

THALGO

SPA



Training Guide ■ SPA Treatment

ÎLES
PACIFIQUE

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Concept

■ Îles Pacifique

Who is it for?

For anyone looking for intense relaxation, who is need of a holidays and wants to escape for a while with a treatment.

What's happening in the body?

Every day, we are faced with various life events that can influence our bodies. A relaxing, exotic massage helps us counteract this phenomenon and encourages the body to let go. Incorporating a Monoï fragrance reminiscent of holidays in the sun and a heated accessory into the massage amplifies the relaxation of body and mind and helps the client unwind. The perfect combination for letting go.

The solution

Relaxing ritual with warm sand pouches, offering a journey to the most beautiful Pacific Islands, for deep relaxation.



Island of Lagoons



Bora Bora



Tahiti

Innovation

■ Hero active ingredients



ALGAE OF THE LAGOONS*

Aqueous extract of the green alga *Caulerpa Lentillifera*

ORIGIN

This alga grows on the sandy, shallow-water coastlines of the Pacific Islands. Cultivated and delicately harvested in the calm waters of the Indo-Pacific archipelago. When macerated, filtered and graded, this alga produces an aqueous extract.

ACTIONS

- It restores the skin's hydrating xylose, nourishing amino acids and re-mineralising trace elements.
- The freshly hydrated skin becomes more beautiful each day.

*excluding Lagoon Bath & Island Body Scrub

Accessory



TUIPONOS - SAND POUCHES

ORIGIN	ACTIONS
<ul style="list-style-type: none">▪ Made in Thailand.▪ Pouches comprising 100% mountain river sand, wrapped in fine, delicate starched fabric.▪ Pouches are carefully sealed with thin cotton cord.	<ul style="list-style-type: none">▪ Reproduces the sound of sand▪ Soft and hot▪ Adapts to all areas of the body (enveloping)

■ Fragrance

A warm, exotic relaxing scent**

Top: Exotic fruits
Heart: Tiare Flower – Coconut
Base: Vanilla – Golden Sand



*excluding Lagoon Bath

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Professional Products and Accessories



Monoï Massage Oil:

Fine massage oil with non-greasy texture that hydrates and nourishes the skin.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">▪ The Algae of the Lagoons▪ Monoï de Tahiti®	<ul style="list-style-type: none">▪ The skin is nourished, soft and supple▪ The body is relaxed and scented	<ul style="list-style-type: none">▪ SALONS: At the start of the ritual, warm up 45 ml of Monoï Massage Oil in the Hot cabi to perform the massage. Approx. 1 and a half measuring spoons.

FOR

SALONS:
KT18031 - 500 ml



Tuiponos – Sand pouches:

Warm sand pouches that relax body and mind.

COMPONENT	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none">▪ Tub of 12 tuiponos	<ul style="list-style-type: none">▪ The body is soothed and relaxed through heat transfer	<ul style="list-style-type: none">▪ SALONS: Use two tuiponos during your massage.

FOR

SALONS:
BT18013 – batch
*12

Professional and Retail Products



FOR

RETAIL:
VT19004 - 6*25g

SALONS:
KT19002 - 72*25g

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> ▪ Sea salt ▪ Monoï de Tahiti® 	<ul style="list-style-type: none"> ▪ Turns baths into a blue lagoon ▪ The body is relaxed and scented 	<ul style="list-style-type: none"> ▪ RETAIL: Immerse an effervescent pebble in warm water and turn a bath into a blue lagoon, for an exotic, relaxing journey at home. ▪ SALONS: Prepare a bath at 37°C and place a pebble in the water before your client arrives.



FOR
RETAIL:
VT19003 – 270 g

SALONS:
KT19001 – 1 kg

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> ▪ Exfoliants: White sand from Bora Bora, sea salt & coconut shells ▪ Plant oils (apricot, jojoba and almond) 	<ul style="list-style-type: none"> ▪ The skin is smooth and soft ▪ The skin is nourished and comfortable 	<ul style="list-style-type: none"> ▪ RETAIL: Mix well using a spatula. Apply once or twice a week to damp or dry skin. Rinse. ▪ SALONS: Prepare 50 g of scrub with two tablespoons of water, and perform the THALGO exfoliating technique all over the body (on dry skin). <p>Approx. one and a half measuring spoons.</p>

Retail Products



FOR

RETAIL:
VT19001 – 200 ml

Island Shower:

Rich, relaxing shower with fragrance of the islands.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> ▪ Algae of the Lagoons 	<ul style="list-style-type: none"> ▪ Gently cleanses ▪ The body is relaxed and scented 	<ul style="list-style-type: none"> ▪ RETAIL: In the shower, emulsify this rich gel with notes of Monoï, for delicately scented skin. Rinse.



FOR

RETAIL:
VT19002 – 200 ml

Iridescent Island Milk:

Iridescent moisturising milk for radiant skin all year round.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> ▪ Algae of the Lagoons ▪ Aloe vera 	<ul style="list-style-type: none"> ▪ The skin is hydrated ▪ The skin is silky smooth ▪ The body is relaxed and scented 	<ul style="list-style-type: none"> ▪ RETAIL: Apply this moisturising iridescent lotion with notes of Monoï, for delicately scented, radiant skin.



FOR

RETAIL:
VT18030 – 100 ml

Monoï Nourishing Oil:

Velvety nourishing oil enriched with Monoï de Tahiti, inspired by Polynesian beauty secrets.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> ▪ Algae of the Lagoons ▪ Monoï de Tahiti® 	<ul style="list-style-type: none"> ▪ The skin is soft and velvety ▪ The skin is nourished ▪ The body is relaxed and scented 	<ul style="list-style-type: none"> ▪ RETAIL: Apply with circular movements all over the body. May be used for massage.



FOR

RETAIL:
VT18029 – 100 ml

Island Fragranced Mist:

Exotic body mist, scented with the sun-kissed notes of Monoï.
Fragrance combinations Monoï (Tiare & Coconut) - Vanilla.

ACTIVE INGREDIENTS	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> ▪ Algae of the Lagoons ▪ Relaxing peptide 	<ul style="list-style-type: none"> ▪ Sensation of well-being and freshness on application ▪ Awakens memories of sunbathing ▪ The body is relaxed and scented 	<ul style="list-style-type: none"> ▪ RETAIL: Spray on the whole body. ▪ SALONS: Spray 2/3 times to perfume your salon and linen before the treatment, and your client at the end of the treatment.



FOR

RETAIL:
BT17006

Monoi-Vanilla Scented Candle:

Relaxing scented candle with sun-kissed notes of Monoï.
Fragrance combinations Monoï (Tiare & Coconut) – Vanilla

COMPOSITION	RESULTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> ▪ 100% plant-based wax ▪ Cotton wick ▪ Free from petroleum derivatives 	<ul style="list-style-type: none"> ▪ Create a relaxing atmosphere 	<ul style="list-style-type: none"> ▪ RETAIL: Burn the candle for at least one hour the first time it is used. Ensure that the wick is always upright, centred and not too long (less than 1 cm). Trim it if need be.

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Preparation for the treatment

- To facilitate the flow of your protocol, we recommend that you prepare before your treatment:
- The ambiance of your treatment room (sound/olfactory/visual):
Cover the bed with the Blue towel; a Thalgo Spa treatment towel is arranged to greet your client.
Spray Island Fragranced Mist two or three times to create an olfactory atmosphere specific to the Îles Pacifique Relaxing Ritual.
Prepare to play the playlist of the Îles Pacifique Relaxing Ritual.
- On your THALGO tray, prepare:
2 THALGO Spa oshiboris warmed beforehand in the hot cabi and scented with the Island Fragranced Mist
1 small bowl with 50 g of Island Body scrub
1 Bath Pebble
1 small bowl with 45 ml of Monoï Massage Oil
2 Tuiponos – Sand Pouches
Island fragranced Mist
- For your balneotherapy room:
Reminder: the water of the balneotherapy must be at 37° C.

■ To warm up in your hot-cabi:

Before commencing the treatment:

2 THALGO Spa oshiboris warmed beforehand in the hot cabi and scented with the Island Fragranced Mist

Before the exfoliation:

2 Tuiponos (Warm the pouches 45 min before the treatment)

After the exfoliation:

1 small bowl with 45 ml of Monoï Massage Oil

Also consider your preparation, focus your attention using slow breathing, free your mind from any negative, stressful or harmful thoughts.

Be ready to give, as the person coming for their treatment is ready to receive, in order to create perfect harmony.

Taking care of the Client

When making an appointment, do not forget to ask your client about any potential contraindications for receiving the treatment, as well as the duration of the desired ritual, i.e. the expected steps (Bath, Exfoliation, Massage). Also, for your client's comfort, ask them to arrive 15 minutes early, in order to take the time needed to complete the Well-Being Questionnaire prior to the treatment so this can be personalised.

You are now ready... to create a new WELL-BEING experience

ÎLES PACIFIQUE RELAXING RITUAL

120 min

Prepare before your treatment your ambiance of your treatment room (towel, music, Fragranced Mist) and 2 Thalgo Spa oshiboris warmed in the hot cabi and scented with Island Fragranced Mist.

5 min

1. WELCOME CEREMONY

Prelude with oshiboris

Well-being questionnaire

Initial Sensory Contact

- Hair stroking
- Rolling palm Pressures
- Thumb kneading

30 min

2. ISLAND OF LAGOONS

Bath at 37°C – relaxing programme (20 min)

Lagoon Bath (place a pebble in the water before your client arrives so that the water is already colored)

Cranial Massage – if the arrangement of the bath allows it

30 min

3. BORA BORA

Korean Relaxation – front side

- Pelvis
- Legs
- Shoulder blades-shoulders
- Nape of the neck - head

Island Body Scrub in dry skin (50 g - approx. one and a half measuring spoons) with 2 tablespoons hot water

- Oceanic Spiral N°1 one the entire body, following the rhythm of the music

50 min

4. TAHITI

Korean Relaxation – back side

- Pelvis
- Legs
- Shoulders – arms
- Crown point

Monoï Massage Oil (45 ml – Approx. 1 and a half measuring spoons)

2 Tuiponos – Sand Pouches

Body Massage – see technical sheet

5 min

5. END CEREMONY

Awakening Massage at the end of the treatment

- Stretching
- Rocking

Well-being follow-up and presentation of the tray with îles Pacifique Product.

Welcome Ceremony

■ Welcome



Greet the person by name, welcome her and introduce yourself and explain the ritual and massage accessories.

The ritual is selected through the well-being questionnaire. This also makes it possible to personalise the treatment, according to particular areas of tension or areas to be avoided and the preferred pressure.

■ Prelude with oshiboris



Make the initial contact with the person by starting with the Hand and Foot Purification, part of the welcome ceremony.

For your own comfort, as well as for your customer's, delicately wrap the hands and feet with oshiboris that have been warmed in a hot cabi and perfumed with a few sprays of **Island Fragranced Mist**.

■ Initial Sensory Contact



This 1st step is an opportunity to make an initial contact and thus to discuss the desired intensity of the massage, areas to be avoided or to emphasise.

1. Hair stroking:

With the fingers steps, in 3 stages : head/shoulders, head/mid-scapular, head/sub scapula.

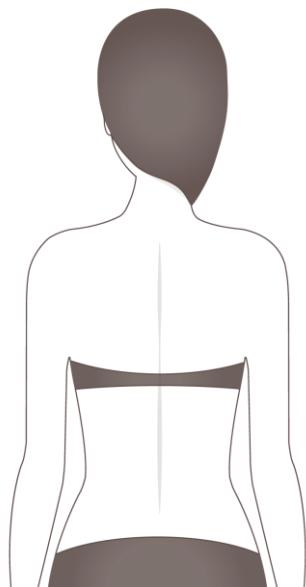
2. Rolling palm pressures:

On the neck-shoulder area, 3 times back and forth.

3. Thumb kneading:

In 3 lines: The 1st line starts at the shoulders and moves along trapezius muscle/ up to the occipital hollows. The 2nd line starts at the shoulders, goes towards the middle of the shoulder blades /and ends at the occipital hollows. The 3rd line starts at the shoulders / towards the sub scapula/ and ends at the occipital hollows. Slide back down each line, smoothing with the thumbs.

Once this initial contact is completed, help the customer to lie down on her back.



Island of Lagoons

■ Lagoon Bath



If your spa is equipped with balneotherapy, you can offer a complete multisensory ritual with the Lagoon Bath step. In this step, a hot bath prepares the body to relax and escape, while aiding remineralisation.

Run the bath to a temperature of 37°C and add 1 effervescent bath pebble before your client arrives, so that the water is already nicely coloured on her arrival.

Bora-Bora

■ Korean Relaxation - Front Side



Before exfoliating the body, perform the Korean Relaxation technique on the front side. This consists of an undulating rocking motion.

1. Pelvis:

Hands on the lower back.

2. Legs:

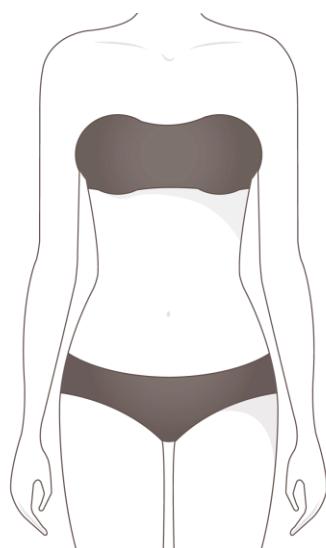
Hands holding the ankles.

3. Shoulder blades-shoulders:

Position yourself on the side opposite the shoulder to be worked on. Slide one hand under the shoulder to lift it and place the other hand on the shoulder blade, then press on the shoulder to open it up.

4. Nape of the neck-head:

Starting at the nape of the neck, hold the head between your hands to stretch the neck slightly with a smooth rocking movement.



■ Island Body Scrub



The body thus relaxed is ready to receive the ISLAND BODY SCRUB. Carry out the scrub in the same order as the massage areas, i.e. right leg then left leg, abdomen, left arm, right arm / back of legs and then finish with the back.

To perform the exfoliation, use a massage technique: **Oceanic Spiral N°1.**

Apply the scrub to dry skin and carry out the movements over the entire body, following the rhythm of the music.

Then invite your client to take a shower.
Offer your help if needed for the back.

Tahiti

■ Korean Relaxation – Back Side



Once the customer is comfortably installed, perform the Gentle Korean Relaxation techniques to place the body and prepare the limbs for the massage.

1. Pelvis:

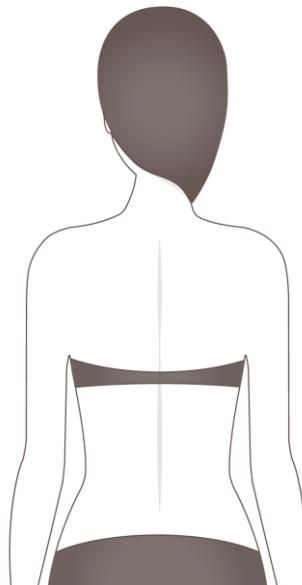
place your hands on the upper part of the hips, and make a rocking movement to release this area, open the iliac crests gently with your fingers and then gently release.

2. Legs:

Raise the right leg from the ankle with both hands. Bend the leg to 90° and raise the knee. Sway of the leg and a carry out a percussion movement on the treatment bed to release the hip joint. Do the same on the left leg. Lift both legs simultaneously and gently sway.

3. Shoulders and arms:

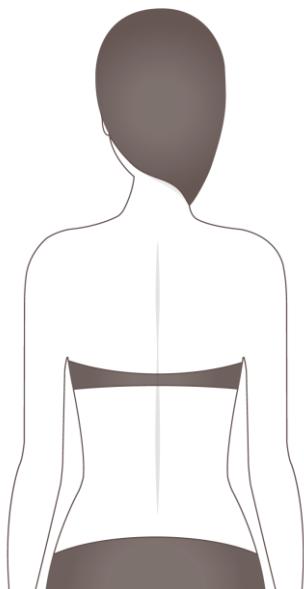
Raise the right arm from the wrist, position it at 90° on the edge of the table with the hand towards the floor. Perform a gentle swaying movement of the arm and a percussion movement on the treatment bed to release the shoulder joint. Repeat on the other arm.





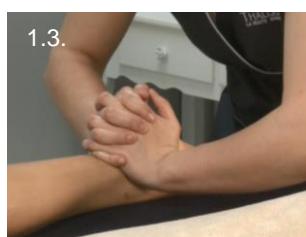
4. Crown point:

Press the top of the skull (Fontanelle = Crown point). This point connects the body and the mind for deep relaxation.



■ Relaxing Mahana Massage with Sand Pouches

1. Legs Massage – Back Side



Uncover the right leg, folding the towel between the legs, and apply the **Monoi Massage Oil** with your forearm.

1. Freestyle Relaxing Movements on the Feet:

Carry out 2-3 freestyle movements on the sole of the foot (such as: rolling movements with your knuckles, smoothing movements with your forearm, gripping movement on the heel).

2. Oceanic Spiral N°1:

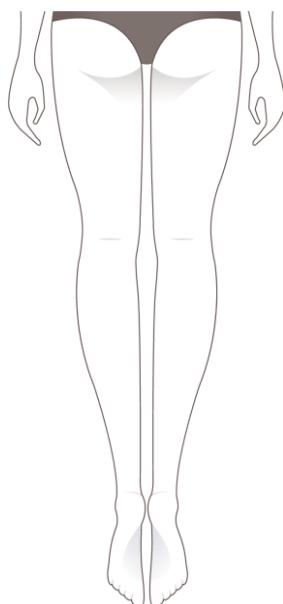
Carry out figures of 8 with the palms of your hands – 3 times on the sole of the foot, 3 times on the calf, and 3 times on the thigh and buttock. Finish with a unifying spiral movement over the whole leg, 3 times.

3. Polynesian Kneading:

Kneading movements, starting from the arch of the foot, moving up to the buttock. Carry out 3 kneading movements + 2 smoothing movements with the forearm on the foot, calf, the inside and outside of the thigh, and the buttock, and come back down with smoothing movements.

4. Vertical Alternating Tahitian Breeze:

Carry out breeze-like movements, with both hands flat, over the calf, thigh and buttock, then sweep over the entire leg towards the top, 3 times..





5.



6.1.



6.2.

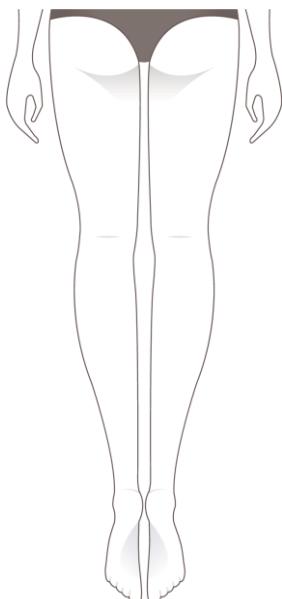
5. Horizontal Tahitian Breeze:

Starting from the calf and going up to the thigh, carry out sweeping movements with both hands, working from the inside outwards (with pulling and pushing motions).

6. Lomi-Lomi Double Smoothing:

The 1st smoothing movement with the forearm starts from the arch of the foot and goes all along the leg up to the buttock, coming back down again in a smoothing movement. 3 times.

The 2nd smoothing movement: a vertical gliding movement with both arms on each side of the leg, starting from the arch of the foot, going up to the buttock and coming back down with a smoothing movement. 3 times



2. Tuiponos Sand pouches – Back side of the legs



Use the hot Tuiponos-Sand Pouches in “free style” movements for a few minutes (2 – 3 minutes). As soon as they lose their warmth, stop the movements and place them in the Hot Cabi to continue your massage.

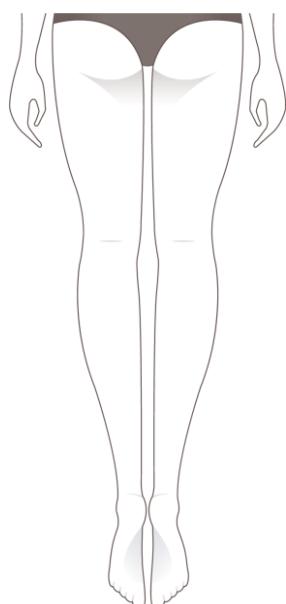
Here are a few suggestions for movements:

- **Pressures**
- **Stretching**
- **Gliding**
- **Pressing**
- **Tapping**
- **Shaking**

Tip: carry out some of these suggestions with either one or two sand pouches.

Carry out the same movements on the left leg:

1. Relaxing Freestyle Movements on the Feet – once
2. Oceanic Spirals N°1 – once
3. Polynesian Kneading – once
4. Vertical Alternating Tahitian Breeze – once
5. Horizontal Tahitian Breeze – once
6. Lomi-Lomi Double Smoothing – once
7. “Free style” Tuiponos movements





3. Back Massage



Uncover the back, folding the towel, and start the massage by applying Monoï Masage Oil over the entire back and arms, using your forearm.

1. Oceanic Spiral N°1:

Make a figure of eight over one half of the back, enveloping the hips, the shoulder blade and the trapezius, 3 times on one side of the spine, then 3 times on the other side.

2. Oceanic Spiral N°2:

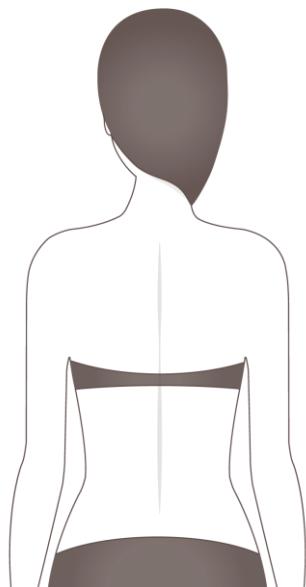
Carry out a perpendicular figure of eight with both hands. Starting from the lower back, go up to the shoulder blades and come back down. Once.

3. Polynesian Kneading:

Carry out 3 kneading movements and 2 smoothing movements in circular motions with your forearm, going from the lower back up to the trapezius. On one side, then the other.

4. Twisted pressure movements with 2 fingers:

Begin your Twisted pressure movements with 2 fingers, either side of the spine, going from the neck down to the sacrum. Go back up with simple smoothing movements, all along the spine.





5. Twisted pressure movements with 1 finger:

Start the 1 finger Twisted pressure movement either side of the spine, going from the neck down to the sacrum. Go back up with simple smoothing movements.

6. Vertical Alternating Tahitian Breeze:

Carry out alternating breeze-like movements with both hands flat, on one side and then the other. Finish with both hands together on each side: once. Sweep 3x.

7. Horizontal Tahitian Breeze:

Starting from the hips, sweep from the outside inwards using both hands (with pulling and pushing motions).

8. Lomi-Lomi Double Smoothing:

The 1st movement with the forearms goes from the sacrum up to the fingertips, enveloping the shoulder. 3x. The 2nd movement: vertical gliding motions with both arms on one side of the spine, starting from the lower back and moving towards the fingertips, enveloping the shoulder. 3x.

Transitional movement: carry out **smoothing movements** with the forearms and make **small circular movements** around the shoulder blades, then knead the back of the neck 3x.

Repeat the **Lomi-Lomi Double Smoothing** movements on the other side of the back.

4. Tuiponos Back

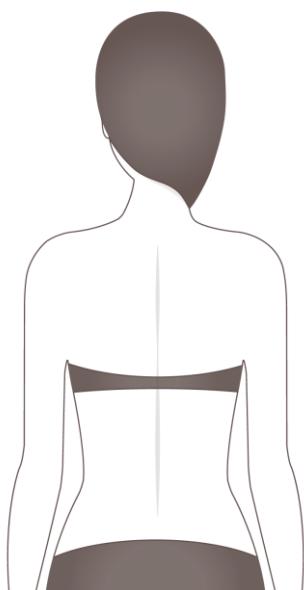


Use the hot Tuiponos-Sand Pouches in “free style” movements for a few minutes (2 – 3 minutes). As soon as they lose their warmth, stop the movements and place them in the Hot Cabi to continue your massage.

Here are a few suggestions for movements:

- Pressures
 - Stretching
 - Gliding
 - Pressing
 - Tapping
 - Shaking

Tip: carry out some of these suggestions with either one or two sand pouches.



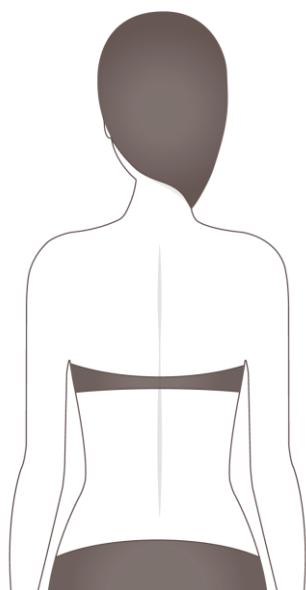


5. Rocking



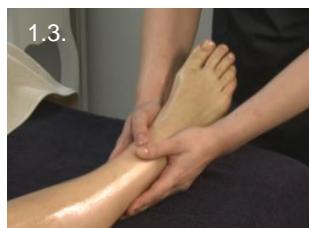
Rocking lightly stimulates the body to prepare to turn over.

Rock the body between both hands down towards the feet. Then ask your customer to turn over.





6. Legs Massage – Front Side



Uncover the right leg, folding the towel between the legs, and apply Monoï Massage Oil with your forearm.

1. Freestyle Relaxing Movements on the Feet:

Carry out 2-3 freestyle movements on the top of the foot (such as smoothing movements on the metatarsals, smoothing movements on the foot and around the ankles).

2. Oceanic Spiral N°1:

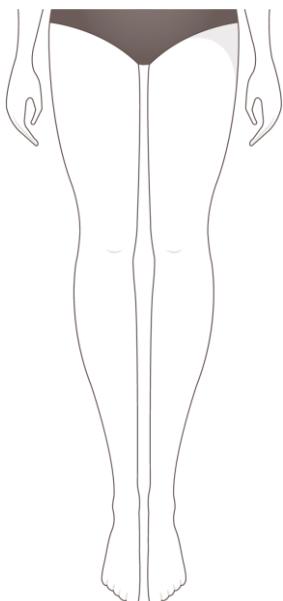
Make figures of 8 with the palms of your hands 3 times on the tops of the feet, 3 times on the tibia and on the knees, and 3 times on the thighs, and finish with a big figure of 8 unifying the whole leg 3 times.

3. Polynesian Kneading:

Carry out kneading movements going back up, starting from the calf and going up to the thigh. Start by making 3 kneading movements and 2 smoothing movements with your forearm on the calf, then on the thigh, and come back down with smoothing movements.

4. Vertical Alternating Tahitian Breeze:

Go back up with both hands flat, over the tibia, the thigh, then the entire leg, with an upwards “sweeping” movement, 3 times.





5. Horizontal Tahitian Breeze:

Starting from the tibia, move up to the thigh, alternating from the inside to the outside.

6. Lomi-Lomi Double Smoothing:

The 1st smoothing movement with the forearm starts from the arch of the foot and goes along the leg up to the top of the thigh, coming back down with a smoothing movement. 3 times.

The 2nd smoothing movement: vertical gliding movement with both arms on each side of the leg, starting from the arch of the foot and moving up to the top of the thigh, coming back down with a smoothing movement. 3 times



7. Tuiponos Sand Pouches – Front of legs



Use the hot Tuipenos-Sand Pouches in “free style” movements for a few minutes (2 – 3 minutes). As soon as they lose their warmth, stop the movements and place them in the Hot Cabi to continue your massage.

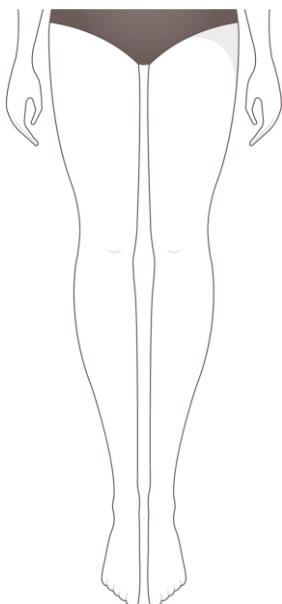
Here are a few suggestions for movements:

- Pressures
 - Stretching
 - Gliding
 - Pressing
 - Tapping
 - Shaking

Tip: carry out some of these suggestions with either one or two sand pouches.

Carry out the same movements on the left leg:

1. Relaxing Freestyle Movements on the Feet – once
 2. Oceanic Spirals N°1 – once
 3. Polynesian Kneading – once
 4. Vertical Alternating Tahitian Breeze – once
 5. Horizontal Tahitian Breeze – once
 6. Lomi-Lomi Double Smoothing – once
 7. “Free style” Tuiponos movements



8. Massage of the Abdomen



Uncover the abdomen, folding the towel, and apply the Monoï Massage Oil with your forearm.

1. Oceanic Double Spiral:

Make large figure of eight movements with both hands on the abdomen and décolleté at the same time. 3x.

2. Polynesian Kneading:

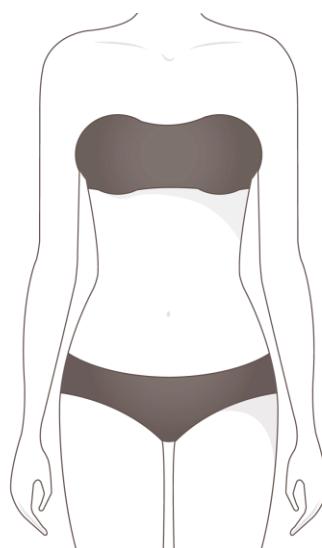
Carry out kneading movements, moving up each side of the waist, and make 2 small circles with your forearm in the centre of the stomach, in a clockwise direction.

3. Rocking:

Slide one hand under the hollow of the back while the other hand makes circular movements on the abdomen in a clockwise direction. 3 times.

4. Diamond Movements:

Outline the waist with your thumbs, drawing the shape of a diamond. 3 times.



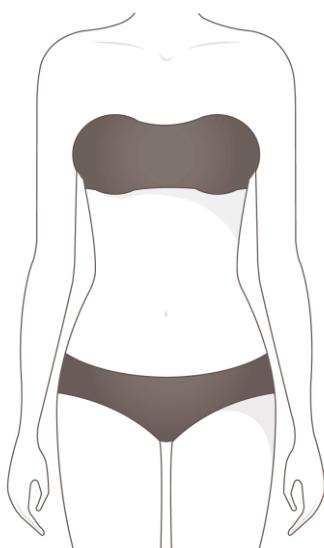
9. Tuiponos Sand pouches Abdomen



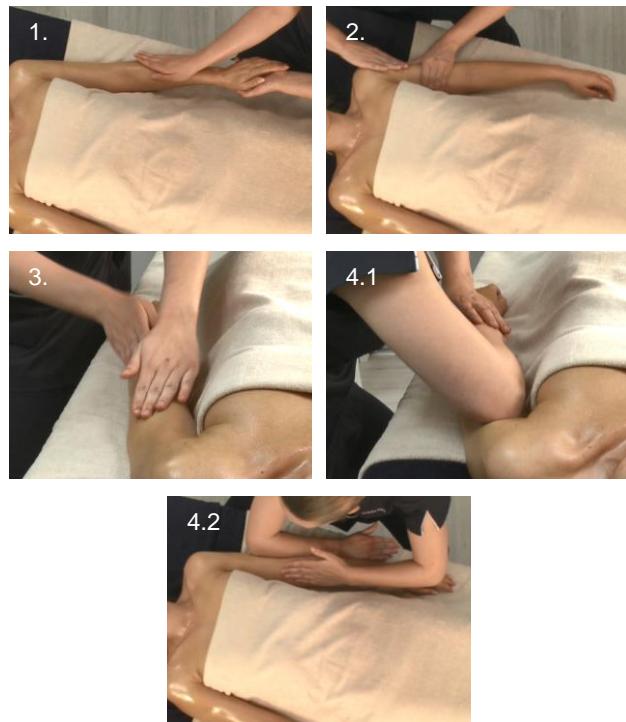
Use the hot Tuiponos-Sand Pouches in “free style” movements for a few minutes (2 – 3 minutes). As soon as they lose their warmth, stop the movements and place them in the Hot Cabi to continue your massage.

Here are a few suggestions for movements:

- **Smoothing movements on the plexus**
- **Circles around the navel**
- **Sweeping motions**
- **Large smoothing circular movements**
- **Shaking**
- **Tapping**



10. Massage Arms and Head



ARM MASSAGE:

Uncover the arms and apply the Massage Oil over the arms and décolleté. Begin with the left arm.

1. Oceanic Spiral N°1:

Make a figure of 8, on the hand x3, on the forearm x3, and on the upper arm x3. Finish with a unifying spiral movement over the whole arm, 3x.

2. Polynesian Kneading:

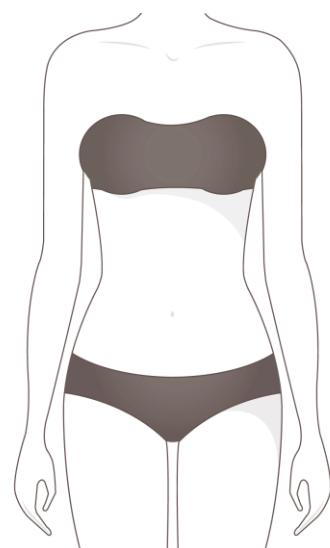
Positioning yourself by the side of your client, carry out 3 kneading movements and 2 smoothing movements with your forearm, going up the whole arm and coming back down with smoothing movements.

3. Vertical Alternating Tahitian Breeze:

Carry out the vertical breeze on the forearm, the upper arm, then over the whole arm with an upwards "sweeping" movement, 3 times.

4. Lomi-Lomi Double Smoothing:

Carry out the 1st movement starting with your client's hand, moving up to the shoulder, and go back down with a smoothing movement. 3 times. The 2nd movement: vertical gliding with both arms on each side of the arm up to the shoulder, coming back down with a smoothing movement. 3 times





Repeat these movements on the right arm:

1. **Oceanic Spiral N°1 – 1x**
2. **Polynesian Kneading – 1x**
3. **Vertical Alternating Tahitian Breeze – 1x**
4. **Lomi-Lomi Double Smoothing – 1x**

HEAD MASSAGE:

Position yourself at your client's head.

1. Start with the **Scalp massage**.
2. Then continue with **Alternating Smoothing of the Trapezius muscles**: Gently turn the head to one side and carry out alternating Smoothing movements, from the elbow up to the back of the neck: the hands cross over, one smooths the trapezius and the other the shoulder. 3 times.

Repeat on the other side. 3 times.

3. Freestyle movements on the Trapezius muscles and Shoulders:

Freestyle massage on the trapezius muscles and shoulders (such as: smoothing movements, kneading with the knuckles).



11. Tuiponos Arms and Head



Use the hot sand pouches in “free style” movements for a few minutes (2 – 3 minutes). As soon as they lose their warmth, stop the movements and place them in the Hot Cabi to continue your massage.

Here are a few suggestions:

- **Shoulder pressures**
- **Circles around the shoulders**
- **Trapezius smoothing movements**
- **Smoothing movements on the shoulders and back of the neck**
- **Pressures using sand pouches, in the hollow of the shoulder and on the back of the neck**





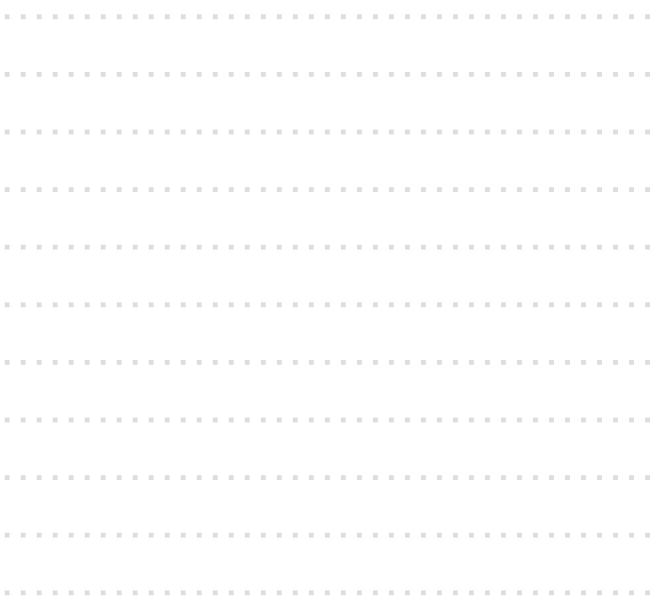
12. Face Massage



1. Begin the face massage by placing the sand pouches on either side of the back of the neck, and **apply pressure**.

2. Leave the Sand pouches at the back of the neck and carry out circular movements on **the scalp**.

3. Finish with **light Twisting Pressure movements** in the centre of the forehead using your index finger, then come back with smoothing movements. 3x



End Ceremony

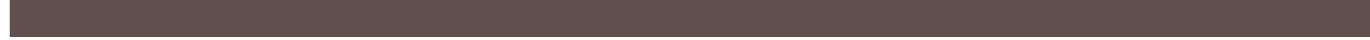
■ The End of Treatment Awakening Massage



This technique awakens the body gently and brings the person back to reality.

Stretch the arms, if mobility allows, stretch the arms in the axis of the head, then rock the body at hip level and stretch the legs and the whole body by the feet.





■ End and Well-being questionnaire



Accompany the person as if they "had just woken up from a dream..."

Tell the client, "Your ritual has now ended. Please slowly lie on your side). Wake up slowly, I will be back in a moment."

Prepare a glass of water on the tray with the Iles Pacifique product textures: **Lagoon Bath, Island Shower, Island Body Scrub, Monoï Nourishing Oil, Monoi-Vanilla Scented Candle and Island Fragranced Mist.**

Ask her to close her eyes. Then, perfume her arms with two or three pumps of the **Island Fragranced Mist**. Ask how she feels and recommend the retail products while offering well-being advice.

Manual Techniques Note

1. BACK OF BODY

A. KOREAN RELAXATION – BACK SIDE

- Pelvis
- Legs
- Shoulders - Arms
- Crown Point

B. LEGS

I. LEGS MASSAGE – Back side

Start with the right leg

- Freestyle Relaxing Movements on the feet
- Oceanic Spiral N°1
- Polynesian Kneading
- Vertical Alternating Tahitian Breeze
- Horizontal Tahitian Breeze
- Lomi-Lomi Double Smoothing

II. TUIPONOS LEGS – Back side

- Free style with Tuiponos

Carry out the same movements on the left leg (manual + Tuiponos)

C. BACK

I. BACK MASSAGE

- Oceanic Spiral N°1
- Oceanic Spiral N°2
- Polynesian Kneading
- Twisted pressure movements with 2 fingers (with your index and middle fingers)
- Twisted pressure movements with 1 finger (with your index finger)
- Vertical Alternating Tahitian Breeze
- Horizontal Tahitian Breeze
- Lomi-Lomi Double Smoothing

Transitional movement : Smoothing movement, Small Circular movements (the shoulder blades) and Small Circular movement (knead the back of the neck).

Lomi-lomi Double Smoothing movements on the other side of the back.

II. TUIPONOS BACK

- Free style with Tuiponos

D. ROCKING

2. FRONT OF BODY

A. LEGS

I. LEGS MASSAGE – Front side

Start with right leg

- Freestyle Relaxing Movements on the feet
- Oceanic Spiral N°1
- Polynesian Kneading
- Vertical Alternating Tahitian Breeze
- Horizontal Tahitian Breeze
- Lomi-Lomi Double Smoothing

II. TUIPONOS LEGS – Front side

- Free style with Tuiponos

Carry out the same movements on the left leg (manual + Tuiponos)

B. ABDOMEN

I. ABDOMEN MASSAGE

- Oceanic Double Spiral
- Polynesian Kneading
- Rocking
- Diamond Movements

II. TUIPONOS ABDOMEN

- Free style with Tuiponos

C. ARMS AND HEAD

I. ARMS AND HEAD MASSAGE

Arms Massage:

Start with left arm

- Oceanic Spiral n°1
- Polynesian Kneading
- Vertical Alterning Tahitian Breeze
- Lomi-Lomi Smoothing

Repeat these movements on the right arm

Head Massage:

- Scalp Massage
- Alternating Smoothing of the Trapezius muscles
- Freestyle movements on the Trapezius muscles and shoulders

II. TUIPONOS ARMS/HEAD

- Free style with Tuiponos

E. FACE

I. FACE MASSAGE

- Pressure
- Scalp Massage
- Light twisting pressure movements

APPENDICES – Active ingredients glossary



Aloe vera:

Aloe vera powder with high concentrations of polysaccharide mucilage.

ORIGIN	ACTIONS
<ul style="list-style-type: none">▪ Plant▪ Production method: harvesting of aloe leaves to obtain the gel then drying by atomisation to obtain a powder	<ul style="list-style-type: none">▪ Hydrate the skin



Exfoliant:

Blend of sea salt, white sand from Bora Bora and coconut shells.

ORIGIN	ACTIONS
<ul style="list-style-type: none">▪ Natural (mineral- & plant-based)▪ Sea salt production method: evaporation of seawater + sifting▪ White sand from Bora Bora production method: harvesting + sifting▪ Coconut shell production method: crushing shell + sifting	<ul style="list-style-type: none">▪ Mechanical exfoliants



Plant oils:

Apricot, jojoba and almond plant oils rich in fatty acid triglycerides and phytosterols.

ORIGIN	ACTIONS
<ul style="list-style-type: none">▪ Plant	<ul style="list-style-type: none">▪ Nourishes, softens and protects the epidermis



Monoï de Tahiti®:

Monoï de Tahiti comes from the maceration of tiare flowers in coconut oil.

ORIGIN	ACTIONS
<ul style="list-style-type: none">▪ Plant▪ Maceration of Tahitian tiare flowers in coconut oil for 12 days according to a precise enfleurage method. After this period, Monoï de Tahiti® is left to decant for 24 hours, then is filtered and purified, and an antioxidant (Vit E) is added.	<ul style="list-style-type: none">▪ Nourishing

APPENDICES – Active ingredients glossary



Relaxing peptide:

Relaxing peptide for a well-being effect like after sunbathing.

ORIGIN	ACTIONS
▪ Chemical synthesis	▪ Relaxing and soothing



Sea salts:

Fine, white sea salt powder.

ORIGIN	ACTIONS
▪ Mineral – Marine ▪ From France ▪ Production method: harvesting of seawater then dehydration	▪ Re-mineralises thanks to its high concentrations of minerals and sea trace elements

APPENDICES – Contraindications

PARTICULARITIES TIME PERIODS TO BE RESPECTED

Recent surgical intervention

Wait for complete healing or doctor's advice

Pregnant women

Do not proceed

Breastfeeding women

Avoid the bust and décolleté area

Serious illness (cancer, etc.)

On medical advice only

Open or recent wounds

Wait for complete healing or doctor's advice

Chronic skin diseases (eczema, psoriasis, urticaria)
or Pigmented solar keratoses (thick and progressive)

On medical advice only

Circulatory or cardiac disorders

On medical advice only

Fracture or sciatica/lumbago

On medical advice only

Notes

Notes

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Let the sea
empower
your beauty
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THALGO
S P A

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