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BIODROGA

organic institute

TREATMENT

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OUR GOAL

True Natural Feeling.

Nature cannot get any closer to the skin!

The art of touch in combination with valuable medicinal herbs and therapeutic healing moor creates a new world of treatment.

With the Mix & Match principle, every skin type receives the ideal composition for its needs.



HERO PRODUCT

TAKE A BREATH

PHYTO THERAPY OIL ESSENCE

TAKE A BATH

PHYTO THERAPY FOREST BATH

PHYTO CLEANSING

TAKE IT OFF

PHYTO CLEANSING MILK

CALM DOWN

PHYTO TONIC

DOWN TO EARTH

PHYTO HEALING MOOR PEELING MASK

PHYTO CARE

KEEP ME SAFE

MOISTURIZING PHYTO CARE

KEEP ME SAFER

PROTECTING PHYTO DAY CARE SPF 15

ESSENCES

REFIRM

FIRMING PHYTO ESSENCE

- Anti-pigmentation spots, tightening, recontouring

REBALANCE

MOISTURIZING PHYTO ESSENCE

- Plumping, moisture, barrier strengthening

REFINE

SKIN-REFINING PHYTO ESSENCE

- Glow, skin refinement, evenness

THE TREATMENT

True Natural Feeling.

Attunement:	TAKE A BATH PHYTO THERAPY FOREST BATH Aroma triangle
Cleansing:	TAKE IT OFF PHYTO CLEANSING MILK and TAKE A BATH PHYTO THERAPY FOREST BATH Compress
Relaxation:	CALM DOWN PHYTO TONIC
Mask & Peeling:	DOWN TO EARTH PHYTO HEALING MOOR PEELING MASK
Serum/Essence:	REFIRM FIRMING PHYTO ESSENCE REBALANCE MOISTURIZING PHYTO ESSENCE REFINE SKIN-REFINING PHYTO ESSENCE
Final Care:	KEEP ME SAFE MOISTURIZING PHYTO CARE



THE TREATMENT

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<div>WELCOME RITUAL</div> <div>TAKE A BATH</div> <div>PHYTO THERAPY FOREST BATH</div>	<div>TAKE A BATH PHYTO THERAPY FOREST BATH AROMA TRIANGLE</div> <div>Grind a teaspoon-sized amount of the Phyto Therapy Forest Bath between your hands. Form a triangle over the customer's mouth and nose with both hands. The decelerating scent of the forest bath herbs lets the customer arrive - the treatment can be started.</div>	<div>ALL SKIN TYPES</div>
<div>TAKE A BATH</div> <div>PHYTO THERAPY FOREST BATH</div> <div>TAKE IT OFF</div> <div>PHYTO CLEANSING MILK</div> <div>CALM DOWN</div> <div>PHYTO TONIC</div>	<div>IMMERSE YOURSELF IN THE WORLD OF THE BLACK FOREST</div> <div>Put 2 grams of the herb mixture in a bowl and grind (e.g. with mortar and pestle). Pour over 1 liter of boiling water and let it steep for 5 minutes. Drain the herbal decoction through a sieve into a bowl (if using a tea strainer, draining can be dispensed with). Fold a compress using the accordion technique, dip it in the slightly cooled water and wring out. Fold the compress inside out, place it on the face and press down gently. The pleasant warmth ensures deep relaxation. Slowly unroll the compress.</div> <div>Emulsify the Phyto Cleansing Milk on the face with damp hands for cleansing and provide pleasant warmth again with the compress. Remove the cleansing product with the compress.</div> <div>Tone the skin with the Phyto Tonic.</div>	<div>ALL SKIN TYPES</div>

DIE BEHANDLUNG

True Natural Feeling.

<p>DOWN TO EARTH PHYTO HEALING MOOR PEELING MASK</p>	<p>PURE APPLICATION</p> <p>Apply Phyto Healing Moor Peeling Mask millimeters thick to cleansed skin and leave on for 10 minutes. After the exposure time, exfoliate with damp fingertips. Finally, remove the excess mask with a damp compress.</p> <p><u>Do not exfoliate or only exfoliate in sections.</u> Remove thoroughly with a damp compress.</p>	<p>NORMAL SKIN TIRED, UNEVEN SKIN</p> <p>COUPEROSE IMPURE SKIN</p>
<p>DOWN TO EARTH PHYTO HEALING MOOR PEELING MASK + TAKE A BREATH PHYTO THERAPY OIL ESSENCE</p>	<p>MIX & MATCH APPLICATION: PHYTO HEALING MOOR PEELING MASK + PHYTO THERAPY OIL ESSENCE</p> <p>Mix 3 to 5 drops of Phyto Therapy Oil Essence with the Phyto Healing Moor Peeling Mask and apply to the skin with a brush, gently exfoliate after 10 minutes with damp fingers. Remove thoroughly with a damp compress.</p> <p><u>Do not exfoliate or only exfoliate in sections.</u> Remove thoroughly with a damp compress.</p>	<p>DRY SKIN, MATURE SKIN, PIGMENTATION SPOTS</p> <p>SENSITIVE SKIN COUPEROSE</p>

THE TREATMENT

True Natural Feeling.

PHYTO ESSENCE	<p>APPLY ESSENCE All serums can be applied individually or combined (layering or partial application). Apply essence or essences and gently work in.</p> <p>REBALANCE MOISTURIZING PHYTO ESSENCE has a plumping effect, reduces fine lines and wrinkles and intensively moisturizes the skin</p> <p>REFIRM FIRMING PHYTO ESSENCE effectively counteracts signs of premature skin aging such as lines and wrinkles, the skin feels firmer and more elastic</p> <p>REFINE SKIN-REFINING PHYTO ESSENCE supports a more even complexion, pores appear refined and pigmentation spots are reduced</p>	DEPENDING ON SKIN NEEDS
MASSAGE	Apply TAKE A BREATH Phyto Therapy Oil Essence to hands or mix as a massage medium in a small bowl with the KEEP ME SAFE Moisturizing Phyto Care (mix care with 1 to 2 pipettes of oil essence mix).	
KEEP ME SAFE MOISTURIZING PHYTO CARE	Since the skin is well moisturized and saturated by the treatment, no additional essence is applied at the end of the treatment: As final care, apply the Moisturizing Phyto Care evenly and gently work in.	ALL SKIN TYPES

MIX & MATCH

With the Mix & Match concept, the treatment in the steps of mask & face peeling, serum and final care is specifically tailored to the individual skin condition.

All serums can be applied individually or combined (layering or partial application).

Since the skin is well moisturized and saturated by the treatment, no additional essence is applied at the end of the treatment, but only the Moisturizing Phyto Care.

	Dry Skin	Mature Skin	Pigment Spots	Sensitive Skin
Serum/Essence:	MOISTURIZING PHYTO ESSENCE	FIRMING PHYTO ESSENCE	FIRMING PHYTO ESSENCE + where needed SKIN-REFINING PHYTO ESSENCE	MOISTURIZING PHYTO ESSENCE
Mask & Facial Peeling:	PHYTO HEALING MOOR PEELING MASK + PHYTO THERAPY OIL ESSENCE	PHYTO HEALING MOOR PEELING MASK + PHYTO THERAPY OIL ESSENCE	PHYTO HEALING MOOR PEELING MASK + PHYTO THERAPY OIL ESSENCE	PHYTO HEALING MOOR PEELING MASK + PHYTO THERAPY OIL ESSENCE
Care:	MOISTURIZING PHYTO CARE	MOISTURIZING PHYTO CARE	MOISTURIZING PHYTO CARE	MOISTURIZING PHYTO CARE
	Impure Skin	Large-Pored Skin	Tired, Blotchy Skin	Couperose
Serum/Essence:	SKIN-REFINING PHYTO ESSENCE	SKIN-REFINING PHYTO ESSENCE	SKIN-REFINING PHYTO ESSENCE	MOISTURIZING PHYTO ESSENCE
Mask & Facial Peeling:	PHYTO HEALING MOOR PEELING MASK <u>Do not exfoliate or only exfoliate in sections</u>	PHYTO HEALING MOOR PEELING MASK	PHYTO HEALING MOOR PEELING MASK	PHYTO HEALING MOOR PEELING MASK <u>Do not exfoliate or only exfoliate in sections</u>
Care:	MOISTURIZING PHYTO CARE	MOISTURIZING PHYTO CARE	MOISTURIZING PHYTO CARE	MOISTURIZING PHYTO CARE



	Serum/Essence				Mask/Facial Peeling	Care
Dry Skin	X				X	X
Mature Skin		X		X	X	X
Pigment Spots		X	X	X	X	X
Sensitive Skin	X			X	X	X
Impure Skin	X		X		X	X
Large-Pored Skin	X		X		X	X
Tired, Blotchy Skin			X		X	X
Couperose	X				X	X

FACIAL MASSAGE

Stretching and modelling.

1. Kneading the jawline	<ul style="list-style-type: none">• Apply TAKE A BREATH Phyto Therapy Oil Essence to hands or mix as a massage medium in a small bowl with the KEEP ME SAFE Moisturizing Phyto Care.• Knead and stroke the chin area from the middle to both sides to the temporomandibular joint.
2. Stretching the upper lip	<ul style="list-style-type: none">• Stretch with the middle fingers from the heart of the lips to the corner of the mouth with a slight pull to the upper ear (direction).• Hold under tension for a few seconds and relax.
3. Smoothing the mayonet and nasialal fold	<ul style="list-style-type: none">• Use your fingertips to crawl out the marionette and nasiolabial fold towards the cheekbone. (Cat Grip)• Then, with the fingertips placed together, stroke the area to shape the cheekbone. ... This exercise is performed in the opposite direction, one side at a time....
4. Kneading eyebrows	Knead the eyebrows between thumb and index fingertip from the root to the temple (squeezing).
5. Smoothing the forehead	With the entire palm of your finger, stretch your forehead first upwards and then from the middle to the temples.

FACIAL MASSAGE

Stretching and modelling.

6. Smoothing out – final relaxation	<ul style="list-style-type: none">• Place the entire palm of the right hand on the chin line under the left ear and glide with gentle pressure sideways over the chin line and neck to the left shoulder.• Glide over the shoulder ball, then stroke across the décolleté to the right side.• Starting with the left hand on the right chin, perform the grip in reverse:• Place the entire palm of the left hand on the chin line under the right ear and, applying gentle pressure, glide sideways over the chin line and neck to the right shoulder ball.• Round the shoulder ball completely and stroke over the décolleté to the left side.• Finally, use your fist to knuckle from the middle of the breastbone towards the armpit and back again. <p>Repeat all handles 3-5 times.</p>
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HOME CARE RECOMMENDATION

True Natural Feeling.

<p>MIX & MATCH 24H CARE + ESSENCE Application options:</p> <p>FINAL CARE KEEP ME SAFE MOISTURIZING PHYTO CARE OR KEEP ME SAFER PROTECTIVE PHYTO DAY CREAM SPF 15</p>	<ul style="list-style-type: none">• Option A: Apply as a sole serum before 24-hour care• Option B: Alternatively, mix 2 – 3 drops with a hazelnut-sized amount of 24H Care• Option C: Apply locally to pigment spots or large pores, for example, and apply another serum to the remaining areas• Variant D: As an intensive application, apply different serums layer by layer according to the layering principle <p>PHYTO ESSENCE PHYTO ESSENCE REBALANCE + TAKE A BREATH OIL ESSENCE</p> <p>PHYTO ESSENCE REFIRM if needed Mix with TAKE A BREATH OIL ESSENCE</p> <p>PHYTO ESSENCE REFINE</p> <p>PHYTO ESSENCE REBALANCE</p> <p>PHYTO ESSENCE REBALANCE + PHYTO ESSENCE REFINE (layering or for specific skin areas)</p> <p>PHYTO ESSENCE REFINE</p> <p>PHYTO ESSENCE REFINE</p> <p>PHYTO ESSENCE REBALANCE</p>	<p>DRY SKIN</p> <p>MATURE SKIN</p> <p>PIGMENT SPOTS</p> <p>SENSITIVE SKIN</p> <p>IMPURE SKIN</p> <p>LARGE-PORED SKIN</p> <p>TIRED, UNEVEN SKIN</p> <p>COUPEROSE</p>
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FACIAL YOGA AT HOME

Gymnastics & muscles in motion.

1. For a firm neck	<ul style="list-style-type: none">• Press the tip of your tongue against the roof of your tongue and push your chin out towards the ceiling.• Alternately smile and swallow for about 30 seconds.• Relax and repeat.
2. For firm cheeks ... ensures tight and defined contours.	<ul style="list-style-type: none">• Puff up cheeks, move the air several times from one side to the other.• Tap the cheeks with the flat of your middle and index fingers so that the air can slowly escape from the slightly parted lips.• Then relax your mouth and repeat the exercise a few times.
3. Against nasolabial wrinkles	<ul style="list-style-type: none">• Take a deep breath and puff out the cheeks. At the same time, gently place the index and middle fingers on the lips and create gentle counterpressure.• Now push the air from one cheek pocket to the other and also the upper and lower mouth and lip area.• Exhale, relax alternately and repeat several times.
4. Relaxes the eye areato soften crow's feet.	<ul style="list-style-type: none">• Place the index and middle fingers on the temples.• Close your right and left eye alternately for 10 seconds.• After a break (about 30 seconds), repeat the exercise.

FACIAL YOGA AT HOME

Gymnastics & muscles in motion.

5. The smooth forehead	<ul style="list-style-type: none">• Place your hands on your forehead and pull them up slightly.• Now lower your gaze downwards and build up tension on your forehead. The whole thing without a wrinkle forming on the forehead.• Hold the tension for about 10 seconds, and then relax.
➤ Option 1:	Point your face upwards and pull your neck very long. Place your hands at about the level of the collarbone and pull the skin down slightly. This tightens the entire neck.
➤ Option 2:	Stretch your neck upwards and gently turn your head to the left side. Stick out your tongue. Now a pull should be felt on the right side of the neck. Hold for a moment and then switch sides.
6. Decolleté	<ul style="list-style-type: none">• Place your forearms on top of each other in front of your chest and raise your elbows to chest level in front of your body.• With your neck stretched, push your chin far forward, hold briefly.• Then push it back and hold it as well.• Repeat very gently and without pressure 3 to 5 times.

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