

THALGO

SPA

Joyaux
Atlantique

INSPIRÉ ⁵ des OCÉANS

TRAINING GUIDE

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THALGO
SPA

INSPIRED BY THE 5 OCEANS

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Since its creation, THALGO has drawn inspiration from the Oceans to create premium treatments.

Synonymous with escape, creators of emotion and full of infinite wealth, the Oceans have the power to soothe, replenish and enhance the body, mind and perhaps the soul.

THALGO SPA takes you on a journey outside of time, intense and delicious, on a discovery of the Oceans of the world.

THALGO

SPA

UNIQUE EXPERTISE:

L'Art de la Relaxation

INSPIRÉ **5** *des* OCÉANS

THALGO believes in the power of movements, the beneficial powers of massage. In a meaningful quest for effectiveness on physical and psychological well-being, THALGO has reinvented the Art of Relaxation, combining the best of the Oceans with the ancestral traditions and techniques.

Our SPA Rituals are composed in 3 stages,
for unprecedented well-being efficacy:

. **Welcome ceremony:** essential prelude to personalise the experience, it transforms the treatment into a tailored experience and conditions the body and mind to let go. From the well-being questionnaire, which initiates exchange, to the sensory contact leading to relaxation, each moment is customised to create something exceptional.

. **Holistic journey:** quintessence of THALGO SPA treatments, whether it is a hydrotherapy bath, exfoliation, signature massage, the 5 senses are awakened to a sensation of escape. To optimise the receptiveness of the body before an exfoliation or massage, the body is positioned using Gentle Korean Relaxation techniques. We are truly at the heart of the ritual, transported into the selected universe by scents with captivating notes, astonishing textures, choreographed manoeuvres, to offer a unique relaxation experience and create profound well-being.

. **End ceremony:** the conclusion of this moment of serenity, which, thanks to the exclusive techniques of rocking and stretching, gently awakens the body. So that the relaxing benefits continue well beyond the treatment, a well-being follow-up is provided.

Our SPA Rituals follow a unique protocol,
where every movement is well thought out, useful and focused on the customer
experience for a moment of excellence.

RANGE CONCEPT



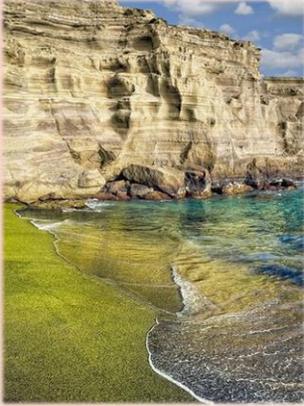
Come and discover
the multi-coloured beaches of the Atlantic

Since the dawn of time, the erosive force of waves has coloured the Atlantic coast sand, depositing a host of energising semi-precious minerals.

Set off on this revitalising journey inspired by 'marine lithotherapy' and use the power of stones to restore your body's vital energy stores.



INSPIRATION



Green Sand
Olivine



Pink Sand
Coral



White Sand
Quartz



Golden Sand
Gold

Did you know?

The Atlantic Ocean boasts majestic landscapes rich in contrast with precious minerals to be found on its various beaches. The erosive force of the waves has coloured the sand and deposited these treasures from neighbouring rocks. Its stones bring energising, stimulating powers to our bodies. The Ritual takes inspiration from these stones, creating an invigorating sensory journey inspired by the Atlantic coastline.

More than a treatment, it's a new experience of WELLNESS

Restore your energy
WITH THE POWER OF MARINE STONES

A 'real' treatment philosophy

« Marine lithotherapy »

Olivine · Coral · White Quartz · Gold · Rock Crystal

The **Joyaux Atlantique Experience** is a ritual based on the invigorating properties of the precious stones lining the beaches of the Atlantic Ocean. Known as lithotherapy, stone therapy uses the properties and energetic powers of the stones to rebalance the body. The combination of various minerals works like an energy booster to stimulate and revitalise the metabolism.

Anti-stress Olivine, stabilising Coral,
balancing Quartz and Rock Crystal and revitalising Gold

PROFESSIONAL SIGNATURE

A Signature Massage

Thalgo has drawn on **ancestral African techniques**. In Africa, we massage the body from a very young age to drive away bad energy and promote harmonious growth. A land of minerals, we also use stones in healing rituals. Like the Ocean, this **powerful, rhythmic massage** helps revitalise the flow to radiate **positive energy** and drive away **negative energy**.

For: tired and stressed people seeking a massage to release negative energy and restore vitality and energy.



AT THE CORE OF THE RITUAL A sensory semi-precious journey

1. Olivine

Hydrotherapy: envelop the body in a creamy balm with a green shimmer and introduce the Olivine extract rich in magnesium and iron in an anti-stress bath where this aquatic experience prepares the body to release fatigue and everyday stress.

2. Coral and White Quartz

The Scrub: bracing stop-off combining an exfoliating cream with Coral Pink Sand and White Quartz with invigorating friction and oceanic rolling movements to activate energy flows.

3. Gold and Rock Crystal

The Massage: the customised technique combines a Massage Cream concentrated in Precious Algae enriched with Gold and the Rock Crystal Massage Gemstones. This is an intense sensory experience with an innovative texture, the feel of the stones and an effective massage.

FRAGRANCE

1 Addictive Fragrance *“Golden Glow”*

Inspired by the multi-coloured beaches of the Atlantic, this fresh and fruity scent oozes vitality to boost the body and spirit daily.

The freshness of Rose and Lily meets the fruity spirit of the Pear and Citrus notes. Finally, a Vanilla base envelops the skin in a delicious scented veil.

ENERGISING FLORAL
SUNSHINE NOTES



UNIFYING ACTIVE INGREDIENT

Energising Precious Algae

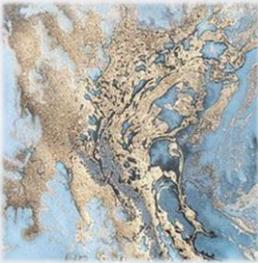
Did you know?

In the depths of the Ocean, off the coast of the North Atlantic beaches, lies exceptionally powerful **microalgae**.

Carefully harvested, this Precious Algae is then cultivated in a nutritive bath enriched with energising gold (in the form of gold ions).

Isolated in these growth conditions, it develops and succeeds in accumulating this precious metal in bioavailable forms in its cytoplasm.

Now ready for bio-assimilation through the skin, the gold is transmitted by the microalgae to stimulate the cell metabolism and **revitalise** and **energise** the body.



ENERGISING PRECIOUS ALGAE:

Energising Precious Algae (*Tetraselmis suecica*), aqueous extract rich in bioavailable gold is obtained through a very specific cultivation method and in defined growth conditions.

ORIGIN	EFFECTS
<ul style="list-style-type: none"> - Lives in the North Atlantic - Cultivated in photobioreactors in a culture medium enriched with gold* - Extract production process: the microalgae is harvested, washed, centrifuged, extracted and clarified 	<ul style="list-style-type: none"> - Stimulates the cell metabolism - Revitalises and energises the body - Gold content: 2 to 10 mg/L* <p>*in the form of gold ions</p>

SALON PRODUCTS

Sink into a relaxing bath with green Olivine extracts.



OLIVINE EXTRACT BATH BALM:

A new formulation with a green Olivine shimmer, perfectly combining the benefits of hydrotherapy. Enveloped in this Balm, which melts in the water, the body is relaxed and hydrated.

FOR
SALONS:
KT18003 – 500ml
i.e. 12 treatments

ACTIVE INGREDIENTS	RESULTS	SELLING POINTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> - Energising Precious Algae - Olivine extract 	The body is relaxed and hydrated	The first step, the ritual immersion preparation process, combines an innovative energising and hydrating formula with a soothing bath.	SPA: Apply 40ml to the whole of the body before getting in the bath using the THALGO application technique. The product can be warmed in the hot cabi. Around two measuring spoons.

Feel the gentle Pink Sand on the skin combined with White Quartz crystals.



PINK SAND SCRUB:

Pale pink exfoliating cream that eliminates dead cells and gently energises the skin.

FOR
SALONS:
KT18005 – 480g
i.e. 12 treatments

ACTIVE INGREDIENTS	RESULTS	SELLING POINTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> - Energising Precious Algae - Pink Sand - White Quartz 	The body is gently exfoliated and invigorated. The skin is smooth, soft and supple.	Smooth pink cream with delicate Pink Sand and White Quartz crystals that delicately scrub the skin.	EXCLUSIVE: Take 40g and perform the THALGO exfoliation technique on the whole of the body on dry skin. Around two measuring spoons.

Discover an Energising massage with a golden shimmer.



PRECIOUS ALGAE MASSAGE CREAM:

Transforming cream created specially for the massage. Enriched with an exotic oil, its formula melts into the skin for a beautiful, hydrated result.

FOR
SALONS:
KT18004 – 250ml
i.e. 6 treatments

ACTIVE INGREDIENTS	RESULTS	SELLING POINTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> - Energising Precious Algae - Babassu Nut Oil 	The body is relaxed, revitalised and rested from the massage. The skin is nourished.	Transforming cream with a golden shimmer that melts beneath the fingertips for an energising and reviving massage. Its transformation into a sheer oil leaves the skin soft, nourished and hydrated.	SPA: At the beginning of the ritual, warm 40ml of Massage Cream in the hot cabi to perform the Energising Rock Crystal Massage. Around two measuring spoons.

RETAIL PRODUCTS

Shower wellness: invigorate the skin



FOR

RETAIL:
VT18008 - 200ml

PINK SAND SHOWER SCRUB:

Pink scented exfoliating shower gel for thoroughly cleansed, delicately smoothed and revitalised skin.

ACTIVE INGREDIENTS	RESULTS	SELLING POINTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> - Energising Precious Algae - Pink Sand - White Quartz 	The body is smoothed and invigorated. The skin is soft, radiant and subtly scented.	For everyday use, this fresh gel produces a lightweight lather to exfoliate, gently cleanse and delicately scent the skin. The tube format is very practical in the shower.	EXCLUSIVE: In the shower, apply in invigorating circular movements to the whole of the body, then rinse.

Express skincare: hydrate the body.



FOR

RETAIL:
VT18009 - 100ml

HYDRATING DRY OIL:

Sheer dry-to-touch oil for beautiful, hydrated skin every day.

ACTIVE INGREDIENTS	RESULTS	SELLING POINTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> - Energising Precious Algae - Sunflower Oil 	The skin is soft, hydrated, illuminated and scented.	Light dry-to-touch non-greasy oil. Leaves the skin silky from head to toe. It instantly hydrates, enhances, scents and illuminates the body. Ultra-practical packaging: glass spray bottle.	EXCLUSIVE: Apply in circular movements to the whole of the body. Finish with gentle upwards smoothing movements.

A moment of indulgence: scent and invigorate the skin.



FOR

RETAIL & SALONS:
VT18010 - 100ml

FRAGRANCED BODY MIST:

Fruity floral body mist to refresh, invigorate and scent the body.

ACTIVE INGREDIENTS	RESULTS	SELLING POINTS	DIRECTIONS FOR USE
<ul style="list-style-type: none"> - Energising Precious Algae - Olivine Extract 	The body is refreshed and revitalised. The skin is delicately scented.	The crystalline evanescent water refreshes and invigorates the body. 'Spirited' Fruity Floral fragrance. Ultra-practical packaging: glass spray bottle.	RETAIL: Spray onto the body at any time of the day. SPA: At the beginning of the treatment: two to three sprays. At the end of the treatment, spray onto the forearms using the Thalgo technique.

ACTIVE INGREDIENTS GLOSSARY



OLIVINE EXTRACT:

Found on the beaches of French Guiana, Olivine is a semi-precious volcanic stone very rich in bio-assimilable magnesium.

ORIGIN	EFFECTS
<ul style="list-style-type: none"> - This yellow-green liquid extract is obtained by extracting the olivine's constituent trace elements. 	<ul style="list-style-type: none"> - Energises cells by stimulating mitochondrial respiration - Has invigorating and bracing properties

BABASSU NUT OIL:

Native to Brazil, this 100% plant oil rich in triglycerides is produced from the seeds of Babassu nuts on palm trees.



ORIGIN	EFFECTS
<ul style="list-style-type: none"> - The oil is obtained by cold-pressing Babassu seeds - Palm trees grown in Brazil 	<ul style="list-style-type: none"> - Strengthens the skin barrier and combats dehydration - Nourishes, softens and smooths the skin - Combats external aggressors - Excellent sensory properties

SUNFLOWER OIL:

Extracted from sunflower seeds, this clear yellow vegetable oil is rich in omega 9 monounsaturated oleic acid.



ORIGIN	EFFECTS
<ul style="list-style-type: none"> - Native to Europe and produced in France from sunflower seeds (100% plant-based) 	<ul style="list-style-type: none"> - Very oxidation-stable - Nourishes - Strengthens the skin barrier - Combats dehydration - Softens and smooths

PINK SAND & WHITE QUARTZ:

A 100% natural exfoliating duo inspired by Pink Sands Beach in the Bahamas (Pink Sand) and Siesta Key beach in Florida (immaculate White Sand of Pure White Quartz crystals).



ORIGIN	EFFECTS
<ul style="list-style-type: none"> - Once harvested and dried, the Pink Sand and White Quartz are ground (only necessary for Quartz) and sifted to obtain the perfect grain size. 	<ul style="list-style-type: none"> - Mechanical exfoliators

ACCESSOIRES

Awakening the senses.



FOR

SALONS:
BT17008 - Treatment towel
BT17009 - Oshiboris

TEXTILES COLLECTION:

2 items specifically created for the Spa where a nude/sand universe marries perfectly with THALGO blue.

COMPONENT	RESULTS	SELLING POINTS	DIRECTIONS FOR USE
2 products: - Treatment towel 150*200 cm in cotton velour fabric (380g/m2) - Oshiboris by set of 6 measuring 60*50 cm in terry cotton (360g/m2)	Enables welcoming the client into the Spa universe while creating a differentiating experience.	Textiles in perfect harmony with SPA codes and the needs of the beauty therapist. Top quality linen, both soft and comfortable.	Prepare your treatment room in advance with the Spa linen to be immersed in the colour universe.

A unique Energising accessory

ENERGISING GEMSTONES - ROCK CRYSTAL



FOR

SALONS:
BT18001 - Energising Gemstones

Natural Rock Crystal stones subtly sculpted like the imprint of the palm of a hand for perfect contact.

CONTENTS	RESULTS	DESCRIPTIVE WORDS	DIRECTIONS FOR USE
One box of two Rock Crystal Energising Gemstones	Combined with the massage, they produce a real sense of wellness and relaxation with their energising properties.	Precisely sculpted massage stones for perfect contact and distribution of their energising and stimulating qualities.	Prepare your treatment room in advance with the two gemstones on your tray. Warm them slightly in the hot cabi or the palms of your hands before the massage.

A Musical Ambiance



FOR

SALONS:
Available as a free download

MUSIC:

Customised music as music therapy is essential to the ritual.

COMPONENT	RESULTS	SELLING POINTS	DIRECTIONS FOR USE
1 Playlist for a 2-hour treatment	Provides calm, rest and relaxation.	Promotes well-being, thanks to the physiological and psychological effects on the body (cardiovascular, respiratory, muscular, etc.).	Prepare your playlist in advance according to the treatment step to be carried out.



Joyaux
Atlantique

INSPIRÉ *des* Océans

JOYAUX ATLANTIQUE SPA RITUAL

2H00

5MIN

WELCOME CEREMONY

- Prelude with oshiboris
Well-being questionnaire
Initial Sensory Contact
- Hair stroking
 - Rolling palm pressures
 - Thumb kneading

30MIN

1. OLIVINE EXTRACT BATH

- Bath at 37° C - relaxing programme (20 MIN)
Olivine Extract Bath Balm - 40ml (Approx. 2 measuring spoons)
Cranial Massage - if the arrangement of the bath allows it

30MIN

2. PINK SAND SCRUB

- Korean Relaxation - front side
- Pelvis
 - Legs
 - Shoulder blades-shoulders
 - Nape of the neck-head
- Pink Sand Scrub** - 40g (Approx. 2 measuring spoons)
Exfoliation
- Invigorating Ocean Rolling

50MIN

3. ENERGISING MASSAGE WITH GEMSTONES

- Korean Relaxation - back side
- Pelvis
 - Legs
 - Shoulders-arms
 - Crown point
- Precious Algae Massage Cream** - 40 ml (Approx. 2 measuring spoons)
Energising Gemstones- Rock Crystal
Massage - see technical note on the next page

5MIN

4. END CEREMONY

- Awakening Massage** at the end of the treatment
- Stretching
 - Rocking
- Well-being follow-up**

ENERGISING MASSAGE WITH CRYSTAL GEMSTONES

50MIN

1. BACK OF BODY

- Placing of the stones

A. LEGS

1-MASSAGE - RIGHT LEG

- Enveloping Effleurage
- Invigorating Ocean Rolling ☐ Draining bracelet
- Energising African Rolling ☐ Draining bracelet
- Draining African Sweeps ☐ Draining Commas

2-ENERGISING GEMSTONES - RIGHT LEG

- Invigorating Commas ☐ Draining Commas
- Draining Diagonal Sliding ☐ Draining bracelet

3-PERCUSSION - RIGHT LEG

- Revitalising Percussion

Idem Left Leg

B. BACK & ARMS

- Enveloping Effleurage

1-MASSAGE- LEFT HALF OF BACK

- Invigorating Ocean Rolling ☐ Small ocean rolling
- Energising African Rolling ☐ Small ocean rolling
- Draining African Sweeps

2-ENERGISING GEMSTONES- LEFT HALF OF BACK

- Invigorating Commas ☐ Small ocean rolling
- Draining Diagonal Sliding ☐ Small ocean rolling

3-MASSAGE - LEFT ARM

- Invigorating Ocean Rolling
- Energising African Rolling
- Draining African Sweeps

4-ENERGISING GEMSTONES -LEFT ARM

- Invigorating Commas
- Draining Diagonal Sliding

5-PERCUSSION LEFT ARM & HALF OF BACK

- Revitalising Percussion

Idem on the right side of back & right arm

C. NECK & TRAPEZIUS

1-MASSAGE NECK & TRAPEZIUS

- Invigorating Ocean Rolling
- Energising African Rolling
- Draining African Sweeps

2-ENERGISING GEMSTONES - STOMACH

- Invigorating Commas
- Draining Diagonal Sliding

D. ROCKING

2. FRONT OF BODY

- Placing of the stones

A. LEGS

1-MASSAGE - RIGHT LEG

- Enveloping Effleurage
- Invigorating Ocean Rolling ☐ Draining bracelet
- Energising African Rolling ☐ Draining bracelet
- Draining African Sweeps ☐ Draining Commas

2-ENERGISING GEMSTONES - RIGHT LEG

- Invigorating Commas ☐ Draining Commas
- Draining Diagonal Sliding ☐ Draining bracelet

3-PERCUSSION - RIGHT LEG

- Revitalising Percussion

Idem Left Leg

B. STOMACH

1-MASSAGE STOMACH

- Invigorating Ocean Rolling
- Energising African Rolling
- Draining African Sweeps

2-ENERGISING GEMSTONES - STOMACH

- Invigorating Commas
- Draining Diagonal Sliding

C. NECK & TRAPEZIUS

1-MASSAGE NECK & TRAPEZIUS

- Invigorating Ocean Rolling
- Energising African Rolling
- Draining African Sweeps

2-ENERGISING GEMSTONES - STOMACH

- Invigorating Commas
- Draining Diagonal Sliding

D. ENERGISING GEMSTONES - TEMPLES

E. END OF TREATMENT AWAKENING MASSAGE

PREPARATION FOR THE RITUAL

To facilitate the flow of your protocol, we recommend that you prepare before your ritual:

- **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 the Fraganced Body Mist 2 or 3 times to create an olfactory ambiance dedicated to the Joyaux Atlantique Ritual.
Prepare the playlist of the Joyaux Atlantique Ritual.
- **On your THALGO tray, prepare:**
2 Energising Gemstones – Rock Crystal
2 THALGO Spa oshiboris warmed beforehand in the hot-cabi and scented with the Fraganced Body Mist
1 bowl of 40ml of Olivine Extract Bath Balm
1 bowl of 40g of Pink Sand Scrub
1 bowl of 40 ml of Precious Algae Massage Cream
- **For your hydrotherapy room:**
Reminder: the water of the hydrotherapy must be at 37° C.
- **After the exfoliation warm up in your hot-cabi:**
1 bowl of 40 ml of Precious Algae Massage Cream
2 Energising Gemstones – Rock Crystal (If your client wishes)

Focus your attention and breathe slowly and deeply, free your mind from any Negative or stressful thoughts. Be ready to give, as the person coming for their treatment is ready to receive, in order to create perfect harmony.

Client Care

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 her to arrive **15 minutes before her treatment**, in order to take the necessary time to complete the **Well-Being Questionnaire** prior to the treatment for **personalising** the latter.

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

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.

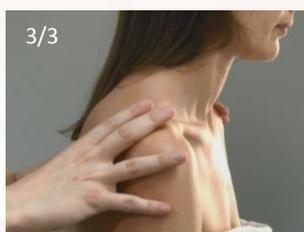
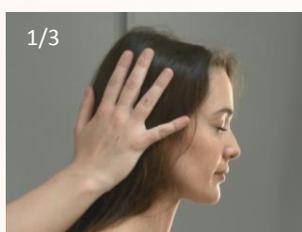
PRELUDE WITH OSHIBORIS



The prelude with oshiboris makes it possible to make contact with the person, by introducing the treatment with Purification of the hands and feet.

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 FRAGRANCED BODY MIST.

INITIAL SENSORY CONTACT



This first step allows creating the first contact, as well as discussing the desired intensity for the massage and the areas to avoid or favour.

1-Hair Stroking:

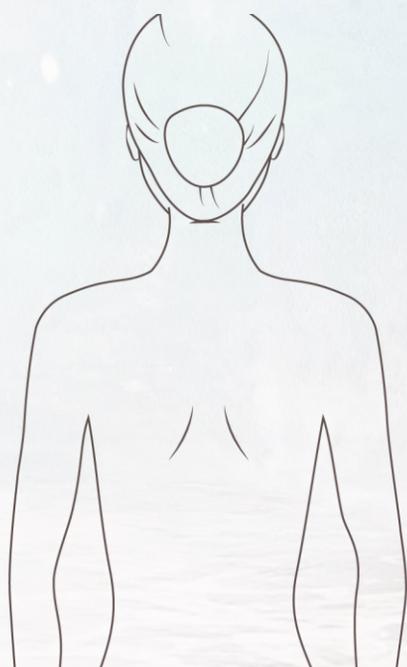
With the fingers steps, in 3 stages: head/shoulders, head/mid-scapular, head/sub scapula.

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 up toward the trapezius muscles up to the occipital hollows, then smooth back. The 2nd line starts at the shoulders going toward the middle of the shoulder blades /ending at the occipital hollows, then smooth back. The 3rd line starts at the shoulders / under the shoulder blades / ending at the occipital hollows. Go back each time smoothing with the thumbs and finishing at the shoulders where you started each line.



OLIVINE EXTRACT BATH

Enveloped in a creamy balm with a green Olivine shimmer, step into a hot hydro-massaging bath which gradually transforms into a hydrating milk bath.

If your spa is equipped with balneotherapy, you can offer a complete multisensory ritual with the Olivine Extract Bath step. This step consists of a hot bath that prepares the body to unwind and release fatigue, while deeply energising the skin.

The Balm melts and transforms the bath into a milk with sea green shimmers and a sweet “Golden Glow” scent.



Ask the client to stand in profile to you, with her arms at her sides.

To apply the product to half of the body, use the energising ocean rolling massage procedure.

Start by applying 40 ml of OLIVINE EXTRACT BATH BALM or 2 measuring spoons, beginning at the back of the thigh and working up onto the buttock. Continue on the back, stopping below the shoulder blade. Proceed on the arm, then on the thigh and finishing on the stomach. Ask the client to turn to the other side so that you can apply the product to the other half of the body. If any product remains, apply a thick layer to the outer parts of the arms, thighs and buttocks.

Make the client comfortable and start the programme.

EXFOLIATION FRONT SIDE

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.

EXFOLIATION



The body thus relaxed is ready to receive the PINK SAND 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: Invigorating Ocean Rolling. Then, rinse off the scrub under the shower.

MASSAGE BACK SIDE

KOREAN RELAXATION BACK SIDE

Once the client is comfortably settled, perform the 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 proceed with slight swaying in order to release the joint, open the iliac ridges gently with your fingers and then gently rest.

2-Legs:

Support and lift the right leg at the ankle using both hands. Bend the leg at 90° and raise the knee. Perform slight swaying of the leg and a percussion on the treatment bed to release the hip joint. Follow the same sequence on the left leg. Then a slight swaying of both legs raised simultaneously.

3-Shoulders and arms:

Lift the right arm at the wrist, position it at 90° on the edge of the table with the hand towards the ground. Perform slight swaying of the arm and a percussion on the treatment bed to release the shoulder joint. Repeat on the other arm.

4-Crown point:

Perform a pressure on the top of the skull (Fontanelle = Crown Point). This point connects the body and the mind for deep relaxation.



MASSAGE - LEGS



Start your massage by placing the stones.

Begin behind the client's head. Place a 1st stone on the towel on the nape of the neck and then the second stone and press 3 times.

Slide the two stones under the towel, gliding them over the arms, and press 3 times on the nape of the neck again. Glide the stones flat over the spinal column and end the movement by pressing on the bottom of the back. Move your hands up over the back to put the towel in place again.

Stand on the left side of the bed. Keep one hand in contact with the stones and uncover both legs by folding the towel between them.

Apply the PRECIOUS ALGAE MASSAGE CREAM to both legs with light, effleurage strokes.

Start the series of movements on the right leg.

MASSAGE - LEGS



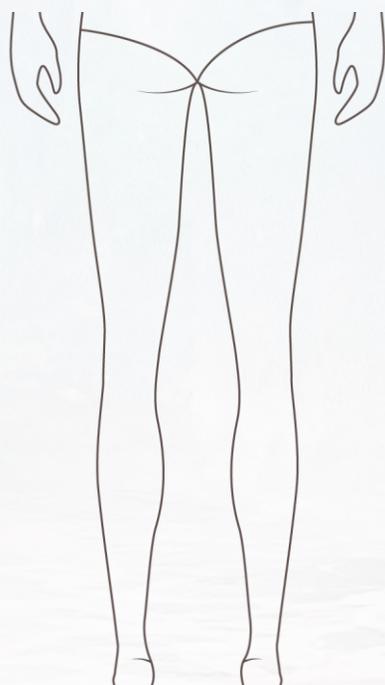
1-Enveloping Effleurage:

Start from the bottom of the foot, work up to the buttock, enveloping it, and then work back down in a smoothing movement.

2-Invigorating Ocean Rolling:

Make upward circular movements, alternating both hands. The entire hand is in contact: palms, thenar eminences, fingers. Start this movement at the bottom of the foot and work up to the buttock.

☐ Work back down the other leg, using upward draining bracelet movements. This technique will be performed as a link between each technique. 3 times.



ENERGISING GEMSTONES - LEGS

Collect the stones from the bottom of the back and work back down the other leg, using upward draining commas, the link technique ☐ .

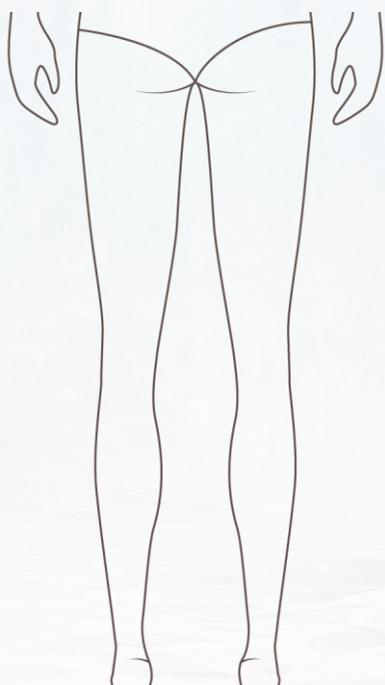


1-Invigorating Commas:

Holding the stones in your hands, make slow and deep upward comma movements, starting from the base of the calf and working up to behind the knee. Gently smooth this area and then work with commas from the bottom of the thigh to the top of the buttock. ☐ Work back down the other leg with upward draining commas.

2-Draining Diagonal Sliding:

Press on the solar plexus point on the bottom of the foot with the stone while the other hand stays in contact with the foot. Work with alternating draining smoothing movements from the bottom of the foot to the top of the buttock, releasing the movement behind the knee. Place the stones on the bottom of the back and press once. ☐ Work back down the other leg with upward draining bracelet movements.



MASSAGE - BACK



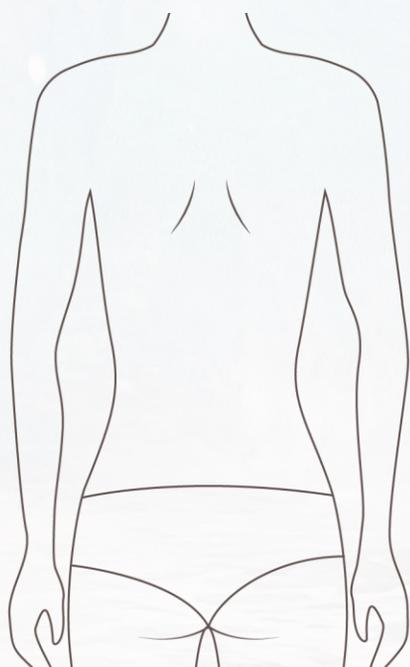
Uncover the back by folding the towel, while maintaining contact with the stones with one hand. One hand glides along the spinal column, trapezius muscle and positions the person's arm alongside her body. With your stone, glide along the paravertebral muscles, then the arm and place the stone in the palm of the hand on the solar plexus point, pressing lightly. Perform this same movements on the other arm.

Apply the cream to the back and arms with light effleurage strokes. Finish application with :
1-Enveloping Effleurage, back, arms, trapezius muscles and nape of the neck.

Massage of left half of the back:

2-Invigorating Ocean Rolling

Perform upward circular movements with the palms of your hands, from the interior outwards. Start at the bottom of the back, then envelop the hip, the side, the shoulder blade, the shoulder and the trapezius muscle. ☐ Work back down with small ocean rolling movements along the paravertebral muscles. x3



ENERGISING GEMSTONES - BACK



1-Invigorating Commas:

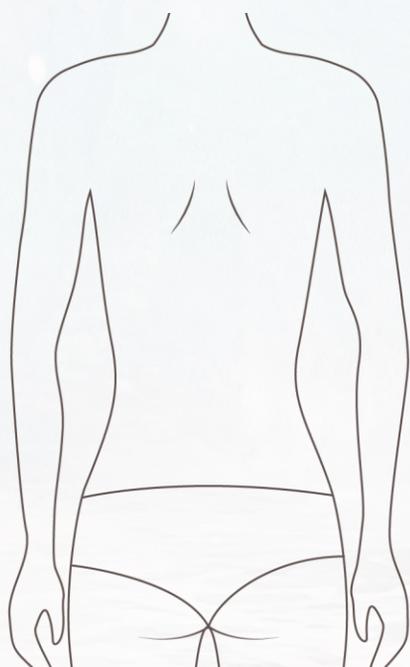
While holding the stones, make slow and deep upward commas along the paravertebral muscles up to the nape of the neck. The pressure must be adapted to the clients' preference.

☐ Work back down with the stones, making small ocean rolling movements along the paravertebral muscles.

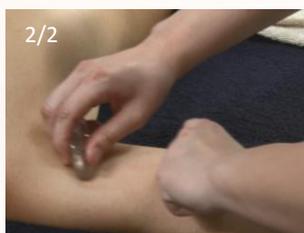
2-Draining Diagonal Sliding :

Start at the bottom of the back and make alternating draining smoothing movements along the spinal column up to the top of the nape of the neck

☐ Work back down with the stones, making small ocean circular movements along the paravertebral muscles. Place them on the bottom of the back and press.



ENERGISING GEMSTONES - ARMS



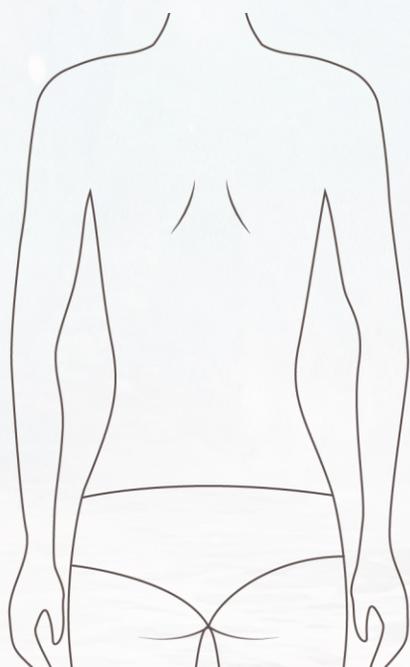
1-Invigorating Commas:

With stones in your hands, make slow and deep comma movements along the arm, up to the nape of the neck by way of the trapezius muscle.

2-Draining Diagonal Sliding:

Alternate smoothing with the stones, starting above the elbow and working up to the nape of the neck.

Place the stones on the bottom of the back with gentle smoothing movements.



MASSAGE - NECK & TRAPEZIUS



1-Invigorating Ocean Rolling:

Make upward rolling movements with the palms of your hands, from the interior outwards, on the trapezius muscles in a figure of 8 shape. x 3

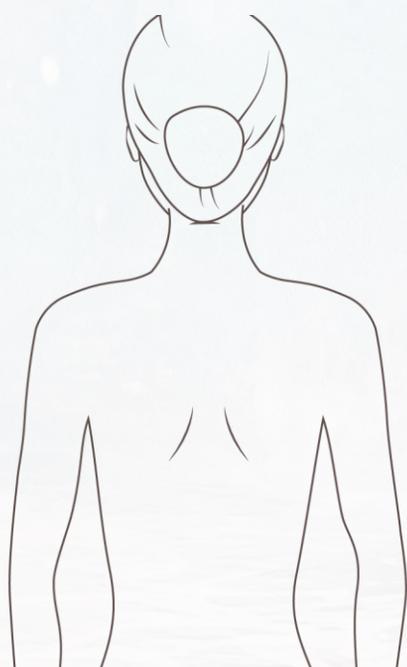
2-Energising African Rolling:

With hands closed in fists, make two rotations with your fists on the trapezius muscle, then smooth with your forearms. Change your position by making a smoothing movement around the shoulders. x 3

3-Draining African Sweeps:

With hands flat at the base of the nape of the neck, between the shoulder blades, make two rotations with the thenar eminences and end with an upward fan movement. Glide hands over trapezius muscles in circular movements. Adapt the pressure. Position yourself near the base of the neck with hands crossed to make rotating movements.

Collect the stones from the bottom of the back.



MASSAGE - LEGS



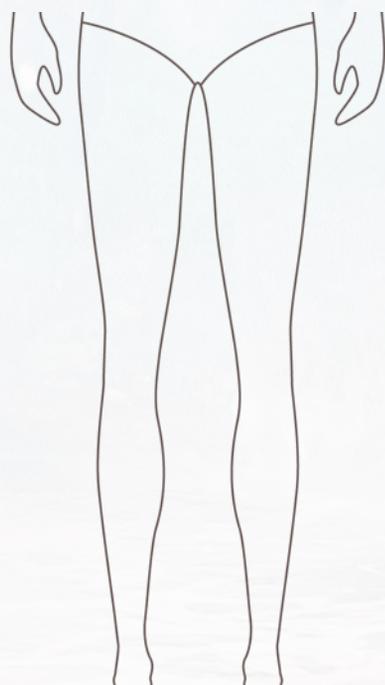
2-Invigorating Ocean Rolling:

Make upward circular movements with the palms of the hands, from the interior outwards. Start from the foot and work up to the top of the thigh.

☐ Work back down the other leg, using upward draining bracelet movements. x3.

3-Energising African Rolling:

With your hands closed in fists, make two rotations with the fists over the 1st part of the calf. Then, make a vertical smoothing movement with your forearms and then a gentle horizontal smoothing movement on the tibia. Continue on the 2nd half of the calf and the thigh in two steps. ☐ Work back down the other leg, using upward draining bracelet movements. 3 fois.



ENERGISING GEMSTONES - LEGS



1-Invigorating Commas:

Holding the stones in your hands, make slow and deep upward commas, starting from the calf and working up to the top of the thigh. The pressure can be intense or light, depending on the client's preference. ☐ Work back down the other leg with upward draining commas.

2-Draining Diagonal Sliding:

Start with alternating draining smoothing movements on the saphenous vein, then work up to the top of the thigh, releasing the movement near the knee. Gently place the stones below the navel and press once. ☐ Work back down the other leg, using upward draining bracelet movements.



MASSAGE - STOMACH



One hand holds the stone and glides along the stomach, trapezius and arm to place the stone in the client's hand on the solar plexus point. Press the palm of the hand once. Repeat on the other side. Apply the PRECIOUS ALGAE MASSAGE CREAM to the stomach, décolleté, nape of the neck and arms with long enveloping effleurage movements.

1-Invigorating Ocean Rolling:

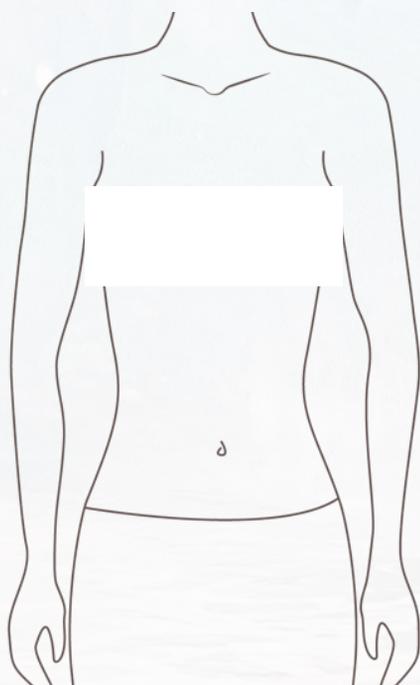
Perform circular movements on the stomach and hips in a clockwise motion with the palms. 3 times.

2-Energising African Rolling:

With hands closed in fists, make 2 rotations with the fists on the right side of the stomach, then continue with a vertical smoothing movement with the forearms. Repeat on the centre and on the left side (smoothing with one arm). 3 times.

3-Draining African Sweeps:

Place your hands flat on the central area of the stomach and warm the area. 3 times.



MASSAGE - NECK & TRAPEZIUS



1-Invigorating Ocean Rolling:

Make upward circular movements with the palms of your hands, from the interior outwards, on the trapezius muscles in a figure of 8 shape. x3

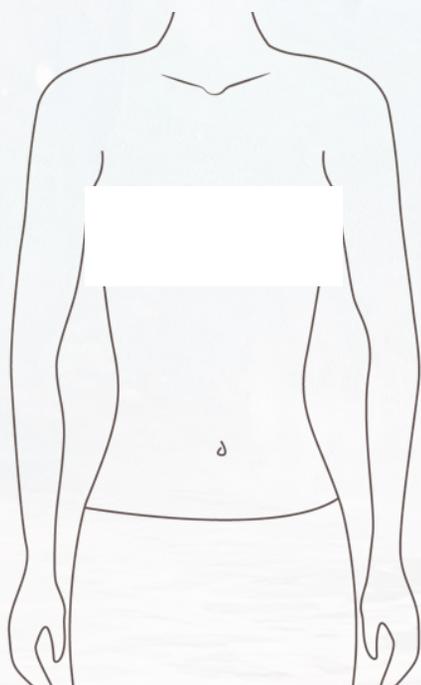
2-Energising African Rolling:

Make two rotations with your fists on the trapezius muscles, then smooth with your forearm below the nape of the neck and end by stretching the nape of the neck. The hands alternate. One works while the other supports the head. x3

3-Draining African Sweeping:

With flat hands, at the décolleté, make 2 rotations and end with a fan movement. Glide the hands over the trapezius and carry out circular movements. Smooth the trapezius muscles and shoulders. Move behind the nape of the neck. With your fingers interlocked make 3 stretching movements.

Take the stones from the bottom of the stomach.



ENERGISING GEMSTONES - TEMPLES



To conclude, sensorial contact of the energising gemstones with the body . While charging the body with energy and to start the awakening phase, smooth the gemstones along the face and around the eyes. Then, make circular effleurage strokes on the temples. Gently place the gemstones on the temples, then leave the face with a smoothing movement towards the hair.

END CEREMONY

END OF TREATMENT AWAKENING MASSAGE



This gently wakes up the body and allows the client to return to her/his senses.

Stretch the arms (if mobility allows for it), stretch the arms in the axis of the head, 3 times.
Then rock the body from the hips and stretch the legs and the whole body by the feet, 3 times.

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

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