couperosis. With minimal couperous skin changes, the Beauty Stone application can be carried out without pressure – analogous to an effleurage massage.

### APPLICATION

Treat first right, then left half of the face. Strike each track 3–5 times repeatedly.

1. Cross-cut neck to chin bar lift from bottom to top – use flat hand strokes Afterward
2. Brush out the chin from the middle of the face to the facial contours – use flat hand strokes afterward
3. Brush out the cheeks from the middle of the face to the facial contours – use flat hand strokes afterward
4. Stroke from the inner corner of the eye to the temples. Stroke the bow from the eyebrow root to the end of the eyebrows. Reduce pressure below the eye! Stroke with middle and ring fingers afterwards.
5. Stroke forehead in the middle lifting upwards - fan-shaped over the forehead – use flat hand strokes afterward
6. With gentle strokes in the lymph flow direction, remove from the temples to the collarbone downwards. Place your head slightly sideways for this purpose – use flat hand strokes afterward
7. Brush out the neck muscles on the edge of trapezius from the inside out – use flat hand strokes afterward



### TIPS & TRICKS

- Areas with strongly pronounced facial folds such as accordion folds around the mouth, can be additionally stimulated in circular movements and the muscles can be worked out. In doing so, stretch the area between the thumb and index finger and perform circular stone movement in between.
- For the special fresh kick, store the BIODROGA Beauty Stone in the refrigerator before use or pre-cool in a bowl filled with ice cubes. You can also pre-cool 2 Beauty Stones to use a new cold stone after the right half of your face.

### INTRODUCTION

Often the skin is dehydrated in the summer months by intense sunlight and strong heat and looks pale. She lacks the said „glow“. What it needs is an intense source of moisture as well as a catalyst for good skin circulation and more vitality.

The BIODROGA Summer Special – Vitality & Hydrating Beauty Concept responds specifically to the needs of stressed summer skin with its specially selected products and the treatment highlight „BIODROGA Jade Gua Sha Beauty Stone“.

### EFFECT

- Moisturizes and minimizes dryness lines and wrinkles
- Promotes skin circulation, gives a rosy complexion, more vitality and radiance
- Optimizes lymph flow and has a relieving effect
- Relaxes facial muscles and prevents facial wrinkles
- Refreshing lyre due to the pleasant cooling effect of the BIODROGA Jade Gua Sha Beauty Stone

### TREATMENT RESULT

**Hydrated, fresh, vital looking skin**

### TREATMENT DURATION

Approx. 35 minutes

### PRODUCT RECOMMENDATION – TREATMENT

Cleansing and toning:	Skin specific
Peeling:	Celluscrub Facial Peeling
Ampule:	Blue Orchid Moisture Concentrate
Mask & Beauty Stone Application	Eye Pack: Oxygen Formula or Intense Moisture Formula Eye care Power Moist Mask or Vitamin-Honey-Mask BIODROGA Jade Gua Sha Beauty Stone
Finishing care:	Oxygen Formula or Intense Moisture Formula Eye care Intense Moisture Formula 24h Care for dry skin

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin specific
Peeling:	Skin specific Facial Peeling
Ampule:	Blue Orchid Moisture Concentrate
Mask:	Skin specific creme mask or skin specific sheet mask
Finishing care:	Oxygen Formula or Intense Moisture Formula Eye care Special Care Firming Lip Treatment Intense Moisture Formula 24h Moisturizing Cream Gel

# TREATMENT SEQUENCE

## SUMMER SPECIAL VITALITY & HYDRATING BEAUTY CONCEPT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye make up, perform skin specific cleansing and then tone the skin.		2 units 5 5	XX XX-XX XX-XX
	<b>Peeling</b> Apply Celluscrub facial scrub with two brushes and work in for about 5 minutes with circular movements. Moisten fingertips for better gliding. Then remove with damp compresses. Alternatively, use another skinspecific BIODROGA Peeling.		5	XX
	<b>Concentrate</b> Open the ampoule on the label of the neck of the bottle. For this purpose, use a demolition aid or open the fracture dislocation wrapped in a cosmetic cloth. Apply concentrate to dry skin and work in well.		1 unit	XX
	<b>Mask &amp; Biodroga Beauty Stone Application</b> Power Moist mask or vitamin honey mask generously apply to face, neck and décolleté. Oxygen Formula or Intense Moisture Formula eye care apply thickly as eye pack. BIODROGA Jade Gua Sha Beauty Stone application analog treatment flow perform. Remove residues after 15 minutes with a damp compress		2	XX or XX
			10	XX
	<b>Finishing Treatment</b> Oxygen Formula or Intense Moisture Formula Eye care  Intense Moisture Formula 24h 24h Care for dry skin			XX oder XX
				XX
		Total:		XX-XX

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

### INTRODUCTION

So that our skin can start the summer months with **fresh energy**, it needs an **energizing power experience**. Valuable vitamins are used to **strengthen the immune system of the skin**.

The Energize & Perfect Treatment will also charge the skin with fresh energy **after sunbathing** and **support its regeneration**.

Valuable matrix peptides in the Energize & Perfect products also **improve the crosslinking within the connective tissue** and are valuable **tools in the battle against skin aging**.

### EFFECT

- Energizing effect
- The skin is amply supplied with valuable vitamins, anti-aging peptides, moisture, and energy. It radiates new freshness.
- Wake-up call for tired cells
- Lines and wrinkles are reduced and at the same time visually camouflaged by the valuable Wrinkle Filler Powder.
- Makes tired eyes quickly appear awake and alert. Swelling and dark rings around the eyes are a thing of the past.
- The skin's repair function is stimulated after sunbathing.
- Supports the skin during the regeneration phase after intense exposure to UV radiation.

### TREATMENT OUTCOME / EFFECT

**Radiant, fresh, energetic, invigorated skin.**

### TREATMENT TIME

60 minutes

### CREATIVE TIP

To create a perfect start to the treatment, you can greet your customer with a beautifully decorated welcome tray. This tray is decorated with 2–3 products that will be used in the treatment. Fresh slices of fruit or whole fruits that reflect the vitamin power of the treatment or even fresh coffee beans that symbolize the wake-up call for tired cells can be used as decoration.

To complete the treatment, you can give the customer a drink that boosts the body's energy system. This may be a cup of coffee or even a power vitamin cocktail.

### PRODUCT RECOMMENDATION – TREATMENT

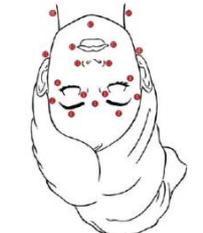
Cleansing and toning:	Skin-specific
Peeling:	Celluscrub Facial Peeling
Ampule:	Luxurious Grape Energy Concentrate
Mask:	Collagen Pad (nonwoven)
Final skincare product:	Individual eye care (e.g., Oxygen Formula Eye Care) Energize & Perfect 24h Care for dry skin

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin-specific
Peeling:	Celluscrub Facial Peeling
Ampule:	Blue Orchid Moisture Concentrate
Mask:	Power Moist Mask, Blue Orchid Moisture Sheet mask or Luxurious Grape Energy Sheet mask
Final skincare product:	Energize & Perfect Eye Fluid  Energize & Perfect 24h Care  Energize & Perfect 24h Care for dry skin

# TREATMENT SEQUENCE

## CREATIVE ENERGIZE & PERFECT SUMMER TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye makeup, carry out skin-specific cleansing, and then tone the skin.		2 units	XX
			5	XX
			5	XX
	<b>Peeling</b> Apply Celluscrub Facial Peeling, and work in for about 5 minutes using circular motions. Moisten the fingertips so that they glide better over the skin. Then remove the peeling with moist cloths.		5	XX
	<b>Concentrate</b> Apply Luxurious Grape Energy Concentrate to the dry skin and gently work in. Optionally work with electric devices. Infusion see page 13.		1.5	XX
	<b>Mask</b> 1. Cut a Pure Collagen Pad to size, apply to the skin, and moisten well with wet cotton pads. or 2. Cut a Pure Collagen Pad to size, roll up like a "spring roll", dip in cool water, roll out on the face, smooth with a spatula. 20 minutes application time.		1 unit	XX
	<b>Massage</b> During the application time for the mask, stimulate the energizing acupuncture points on the face. The points are pressed with the index finger or rose quartz rods for about 1 minute. See the next page for more detailed information about the acupuncture points.			
	<b>Final skincare product</b> Individual eye care (e.g., Oxygen Formula Eye Care)  Energize & Perfect 24h Care for dry skin		1	XX
			2	XX
<b>Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.</b>		Total:		XX

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

# ENERGIZING ACUPRESSURE POINTS

CREATIVE ENERGIZE & PERFECT SUMMER TREATMENT



# INFORMATION

## CREATIVE ROYAL GOLDEN CAVIAR TREATMENT

### INTRODUCTION

Whenever the **skin and the soul have earned an extra dose of attention**, BIODROGA always has a particularly **luxurious pampering program** available. Thanks to the combination of premium caviar products and luxurious gold, the **skin radiates** with a **delicate shimmery freshness** and is **intensively nourished while lines and wrinkles are reduced**.

### EFFECT

- The skin appears more even, smoother, and more toned. The gold mask has an immediate stimulatory effect.
- The antibacterial and anti-inflammatory properties of gold leaf soothe stressed and sensitive skin.
- The complexion radiates with new freshness and is given a luxurious appearance thanks to the subtle gold shimmer.
- The gold leaf stimulates blood circulation and supports the overall regeneration of the cells.
- The ability of the skin to bind moisture is considerably improved by the caviar extract and the gold leaf.

### TREATMENT OUTCOME / EFFECT

**Radiant, smooth, even, and nourished skin.**

### TREATMENT TIME

60 minutes

### CREATIVE TIP

Pure luxury – to awaken the customer from her royal skincare ritual, serve her a glass of sparkling wine with fine gold dust.

### PRODUCT RECOMMENDATION – TREATMENT

Cleansing and toning:	Skin-specific
Peeling:	Silky Enzyme Peeling Powder
Ampule:	Golden Caviar Concentrate
Mask:	Golden Caviar Luxurious Creme Mask combined with 24 carat gold leaf
Final skincare product:	Golden Caviar Fluid for the eye area
	Golden Caviar 24h Care or Golden Caviar 24h Care for dry skin

### PRODUCT RECOMMENDATION – HOME CARE

Cleansing and toning:	Skin-specific
Peeling:	AHA Facial Peeling or Celluscrub Facial Peeling
Ampule:	Golden Caviar Concentrate
Mask:	Anti-Age Cell Mask for demanding skin Or Golden Caviar Sheet Mask
	Vitamin Honey Mask for lipid-deficient skin
	Power Moist Mask for moisture-depleted skin
Final skincare product:	Golden Caviar Pore-refining Fluid
	Golden Caviar Fluid for the eye area
	Golden Caviar 24h Care
	or
	Golden Caviar 24h Care for dry skin



# TREATMENT SEQUENCE

## CREATIVE ROYAL GOLDEN CAVIAR TREATMENT

	TREATMENT SEQUENCE	PRODUCTS	mL	EUR
	<b>Cleansing</b> Remove eye makeup, carry out skin-specific cleansing, and then tone the skin.		2 units 5 5	XX XX XX
	<b>Peeling</b> Allow the Silky Enzyme Peeling Powder to rain gently down on the forehead and décolletage. Then emulsify to a delicate foam using repeatedly moistened fingertips and distribute across the face and décolletage and leave to work.		3	XX
	<b>Concentrate</b> Open ampule at the score line on the neck. Use an ampule breaker or cover the neck with a cosmetic tissue and break it open. Then apply Caviar Concentrate and work in thoroughly. It can also be infused by means of ultrasound or after radio frequency or with galvanic current/iontophoresis - Infuse concentrate with positive and negative electrodes alternately.		1 unit	XX
	<b>Mask</b> Place the gold leaf directly on the skin, gently press onto the face, and then carefully remove the backing paper. Distribute the Golden Caviar Luxurious Creme Mask over the gold leaf on the face, neck, and décolletage.		6 units 10	XX XX
	<b>Massage</b> To ensure optimal slip, place a little of the Caviar Mask on the hands and work in the gold with the BIODROGA SIGNATURE MASSAGE. Remove any remaining product with a moist cloth.		1	XX
	<b>Final skincare product</b> Golden Caviar Eye Contour Fluid Golden Caviar 24h Care or 24h Care for dry skin		1 2 or 2	XX XX or XX
		Total:	XX-XX	

**Tip: For youthfully full lips, stop treatment with the BIODROGA LIP SPECIAL.**

### Lip Special

For the optimal preparation of the lips for 30 seconds gently with Micro Dermabrasion peeling at the transition between lip contour to lip surface. Remove peeling residues with damp cotton pad. Afterwards Apply Firming Lip Treatment lip care thickly and work in with special massage handles. Massage procedure see „TREATMENT CARD LIP SPECIAL“. Sequence Lip Massage page 4.

MASSAGE SEQUENCE

BIODROGA SIGNATURE MASSAGE

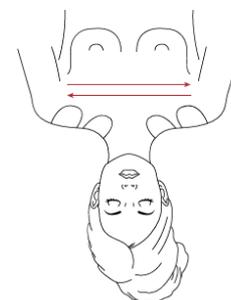


# MASSAGE SEQUENCE

## BIODROGA SIGNATURE MASSAGE

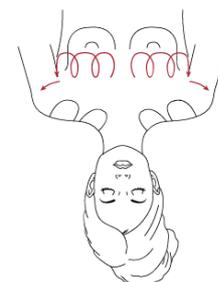
### 1. Alternating strokes from shoulder joint to shoulder joint

Alternate right and left hands.



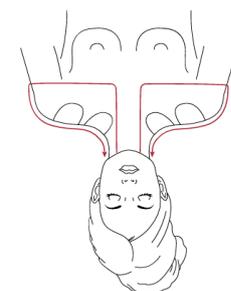
### 2. Outward moving circles

From the middle of the décolletage towards the armpits. Gently lift the pectoral muscles on the outward movement. Work back down to the starting point.



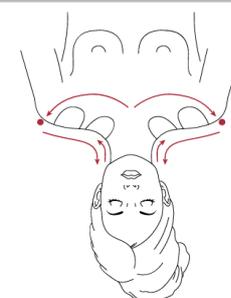
### 3. Alternating triangle maneuver

Right hand starts on the right side, alternating with the left hand stroking the left side: The backs of the hands glide gently from the profundus to the end of the clavicle. The palms stroke from the middle of the décolletage over the shoulder joints, along the trapezius muscle, and back to the starting point.



### 4. Butterfly stroke

Form a fist and glide the knuckles from the end of the clavicle to the profundus. The thumbs hold the shoulder joints, the hands are placed flat on the décolletage, and stroke back to the starting point across the décolletage, trapezius, and neck.

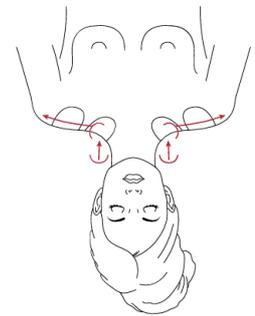


### 5. Fork maneuver on the edge of the trapezius

Spread the thumbs and the palms of the hand apart, turn the head slightly to one side. Stroke the edge of the trapezius hand over hand moving from the inside to the outside.

The thumb moves over the edge of the trapezius, and the palm along the front of the body.

First move along the right side, then the left. Hold the shoulder when changing sides.

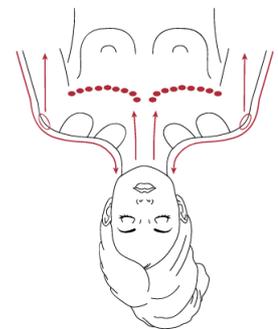


### 6. Knuckling maneuver with upper arm stroking

Knead with the knuckles from the middle of the décolletage to the armpits, hold the shoulder joints with flat hands, and stroke the upper arms with flat hands.

Move down the front of the upper arms towards the elbows.

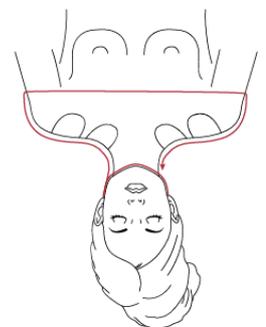
Stroke up along the back of the upper arms over the shoulder blades and the occiput back to the starting point.



### 7. Large rectangular stroke (neck and décolletage)

Alternate right and left hands.

Right hand glides from below the right ear along the line of the jaw to the left ear, down the side over the trapezius, and across the shoulder joint, along the décolletage back to the starting point. Repeat on the other side with the left hand.



### 8. Large face stroking maneuver

Hold the line of the jaw between the index and middle fingers, glide outwards up to the level of the corner of the mouth. Keep the same finger position, move upwards to the eye sockets, and glide towards the temples. Move from the temples with the middle and ring fingers over the zygomatic arch to the root of the nose. Again, glide back to the temples above the eyebrows with flat hands, apply pressure, and move back to the starting point.



## BIODROGA SIGNATURE MASSAGE

### 9. Stroking the line of the jaw

Starting in the middle of the chin, grasp the line of the jaw between the index and middle fingers of the right and left hands while sliding to the earlobes. Then stroke along the line of the jaw from earlobe to earlobe. Alternate right and left hands.



### 10. Kneading the line of the jaw

Between the thumbs and the remaining fingers. Starting in the middle of the chin, going from earlobe to earlobe.



### 11. Repeat the stroking of the line of the jaw (stroke 9)



### 12. Lifting maneuver in a cross pattern

The inner hand strokes the cheeks, lifting them upwards, while the outer hand makes flat strokes towards the ear. Alternate right and left cheeks.

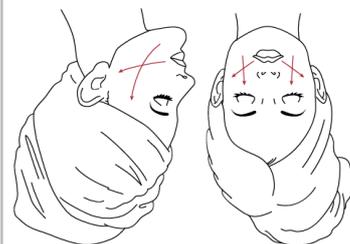


### 13. Knuckling the cheeks

Form fists, knead with the knuckles from the middle of the face outwards and back again. Make several passes while lifting.



### 14. Repeat the lifting maneuver in a cross pattern (stroke 12)



### 15. O mouth

Hold the palms below the line of the jaw. Place the thumbs in the middle of the lower lip, stroke along the ring of muscle around the mouth to the middle of the upper lip. Work back down to the starting point.



### 16. Beard stroke

Stroke downwards along the nasolabial folds with the thumbs. Using the fork maneuver, hold the mouth between the index and the middle fingers. Draw outwards to the corners of the mouth and then stroke the cheeks outwards with the palms of the hands.



### 17. Figures of eight on the nasolabial folds

The inner hand raises, the middle and ring fingers of the outer hand draw a figure of eight moving upwards while applying pressure. First make the figure on the right side, then the left.



### 18. Circling the upper lip

Make circles above the upper lip with the middle and ring fingers from the middle of the face moving outwards, then moving back.



# MASSAGE SEQUENCE

## BIODROGA SIGNATURE MASSAGE

### 19. Repeat the O mouth (stroke 15)



### 20. Nose stroke maneuver

Glide with the middle and ring fingers from the sides of the nose to the tip of the nose then along the bridge up to between the eyes. Hold the acupressure point for about 5 seconds with the ring fingers and then glide back to the starting point.



### 21. Nose fork maneuver

Spread the middle and ring fingers. Stroke the area between the eyes, moving upwards, using the fork maneuver. Alternate right and left hands.



### 22. Figures of eight on frown lines

Stretch frown lines out between the middle and ring fingers. Draw a vertical figure of eight with the middle and ring fingers of the right hand.



### 23. Repeat the nose stroke maneuver (stroke 20)



## BIODROGA SIGNATURE MASSAGE

### 24. Stroking the muscle ring around the eye

Glide from inside to outside with the flats of the fingers over the eyebrows. Stroke back with the middle and ring fingers below the eyes.



### 25. Kneading the eyebrows

From the inside corner of the eyebrows, knead the eyebrows between the thumb and the index fingers moving outwards. Stroke back with the middle and ring fingers below the eyes.



### 26. Pressure on the temples

With the middle and ring fingers.



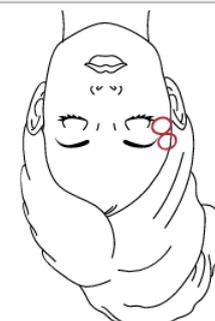
### 27. Cat maneuver

Gently stroke the area below the eye from the root of the nose to the zygomatic arch with the middle and ring fingers. Stroke hand over hand, moving back to the starting point. Only on the area around the eye on the right side of the face.



### 28. Temple maneuver

Tauten the temple between two fingers of one hand, with the middle and ring fingers of the other hand, draw figures of eight on the temple. Only on the temple on the right side of the face.



## BIODROGA SIGNATURE MASSAGE

### 29. Large figure of eight

Hold the temple on the right side of the face with the middle and ring fingers of the right hand.

With the middle and ring fingers of the left hand, glide below the right eye, over the root of the nose, and above the eyebrows to the temple on the left side of the face.

Hold the left temple and repeat the procedure on the other side.



### 30. Repeat the cat maneuver (stroke 27)

Around the left eye



### 31. Repeat the temple maneuver (stroke 28)

Temple on the left side of the face



### 32. Repeat the large figure of eight maneuver (stroke 29)

Starting on the left temple



### 33. Repeat stroking of the ring of muscles around the eye (stroke 24)

From inside to outside with the flats of the fingers over the eyebrows. Stroke back with the middle and ring fingers below the eyes.



## BIODROGA SIGNATURE MASSAGE

### 34. Flat-handed stroking of the forehead

Starting in the middle with the balls of the hands, hand over hand stroke the forehead, moving from the eyebrows to the hairline.

Then hand over hand, stroke from one temple to the other.



### 35. Half-moon stroking

Half-moon strokes in opposite directions with the middle and ring fingers from temple to temple.



### 36. Alternating stroking of the forehead

With flat hands from temple to temple



### 37. Flat-handed stroking of the forehead (stroke 34)



### 38. Transition stroke

Stroke from the forehead down the temples to the chin. Only apply the stroke 1 x.



### 39. Large final maneuver

Hold the line of the jaw between the index and middle fingers, glide outwards up the level of the corner of the mouth.

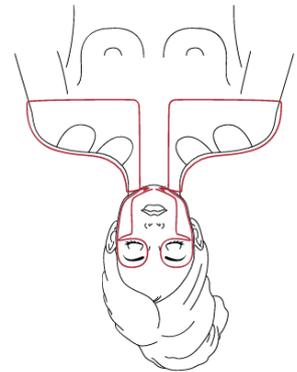
Keep the same finger position, move upwards to the eye sockets, and glide towards the temples.

Then with the middle and ring fingers from the temples over the zygomatic arch to the root of the nose.

Again, glide above the eyebrows back to the temples with flat hands and apply pressure.

From the temples down the sides of the neck, across the décolletage, and up along the trapezius back to the starting point.

On the last time, end the maneuver on the shoulder joints while applying pressure.





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