

THALGO

SPA



Training Guide ■ SPA Rituals



MER DES INDES





THALGO supports you

Ayurveda is highly present around us through massages, but also by the opportunity to buy products in the salon, pharmacies of hyper/supermarkets. This holistic medicine, that dates back 5000 years, is in constant ascension and aims to harmonise the mind and body by using different means (massages, meditation, yoga, food, etc.).

Today, you have decided to give your clients an additional beauty response to your SPA treatment menu by integrating the new Mer des Indes range.

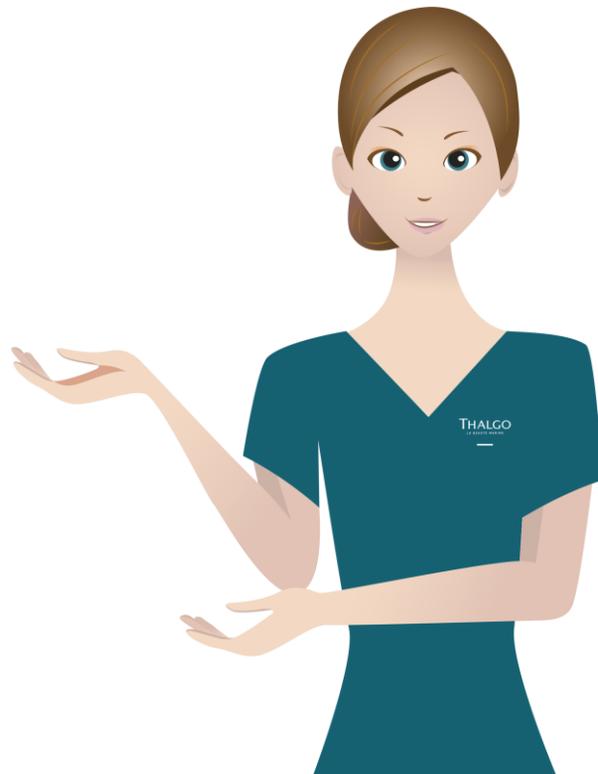
Thanks to this transformation you're going to discover Ayurveda according to Thalgo and become an expert.

You'll know how to talk about Ayurveda and your clients will be delighted!!

In 2 keywords
**Effectiveness
and Well-being**

*"At the moment I feel anxious
and I have areas where I'm
tense. I need to regain my
harmony"*

*"Let's look at
the harmonising Mer des Indes
ritual together as well as all the
harmonising beauty tips"*





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AYURVEDA AND MARMATHERAPY

Ayurveda and the mind-body approach,

Conceived almost 5,000 years ago, **Ayurveda is the oldest known traditional medicine and way of living to date.** It is recognised by the World Health Organisation (WHO) and recommends a **holistic approach** to health and life, that is that **the body and mind are inseparable and interdependent**, and must be treated together, as a whole.

Ayurveda goes beyond simple medicine. It is a philosophy and a life science (Ayur = Life, Veda = Science).

The word “Ayurveda” comes from Sanskrit, the sacred and literary language of India and it is dedicated to the learning, development and flourishing of humans, their body and mind.

It offers a variety of methods such as astrology, yoga, meditation, massages, breathing exercises or food which aim to improve emotional, physical and mental health.

Ayurveda is based on the belief that each living being is made up of 5 elements: water, fire, earth, air and the ether (this is space, it cannot be felt or touched).

These elements are associated in pairs in order to form three vital energies called doshas. **The doshas play an important role on an individual’s physiology and psychology** and according to Ayurveda, if a dosha is unbalanced it leads to different illnesses, pain, discomfort and not feeling good....

There are 3 doshas:

- VATA symbolised as the principle of movement (e.g.: flow, breathing)
- PITTA symbolised as being responsible for transformation (e.g.: digestion)
- KAPHA symbolised as being a container (e.g.: the skeleton, the skin)

Each of us has a constitution directed by these three doshas to varying degrees.

Ayurveda considers that each person is governed by a dominant dosha or sometimes two. The aim of Ayurveda is to **restore the balance of the tridoshic composition of a living being** by finding its imbalance and its causes for global mind and body harmony.



“Prana”, or vital energy is necessary for body and mind harmony

Ayurveda designates prana as a universal vital energy which pervades everything, and that living beings absorb by the air they breathe, the food they eat and drink, etc.

Prana is the energy that circulates in the body by the nadis (subtle channels that are found in the physical body) and through the Marmas (points/crossroads linked to the different organs and tissues of the body found distributed throughout the body).

Prana can be felt like a fluid that's burning at times, refreshing at others, producing highly variable feelings and emotions. Traditional Chinese medicine speaks of qi (pronounced chi) to indicate this universal “substance” that would be at the origin of all energetic forms. In the West we speak of electricity! All of us have felt a kind of electric shock when we knock our elbow, etc.

Daily stressors (illness, environmental stressors, dietary imbalance, stress, etc.) hinder the free circulation of prana, which has repercussions on organ functions and can lead to various health problems (ENT, digestive, gynaecological, rheumatological, psychological, etc.) but also points of tension that can be in the body (muscular and articular) or energetic (blocked energy points).

If one of the doshas is imbalanced or one of the Marmas is blocked, the vital energy (the prana) will circulate badly.

If the vital energy is blocked or circulates badly, pain, inflammations, etc. can show themselves and lead to physical imbalance.

Ayurveda provides different solutions such as ayurvedic massages, yoga, meditation or changes in eating habits to be in total harmony and so that prana regains its free circulation without being blocked at a point.

At the source of good prana circulation, there is: Marmatherapy

Ayurveda provides different massages to ensure fluid circulation of prana in the body, of which Marmatherapy.

Marmatherapy is a massage which uses Marma points which are energy points / energy crossroads (where energy is present and where it circulates).

The Marmas are linked to the different body organs and tissues. We find them spread all over the body and counts 107 + 1 (the body itself).

The Marmas are like “crossroads” related to each other by nadis (subtle channels) and the fact of working (stimulating) them in a massage, will enable them to unblock them and circulate the vital energy throughout the body all while respecting the energy circuit.

Each Marma has a name, a function, a dimension which means that each Marma has a way to be touched and called upon.

These specific energy points interact with the organs, metabolism and emotions.

Physiologically, the Marmas can be the junction between the muscles, tendons, bones, nerves, and not forgetting the relationship with the consciousness.

The Marma points (sensitive points) are stimulated by finger pressure and massaged with specialist oils by Ayurvedic doctors.

The Marma points are easier to find than acupuncture points as they are larger!

This therapy is often compared to Chinese acupuncture. Many theoreticians indicate this similarity by the fact that Ayurveda is the birthplace of Asian sciences like Chinese medicine.

This Ayurvedic therapy enables energetic imbalances to be corrected and to re-establish the circulation of prana (vital energy) in all parts of the body.



Did you know?

The precise location and use of certain points are kept secret so that the knowledge of Marmas does not fall into the wrong hands. These teachings only circulate through rare lines of oral transmission, from master to student. At the time when the Kerala warriors were fighting the English army by making successions of Marma points on the adversary. Some Marma points were used in martial arts.

The role of yoga in energy circulation,

Yoga originated in India and is the Ayurvedic sport par excellence and has the immediate well-being of the person as an aim by freeing all tension. If Ayurveda seeks the balance between body and mind, yoga will help the body and mind to work together and connect. The association of both of them amplifies the benefits on the body.

It is possible to find different varieties of yoga but they all have a common trait and that's the practice of postures. Yoga increases both suppleness and physical strength and also improves body posture thanks to stretching. Yoga soothes breathing, the stress level and helps with unblocking and letting prana circulate in our body.



Did you know?

“Yuj” means reunite. Yoga will reunite the body and mind so that it is one.

The Ayurvedic massages practiced the most:

Abhyanga is a body massage with oil. It is a basic treatment of Ayurveda that aims to stimulate energy in order to purify and strengthen the body's vitality. The gestures are synchronised and toned.

What is the difference between Abhyanga and Marmatherapy?:

Marmatherapy is an expert massage targeting the Marma points. It will act directly and deeply on the main Marmas in order to unblock them and thereby free the energy in which the circulation was undertaken. This technique will therefore globally re-establish energy circulation and promote rebalancing the body and spirit. Massage based on Marmatherapy is therefore more complete and in-depth than Abhyanga, which can be envisaged as a maintenance treatment.

Shirodhara is a Ayurvedic Massage of the head, it is recommended for Vata imbalances. It is an excellent skincare treatment for calming and soothing the mind. It must be preceded by a Abhyanga massage in order to prepare the body and mind.

Kansu is a massage of the sole of the foot with a ball made of five metals, the main one of which is copper. This treatment balances the Fire element, it brings very deep relaxation of all the body and regulates sleep.

Udvardhana is an energetic body massage with a mix of chickpea flour and Ayurvedic plants. This treatment cleanses the skin deep-down and slims the figure.

THALGO INNOVATION

Mer des Indes

The first harmonising ritual inspired by Ayurveda and based on Marma science to regain body and mind harmony.



This new ritual is unique thanks to the combination of 3 specific and complementary skills in the protocol:

1. Marmatherapy or science of the Marmas allows the energy points to be unblocked and help prana to circulate in our bodies.

Thalgo have selected 19 marmas which are the main energetic crossroads in order to unblock and relaunch circulation in all areas of the body.

2. Yoga allows the circulation of prana to be fluidified in our body.

Thalgo has used yoga postures, such as stretching, in its gestures.

This technique is used in the massage to finish each stage and maximise the feeling of harmony between body and mind.

3. Musicotherapy enables letting go to be favoured.

Thalgo decided to call on a specialist, Thomas Madrid, in order to design specific music for Mer des Indes.

He uses his unique method of sensory conformation by inserting specific musical frequencies in harmony with different stages of the treatment protocol in order to favour letting go and inviting meditation.



“In Ayurveda, it is necessary to balance the 3 doshas that are part of each of us ”

This is why Thalgo chose to create a “tridoshic” massage, that balances the 3 doshas and adapts to each of us

The science of the Marmas and yoga seen by Thalgo:

Thalgo wanted to call on an ayurvedic massage expert (Nordine Meguellati) to develop the Mer des Indes massage.

This new massage combines the science of the Marmas and yoga to harmonise body and mind. Thalgo selected 19 main points (Marmas) for this massage, by working them gently with the palm of the hand. This makes the Marmatherapy exercise accessible to the cosmetic world. This work will enable these energetic crossroads to be unblocked and help prana circulation.

The massage joins with yoga by integrating stretches in each area of the body. These stretches can be inferred (visible by the client) or sub-inferred (not visible by the client).

All while grouping together these 2 complementary techniques, this massage respects the fundamentals of Ayurveda and the good functioning of the body following the energetic circuit.

Each zone of the body is treated in 5 stages in the following way:

- 1. Indian oiling:** the aim is to oil each area that will be worked on
- 2. Action on the Marmas:** the aim is to unblock the energetic points
- 3. Kalari sweeping:** the aim is to fluidify the energy of the area
- 4. Specific yoga or Ayurveda manoeuvres:** the aim is to reunite and harmonise
- 5. Kalari sweeping:** the aim is to fluidify the energy of the area



Why can we talk of a tridoshic massage?

Because within our massage we alternate different manoeuvres each having an aim and an action on a dosha:

- For Vata, the massage will use enveloping manoeuvres in order to channel and reassure the person.
- For Pitta, the massage will use firm and precise manoeuvres in order to relax the person.
- For Kapha, the massage will use energetic and stimulating manoeuvres in order to stimulate the person.

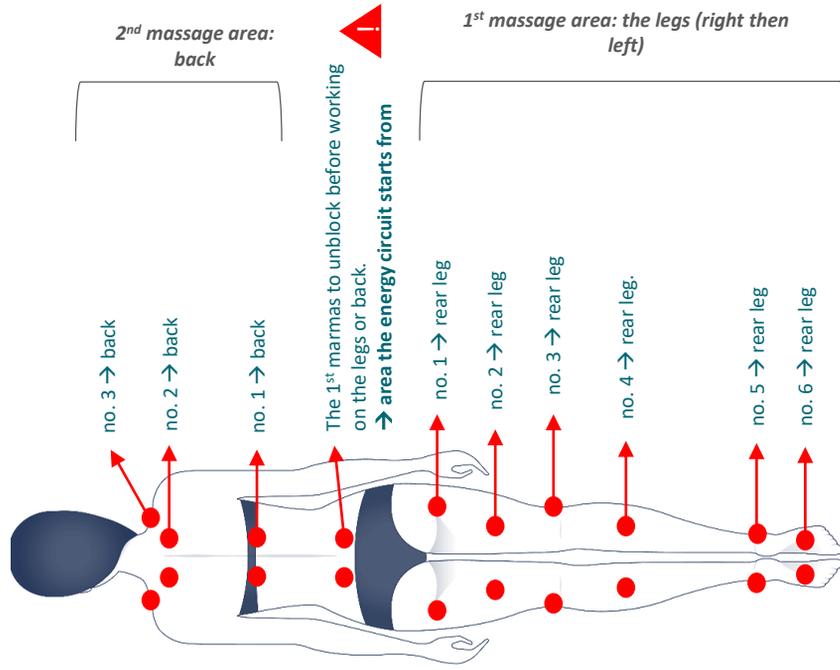
CLOSE UP ON THE 19 POINTS OF MARMATHERAPY

Caption:

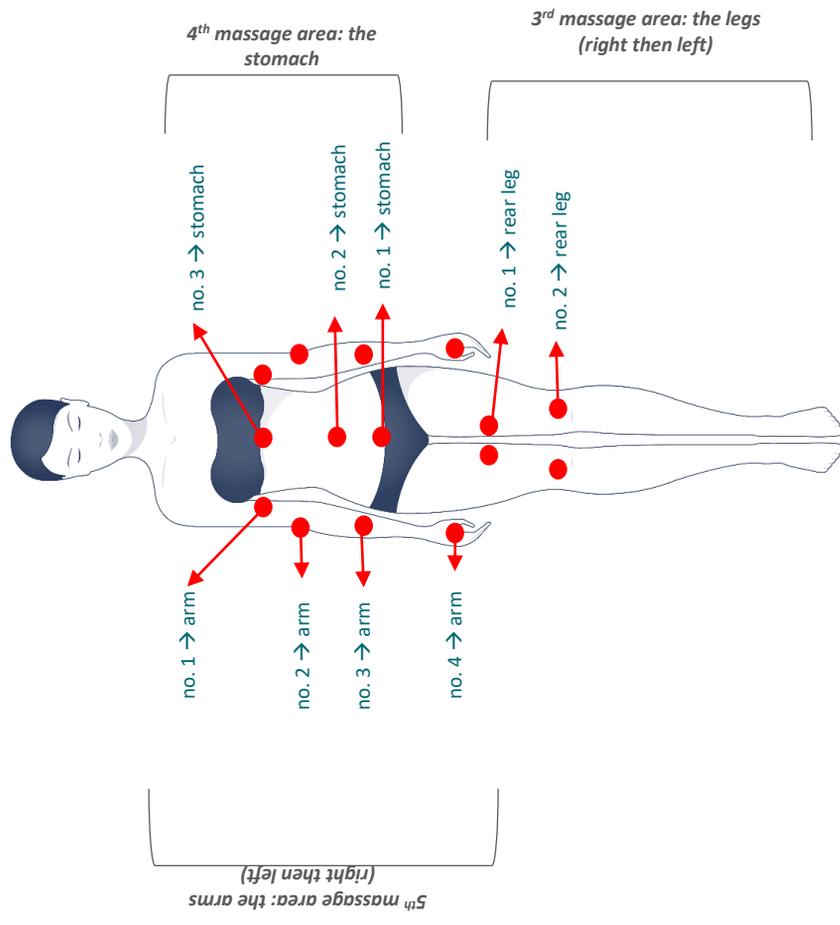
Area

No. → Order according to **the part of the body**

20 POINTS ON THE REAR SIDE
= 10 MARMAS ON EACH SIDE



15 POINTS ON THE REAR SIDE
= 6 MARMAS ON EACH SIDE + 3 IN THE CENTRE



Close up on Nordine Meguellati

Who is the ayurvedic expert?

Nordine MEGUELLATI is an expert specialised in ayurvedic massage. He was taught by several masters and practices several Ayurvedic treatments (Marmatherapy, Deep vedic, etc.)

He is used to creating his own Ayurvedic protocols which he teaches all over the world.

Thalgo has had the pleasure of being the 1st brand that Nordine has worked with on creating a massage from the science of Marmas and yogi practices.



What is his career path?

- **After a trip to Kerala, he learnt well-being massages (10 certificates)** before devoting himself exclusively to Ayurvedic techniques.
- In 2010, he studied a **full course with the Ayurveda School in Kannur (Kerala, Southern India)** leading to **obtaining 5 specific certificates plus 1 overall certificate recognised by the Indian state.**
- He **trained in Brussels where he obtained 12 certificates** over three years with a long term disciple of the **grand Master Harish Johari** (died in 1999).
- Since 2011, **he has carried out conferences and is an international trainer** (Congrès International Esthétique & Spa Paris 2011 to 2019; Milan 2011; Athens 2016; Krakow 2018; Tel Aviv 2014, 2015, May and December 2016, June 2019)
- In 2018 in India, **he gave his first Marmatherapy massage courses to Ayurvedic doctors** at the International Academy of Ayurved in Pune as well as to students of the faculty of medicine of Hyderabad.



Focus on musicotherapy

Why was this music created?

The Mer des Indes music was developed because it intends to reinforce the mind-body impact of the massage.

This music was created by Thomas Madrid following his sensory conformation technique aiming to develop a music in harmony with the different stages of the treatment protocol in order to favour letting go and invite meditation.

The instruments and frequencies used to accompany the practice are linked to the three great sequences of the Mer des Indes ritual (bath, scrub and massage).



What is sensory conformation?

Sensory conformation helps to align all the sensory stimuli present during a treatment in order to improve its coherence and not to bring in a sensory contradiction that harms the client's feeling and satisfaction.

I want to understand the Mer des Indes music:

A. The frequencies:

For the bath and the massage: A frequency around 400 HZ has been inserted in the background throughout the piece of music in order to promote the reduction in physiological intensity (to calm). The human brain's perception of a musical frequency around 400 HZ induces body and emotional soothing suitable for relaxation.

For the scrub: a frequency of around 1 KhZ was inserted in the background in order to reinforce the energy needed for the scrub to stimulate, and give the body energy.

B. The benefits:

The music of Mer des Indes generates positive effects on the client and practitioner:

- For the client: music will immerse them in the universe and help them to gradually lower physiological intensity and relax.
- For the beauty therapist: the music will be a guide so that it is in phase with the ritual sequence and to be one's self emotionally and physiologically in phase with the objective. This better connection with the client enables less fatigue at the end of the day.

C. The sounds and instruments:

- Abrasive sounds for the scrub are recorded with a shaker and they reinforce the feeling of abrasion. They transpose in music the effect of the scrub and product sensoriality applied to the skin.
- Piano Rhodes sounds (a round and generous sound) for the massage at the moment of the Marmas. This sound evokes the gentleness of this benevolent gesture. It also allows the feeling of applying the oil to be reinforced in order to create a correspondence between the product experience and the music played.

- Indian sounds such as tablas, the Indian flute or sitar are present in all the sequences:

1/ The tabla is an emblematic Indian musical percussion instrument, its sounds are particularly hypnotic.

Combined with the backwash of the seas and the gesture of the manoeuvres, they generate a lulling favouring letting go during the bath and massage.

The tabla (percussion) sounds are particularly dynamic, and the ones chosen for the scrub are deep and powerful and reinforce the dynamic required for this stage.

2/ The Indian flute has been used a lot to create the treatment's music. It has been recorded on a deep and high-pitched range according to the needs of the moments of the ritual.

A far away reverberation has been added to the sounds to create a mysterious ambiance of an imaginary India conducive to daydreaming during the treatment.

The fluidity of the sounds has been combined with the sensory perception of the oil.

3/ The sitar has also been used in order to symbolise the Indian world. Its vibration promotes relaxation and it has been inserted to particularly promote letting go at the start of the bath and during the massage.

To conclude:

The creation of the Mer de Indes music is therefore the fruit of convergence between the sounds of the carefully-selected musical instruments, the use of specific frequencies in phase with the different parts of the ritual and the manoeuvres used when it is carried out.

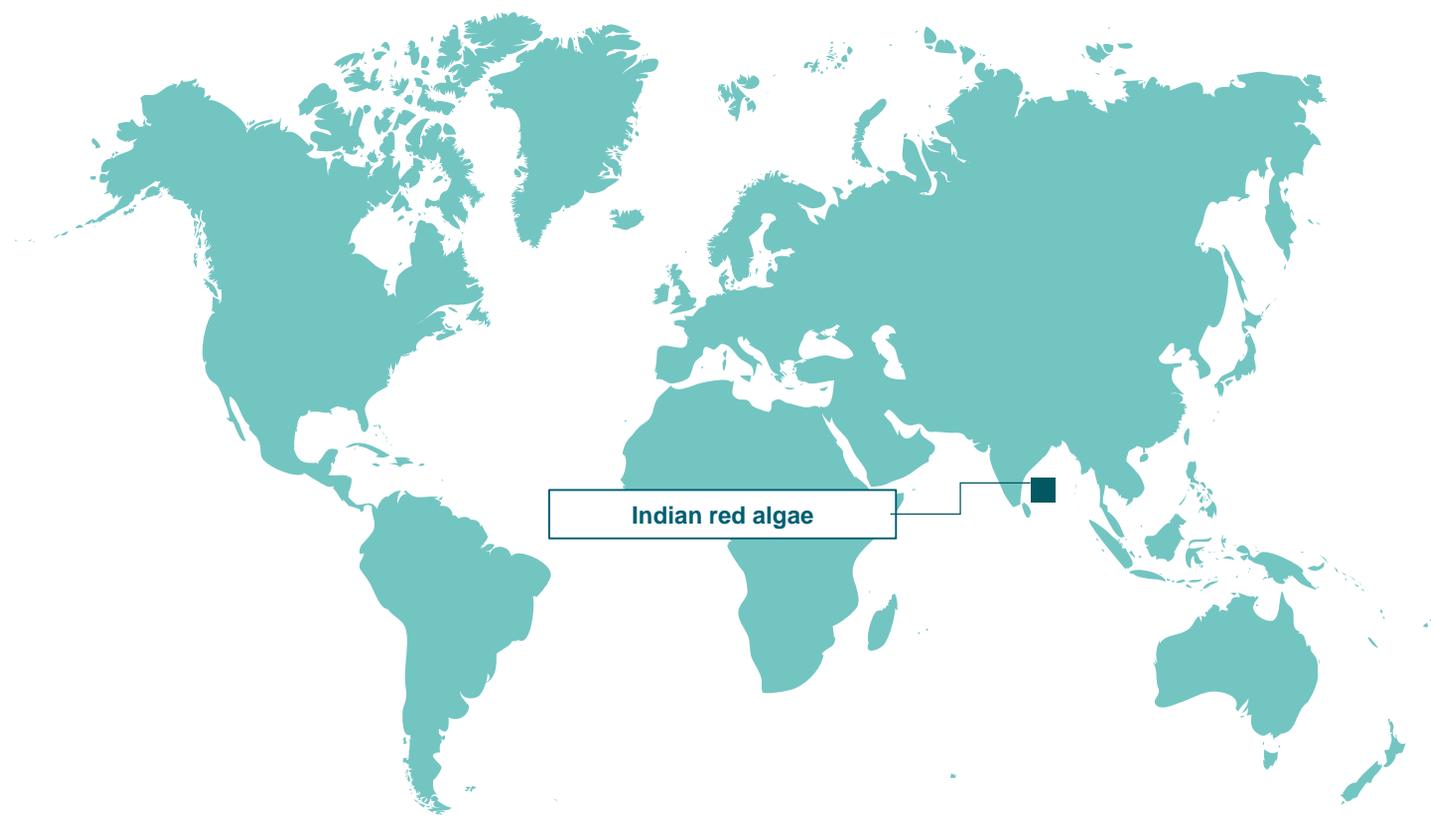
This sensorial conformation allows this new ritual to be effectively accompanied and the harmony of body and mind are strengthened.

Close up on Harmonising Marine Complex*

This marine complex is composed of an Indian red algae + 3 essential oils, (coriander, cypress and sage). This transversal complex can be said to be tri-doshic.

1. Indian red algae

The Indian red algae (*Kappaphycus*) is extremely widespread in Southern Asian and India (in the Indian ocean) with nourishing properties.



Production method

2 successive steps:

Step 1: maceration of the algae in a solvent. The maceration consists of “soaking” a solid body (the algae) in a liquid for a certain time. The liquid absorbs the water-soluble active ingredients from the algae.

Step 2: sterilising filtration of the solvent enriched in soluble active ingredients in order to eliminate impurities and microbial germs.

Recognised proven efficacy

This algae is recognised for:

- Its nourishing action because it is rich in omega 3 and 6. These lipids are the precursors of intercellular of the stratum corneum, playing an action on the epidermis impermeability. They also enter in the composition of the surface-protecting hydrolipidic film.
- Its antioxidant action
- Its remineralising action

* Except Precious Milk Bath

2. The 3 essential oils

Red algae is combined with three essential oils (coriander, cypress, sage). These essential oils are active ingredients that provide beauty benefits whilst, at the same time, provide the range's fragrance.



Coriander essential oil:

- Origin: coriander is a medicinal or culinary plant grown in Asia.
- Action: this essential oil is known for having energy virtues. It is traditionally used to combat against physical and mental fatigue. This essential oil corresponds to Pitta.



Cypress essential oil

- Origin: cypress is a tree originating from the temperate regions of the Northern hemisphere.
- Action: this essential oil is known for having energy and harmonising virtues. It is traditionally used to combat against physical and mental fatigue. This essential oil corresponds to Vata.



Sage essential oil:

- Origin: sage is a plant from the south of Europe and western Asia.
- Action: this essential oil is known for having relaxing virtues. It is traditionally used to reduce stress. This essential oil corresponds to Kapha.

Close up on Fragrance

A fragrance with amber sandalwood notes



Top note: Coriander and Cypress EO

Middle notes: Sage EO

Base notes: Indian Sandalwood

The 360° offer, a holistic approach:

A complete offer that harmonises the body and mind by offering:

- **A 2-hour Mer des Indes Harmonising Ritual** including a bath, scrub and a massage. The 5 senses are stimulated throughout the ritual.
- **A sensory line of skincare products** (3 VT/KT + 2 VT + 1 BT)
- **A nutritional supplement** (The Infus'Océanes Serenity herbal tea)



PROTOCOL
Mer des Indes
Harmonising Ritual



COSMETIC PRODUCTS



HERBAL TEA

What is in your product?

AT THE HEART OF THE FORMULAS

An approach that respects the skin

AT THE HEART OF THE PACKAGING

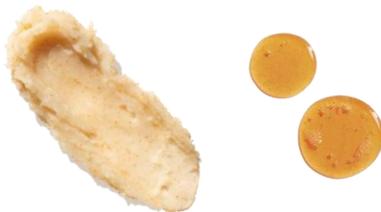
A committed eco-design approach

Without:

- ✓ Endocrine disruptors: parabens, phenoxyethanol, BHA, phthalates, EDTA, triclosan, silicones, salicylic acid.
- ✓ Irritating or allergenic ingredients: MIT (Methylisothiazolinone), sodium laureth and lauryl sulfate, benzyl salicylate, nano.
- ✓ Ingredients of animal origin: vegan, cruelty free

With:

- ✓ Marine active ingredients
- ✓ On average 93%* natural origin ingredients in the formulas



1/ Primary containers chosen for their recyclability**

- . Technically recyclable plastic bottles and jars integrating recycled plastic
- . No secondary packaging**



DOMINIQUE PRADINES
Director of Research & Development

“Our formulation is based on the principle of precaution: THALGO does not use any substance that has not demonstrated its complete safety”

* On average 93% without integrating the Precious Milk Bath // ** Except Precious Milk Bath

PROFESSIONAL TREATMENT

Prepare your products and treatment room

Mer des Indes Harmonising Ritual



TOTAL TIME: 120 min



Thalgo linen (bed sheet, towel, bath towel, bath mat and bathrobe)



Memory foam mattress



Room fragrance



2 oshibori (to dampen and spritz with the room fragrance and warm in the hot cabi)



Precious Milk bath (1 bath sugar)



1 Hydrotherapy



1 SPA body wrap sheet



1 Hot cabi



45g Ginger Exfoliating Scrub



45ml Soothing Massage Oil

Don't forget to prepare your Mer des Indes musical playlist according to the steps selected by your client.



Tip:

Try how your client comes into the treatment room yourself, come in, sit down in the waiting room, lie down in the treatment room, you'll get an idea of what your client will feel and can make adjustments if necessary

The stages of the ritual

1. Welcome Ceremony – 5 minutes

Don't forget to do the Prelude with oshiboris in the welcome ceremony then the Initial sensory contact.

NB: Prepare your treatment room beforehand by perfuming your oshiboris, linen and your treatment room with the room fragrance (i.e. 2.55ml overall which corresponds to 17 presses).



2. Milk Bath – 30 minutes

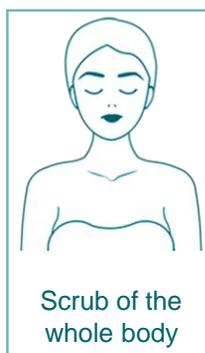


1 bath sugar
Precious Milk
Bath

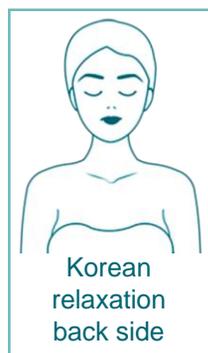
3. Ginger Scrub – 30 minutes



45g
Ginger
Exfoliating
Scrub



4. Harmonising Massage – 50 minutes



45ml
Soothing Massage
Oil



5. End Ceremony – 5 minutes

Don't forget to end your ritual by the End Ceremony with the End-of-treatment Wake-Up Massage, the well-being follow-up (product recommendations) and Infus'Océanes Serenity herbal tea tasting.



Detailed protocol: Treatment and Products

1. Welcome ceremony



Before greeting your customer, be sure to create an atmosphere in your treatment room: Select the music carefully and protect the room from all noise pollution.

Spray the **Room Fragrance** in the treatment room and on the linen so that your client is directly immersed in the universe on her arrival.

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

1. a – Welcome ceremony 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 client's, delicately wrap the hands and feet with oshiboris that have been warmed in a hot cabi and perfumed with a few sprays of **Room Fragrance**.

1.b – 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

Start at the top of the head. Spread your fingers to create rainfall-type movements on the hair in 3 phases: 1st phase from the head, to the shoulders, 2nd phase from the head to the middle of the shoulder blades, and the last phase from the head, to below the shoulder blades.

2. Rolling palm pressures

Start at the shoulders and apply waves of pressure from the nape of the neck to the shoulders. Move back and forth 3 times.

3. Thumb kneading

This manoeuvre can be broken down into 3 lines. The 1st line starts at the shoulders and moves along the 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 scapular notches and ends at the occipital hollows. Slide back down each line, smoothing with the thumbs.

Each manoeuvre is carried out with a slow rhythm. The therapist gradually adapts her pressure to the client's requirements. The therapist's hands can feel all tension in the body, the person's "real" state. Once established, this sensory diagnosis allows you to perfectly personalise the ritual.

2. Milk Bath

Your product

Preciuos Milk Bath

Complete relaxation

ACTIVE INGREDIENTS + BENEFITS



Extract of *Porphyra umbilicalis* red algae and *Nannochloropsis oculata* microalgae

HYDRATION AND NUTRITION



TEXTURE & FRAGRANCE

WORDS FOR TALKING ABOUT IT

DIRECTIONS FOR USE

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> ▪ Cube fizzes on contact with water | <ul style="list-style-type: none"> ▪ Transforms your bath into a milky bath ▪ Wraps the skin in soft powdery notes | <ul style="list-style-type: none"> ▪ RETAIL: Add 1 effervescent bath sugar to warm bath water to turn it into a truly delectable bath with relaxing scents. ▪ SALONS: Disperse 1 bath sugar in the bath water before the client comes in. |
|---|--|---|

RETAIL

VT21017– pack x 6 bath sugars

SALON

KT21001 – 1 box of 72 bath sugars

2. a – The bath



If your spa is equipped with a hydrotherapy bath, you can offer a complete multisensory ritual with the Milk Bath step. In this step, a hot bath prepares the body to relax and escape, while letting go.

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

* Photo of *Nannochloropsis oculata* microalgae

3. Ginger Scrub

Your product



RETAIL
VT19020 – 270g

SALON
KT19016 – 540g

Ginger Exfoliating Scrub

Intense exfoliant

ACTIVE INGREDIENTS + BENEFITS



Harmonising marine complex:
Indian Red Algae + Ayurvedic
essential oils

Ginger powder and sugar and
salt duos
EXFOLIATION

TEXTURE & FRAGRANCE

- A thick paste rich in powder

WORDS FOR TALKING ABOUT IT

- Exfoliates and soothes the skin
- Wraps the skin in a fragranced nourishing light film

DIRECTIONS FOR USE

- **RETAIL:** Apply to dry or humid skin in circular movements then rinse.
- **SALONS:** Apply to dry skin and carry out the exfoliation technique. Invite your client to rinse off under the shower.

3. a – Front of body Gentle Korean Relaxation



Before exfoliating the body, and to prepare it to relax, once the customer is lying on their back, perform the Gentle Korean Relaxation technique for the front of the body. This consists in wavelike swaying of the limbs.

1. The pelvis

Place your hands at kidney level and apply a rocking movement, then delicately remove your hands to open up the pelvis area.

2. The legs

Hold the ankles with your hands and shake the legs randomly to get the customer to relax. Once she is relaxed, let go of the two legs on the bed.

3. The shoulders blades and 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. The nape of the neck and the head

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

3. b - Scrub



The relaxed body is ready to receive the **Ginger Exfoliating Scrub**. Perform the scrub in the same order as the massage areas.

To carry out the exfoliation, use two manoeuvres from the massage: Breaststroke and Wide Breaststroke.

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.

4. Harmonising Massage

Your product



RETAIL
VT19021 – 100ml

SALON
KT19017 – 500ml

Soothing Massage Oil

Deep relaxation

ACTIVE INGREDIENTS + BENEFITS



Harmonising marine complex:
Indian Red Algae + Ayurvedic
essential oils

Sesame oil
NOURISHING

TEXTURE & FRAGRANCE

- “Cocooning effect”
massage oil

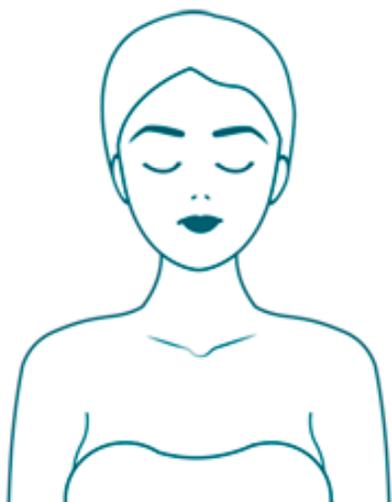
WORDS FOR TALKING ABOUT IT

- Can be used as a
massage oil
- Can be used in small
amounts to nourish
the body

DIRECTIONS FOR USE

- RETAIL: Apply to the
whole of the body then
massage.
- SALONS: Carry out the
special THALGO
massage technique.

Your technique



Harmonising Massage

WHAT IS IT?

It is a massage which combines efficacy & well-being, by combining the science of Marmas and yoga. This massage skilfully combines gentle and enveloping movements, and more toning movements to harmonise the body and mind

WORDS FOR TALKING ABOUT IT

- Massage that combines
gentleness and more
energetic manoeuvres to
harmonise the mind and
body
- Massage combining the
Marmas points with yoga
- Face and body massage

THE METHOD

A massage divided over all zones
in 5 parts:

1. Indian oiling
2. Marmas
3. Kalari sweeping
4. Specific manoeuvres
5. Kalari sweeping

4. a – Back of body Gentle Korean Relaxation



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

1. Relaxation of the plevis

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. Relaxation of the 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. Relaxation of the 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.

4. b – Leg massage – Back side



To respect the energy circuit, the massage will begin with two manoeuvres on the sacrum. Then massage of the right leg, left leg and back.

On the front side, begin with the right leg and then the left, then the stomach, right arm, left arm, finishing with the face.

1. Indian oiling

Uncover the back, folding down the towel. Hands together, carry out Indian oiling over the sacrum, smoothing to the right and then to the left.

2. Marmas

Using the palms of the hands on each side of the sacrum. Begin with the right hand, making five small clockwise rotations on the right marma then two large rotations and sweep. Do the same with your left hand on the left marma



3



3.1



3.2



4



4.1



4.2



4.3



4.4



4.5

Cover the back, then uncover the right leg, folding down the towel between the legs.

3. Indian oiling

Add **Soothing Massage Oil**, carrying out Indian oiling on the right leg.

Hands together at the ankle bones, smooth the leg up to the buttock and come back down in a smoothing stroke along the outside. Perform this same smoothing stroke, coming back down along the inside of the leg and finish by enveloping the foot.

4. Marmas

Begin with the first point on the gluteal fold. Make five small clockwise rotations and then two large rotations and sweep.

Continue with the marmas on the thigh, popliteal fossa, calf, heel and sole of the foot.



5. Kalari Sweeping

Hands together, make three rotations at the hip and then slide along the inner thigh to the ankle bones and come back up along the outside of the leg to the buttock. Perform this smoothing stroke three times and finish by releasing at the foot.

6. Breaststroke

Slide the thumbs from the centre outwards, starting at the base of the heel towards the pads of the feet. Then come back using light smoothing strokes. 3 times

7. Starfish

From the heel to the tip of the toes, make small circles with the thumbs, finishing with light pressure on toes 1 and 5, then 2 and 4 and finish with the 3rd toe. 3 times

Once you have finished, make a harmonising smoothing stroke with the pads of the thumbs, starting at the heel to the pads of the feet.

8. Wide breaststroke

From the ankle to the popliteal fossa, slide the thumbs and thenars from the centre of the calves outwards. Once you have reached the popliteal fossa, make a downward gliding stroke with the palm of the hand.

Perform this same manoeuvre a second time, then on the third upward move, go around the popliteal fossa and continue the breaststroke on the thigh up to the gluteal fold. At the gluteal fold, make a downward gliding stroke with the palm of the left hand to the popliteal fossa. Repeat this manoeuvre a three times, finishing the gliding stroke down to the ankle.



9. Crab's claw

With the left hand applying counterpressure on the heel, the right hand in a C-shape makes a deep gliding stroke up to under the popliteal fossa, finishing with a release. 3 times.



Keep your left hand applying counterpressure on the heel and carry out this same manoeuvre, covering the entire thigh up to the gluteal fold three times.



Without losing contact finish with the **Shell**. With the left hand still applying counterpressure on the heel, with the right forearm make a quarter circle in an outward direction on the buttock. 3 times.

10. Kalari sweeping

Hands together, make three rotations at the hip and then slide along the inner thigh to the ankle bones and come back up along the outside of the leg to the buttock. Perform this smoothing stroke three times and finish by releasing at the foot.

Cover the right leg and repeat all the manoeuvres on the left leg.

4. c – Back massage



1. Indian oiling

Hands together at the sacrum, make a smoothing stroke from the right half of the back to the right arm. Then do the same on the left.

2. Marmas

Begin with the first marmas found under the bra strap area.

Begin with the right hand, making five small clockwise rotations then two large rotations and sweep. Do the same with your left hand on the left marma.

Continue with the second marmas found in the inner corner of the shoulder blade.

And finish with the marmas on the acromions. The hands cross and are placed on the acromions. The right hand begins, then the left hand. Finish by uncrossing your hands.

3. Kalari sweeping

Hands together at the sacrum, move up via the left paravertebral muscles (along the spine), slide over the trapezius and return to the starting point along the side. Make 3 rotations and finish along the waist to the right. Do the same thing on the right side 3 times and then release to the left.



4. Manta ray

Using the pads of the fingers on either side of the spine, make rotations with the fingertips, following the iliac crests to the sides. Envelop the sides and make gentle rocking movements, moving upwards. 3 times

5. Waves and foam

Hands in a pincher position at the sacrum. Make a deep and even gliding stroke with the left hand while the right hand makes fast and light back and forth pinching movements. Move up along the spine to C7. 3 times

6. Sea turtle

Make rotations with the pads of the thumbs on either side of the cervical vertebrae, starting at C1 up to C7. Continue with rotating the fists between the shoulder blades and make rotations with the fingertips around the contour of the shoulder blades to the tip of the shoulders. Once you have reached the tip of the shoulders, once again make rotations with the fists and move up applying light pressure on either side of the nape of the neck. 3 times



7. Tiger and Shark

The index and middle fingers of the left hand form a fork on either side of C7 while the hypothenar of the right hand is at the sacrum. The left hand moves down along the paravertebral muscles while the right hand moves up along the right paravertebral area. When the right hand reaches the top of the spine and the left hand the sacrum, they stop and make 3 rotations at the same time.

Then the left hand moves up the paravertebral muscles using the knuckles, while the right hand slides down to the wrist. Reposition your hands as in the beginning and repeat this manoeuvre a second and third time.

Do the same thing on the other side three times, changing hands.

8. Triple waves

Hands together, flat on the right hip, make a figure-of-8 gliding stroke, enveloping the left hip then the right and then the left and right rib cage along with the left and right shoulder blade. Finish with a gliding stroke between the shoulder blades to the back of the head and move down along the arms, finishing at the hands. 3 times



9. Vishnu

Start with both hands. Move up with your hands at the same time over the arms and then the shoulders and trapezius muscles until the hands cross and envelop the opposite trapezius muscles. Move down again to the sides, uncross your hands at the sacrum and once again envelop the sides up to the trapezius muscles. The hands cross over again at the nape of the neck, smooth the trapezius muscles, envelop the shoulders and arms, finishing at the hands.

Once you have reached the hands, make this same journey in the opposite direction to finish the manoeuvre with your hands uncrossed. Repeat this manoeuvre three times (three times back and forth).

10. Rocking

Rocking lightly stimulates the body to prepare to turn over. Rock the body between both hands down towards the feet. Then ask your client to turn over.

4. d – Leg massage – Front side



Uncover the right leg, folding down the towel between the legs.

1. Indian oiling

Hands together at the ankle bones, smooth the leg up to the hip and come back down in a smoothing stroke along the outside. Perform this same smoothing stroke, coming back down along the inside of the leg and finish by enveloping the foot.



2. Marmas

Begin with the first point on the inner thigh. Make five small clockwise rotations and then two large rotations and sweep. Continue with the marmas on the knee. With your hands on either side of the knee, make 5 small upward rotations then 2 large rotations and sweep.



3. Kalari sweeping

Hands together, make three rotations at the hip and then slide along the inner thigh to the ankle bones and come back up along the outside of the leg to the hip. Perform this smoothing stroke three times and finish by releasing at the foot.



4. Breaststroke

Slide the palms from the centre outwards, starting at the instep towards the toes. Once you have reached the base of the toes, come back using light smoothing strokes. 3 times



5. Starfish

From the instep to the tip of the toes, make small circles with the thumbs, finishing with light pressure on toes 1 and 5, then 2 and 4 and finish with the 3rd toe. 3 times

Once you have finished, make a **harmonising smoothing stroke** with the pads of the thumbs, starting at the instep to the toes.



6. Wide breaststroke

From the ankle to the knee, slide the thumbs and thenars from the centre outwards. Once you have reached the knee, make a broad downward gliding stroke with the palm of the hand over the flexor. Perform this same manoeuvre a second time, then on the third upward move, go around the knee and continue the breaststroke to the top of the thigh. Once you have reached the top of the thigh, make a downward gliding stroke with the palm of your right hand along the outside of the quadriceps to the knee. Repeat this manoeuvre a second and then a third time, finishing the gliding stroke down to the ankle.



7. Surfing

Lift and bend the leg using your right hand. Hold the foot using your knee and left hand. Perform a deep gliding stroke with the thenars over the flexor and then move back up with a smoothing stroke. Repeat this manoeuvre 3 times.



8. Mobilising the leg

With the palm of the right hand supporting the foot and the left hand on the knee, make three stretching movements. Then gently release the leg, keeping your right hand on the heel.



9. Crab's claw

With the right hand applying counterpressure on the heel, gently stretch the foot using your forearm, while your left hand in a C-shape makes a deep gliding stroke and a release at the top of the thigh. 3 times



10. Kalari sweeping

Hands together at the ankle bones, smooth the leg up to the buttock and come back down in a smoothing stroke along the outside. Perform this same smoothing stroke, coming back down along the inside of the leg.

4. e – Abdominal massage



1. Indian oiling

Hands together at the navel, make a smoothing stroke towards the right side then towards the left side.

2. Marmas

Continue at the fold of the towel. Make five small clockwise rotations and then two large rotations and sweep. Do same thing at the navel and under the plexus.

3. Whirlwind

With the right palm on the navel, make three slow clockwise circles and three large circles with both hands covering the abdominal area and the ribs.

Continue by making a gliding stroke along the abdomen towards the collarbone and finish by smoothing over the retroclavicular area with the fingertips. Once



4. Along the coast

Palms placed on the floating ribs, open up the ribs using your palms towards the sides. Smooth the lower abdomen with your thumbs in the direction of the navel and come back in a smoothing stroke to reposition yourself. 3 times



5. Whirlwind

With th right palm on the navel, make three slow clockwise circles and three large circles with both hands covering the abdominal area and the ribs.



Continue by making a gliding stroke along the abdomen towards the collarbone and finish by smoothing over the retroclavicular area with the fingertips. Once

4. Arm massage



Uncover the right arm.

1. Indian Oiling

Position the palm of your client's hand upwards and make smoothing strokes with your hand flat along the outside of the arm, starting at the wrist to the shoulder.

Do same on the inside of the arm.

2. Marmas

Start with the first marma on the biceps. Make five small clockwise rotations and then two large rotations and sweep.

Continue with the marma in the elbow crease, forearm and palm of the hand.

3. Kalari sweeping

Keep the palm of your client's hand facing upwards and make smoothing strokes with your hand flat along the outside of the arm, starting at the wrist to the shoulder three times. Then on the inside of the arm three times and finish by enveloping the hand to position the palm facing downwards.

4. Breaststroke

Slide the palms from the inside to the outside, starting at the wrist towards the base of the fingers. Once you have reached the base of the fingers, come back using light smoothing strokes. 3 times

Continue by turning the palm of your client's hand towards the sky to perform **the breaststroke** (in their palm).

Once you have reached the base of the fingers, come back using light smoothing strokes. 3 times



5. Starfish

From the wrist to the fingertips, make small circles with the thumbs, finishing with light pressure on fingers 1 and 5, then 2 and 4. Finish with the middle finger. 3 times. Once you have finished, make a **harmonising smoothing stroke** with the pad of the thumbs, starting at the wrist to the fingertips.

6. Wide breaststroke

From the wrist to elbow crease, slide the thumbs and thenars from the centre outwards. Once you have reached the elbow crease, make a downward gliding stroke with the palm of the hand. Perform this same manoeuvre a second time, then on the third upward move, go around the elbow crease and continue the breaststroke to the top of the arm. Once you have reached the top of the arm, make a downward gliding stroke with the palm of the right hand to the elbow crease. Repeat this manoeuvre a second and then a third time, finishing the gliding stroke down towards the wrist.

7. Large roller

Lift and bend the arm using your right hand. Bend it backwards while holding the elbow crease in your left hand. Smooth the hip, side, ribe cage and triceps with your right hand and finish at the elbow. 3 times.

Gently release the arm while keeping the palm of your client's.



8. Crab's claw

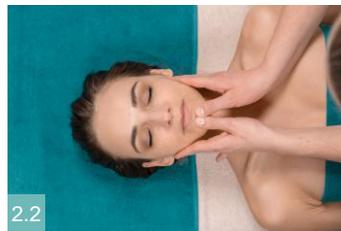
With the right hand applying counterpressure on the wrist, the left hand in a C-shape makes a deep gliding stroke up to under the elbow crease, finishing with a release. Perform this manoeuvre three times.

Keep your right hand applying counterpressure on the wrist and carry out this same manoeuvre, covering the top of the arm. 3 times

9. Kalari sweeping

Keep the palm of your client's hand towards the sky and make smoothing strokes with your hand flat along the outside of the arm, starting at the wrist to the shoulder three times. Then on the inside of the arm three times and finish by enveloping the hand to position the palm towards the ground.

4. Face massage



1. Counter-currents

Rotations of the fists towards the outside along the trapezius muscles to the top of the nape of the neck. 3 times.

2. Keralese mask

With the pads of the thumbs, make back-and-forth movements applying light pressure at the third eye. Go around the eyebrows, eyes and cheekbones to position yourself on either side of the nostrils. Make back-and-forth movements once again and then go around the mouth and position your thumbs on the chin to make back-and-forth movements again.

Finish this manoeuvre by smoothing the facial contours then go around the ear and end contact. Once

3. Small gentle stokes

Gently make gliding strokes with the pad of the thumbs over the third eye and then slide the thumbs to the centre of the skull to apply pressure. Once

5. End ceremony

5.a – The end of treatment awakening massage



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

1. Stretch the arms, if the mobility allows.
2. 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.

5.b – Well-being follow-up



Prepare **SERENITY ORGANIC INFUS'OCEANES** herbal tea on the tray along with the textures of Mer des Indes products such as **PRECIOUS MILK BATH, GINGER EXFOLIATING SCRUB, SOOTHING MASSAGE OIL, AROMATIC SHOWER OIL AND MOISTURISING SILKY BALM.**

Discuss the client's sense of well-being and suggest retail products with advice on how to apply.

Don't forget to remind her that the **ROOM FRAGRANCE** is also available for use at home so that she can relive this unprecedented Mer des Indes experience.

THE BEAUTY PROGRAMME AT HOME

Retail products

	<p>New</p>  <p>88% INGRÉDIENTS D'ORIGINE NATURELLE</p>	<p>New</p>  <p>96% INGRÉDIENTS D'ORIGINE NATURELLE</p>	<p>New</p>  <p>99% INGRÉDIENTS D'ORIGINE NATURELLE</p>
<p>PRECIOUS MILK BATH VT/KT</p>	<p>AROMATIC SHOWER OIL VT</p>	<p>GINGER EXFOLIATING SCRUB VT/KT</p>	<p>RELAXING MASSAGE OIL VT/KT</p>
<p>This milky effervescent cube awakens the senses and wraps the skin in soft, powdery notes.</p> <p>Relaxes Fragrances</p>	<p>This shower oil with essential oils awakens the senses with soft, aromatic notes.</p> <p>Cleanses Fragrances</p>	<p>This scrub is rich in ginger powder to gently exfoliate the skin and wrap it in soft, aromatic notes.</p> <p>Exfoliates Smooths</p>	<p>This nourishing massage oil, with sesame oil and essential oils, used in Ayurveda, relaxes the mind and body.</p> <p>Nourishes Relaxes</p>

<p>New</p>  <p>91% INGRÉDIENTS D'ORIGINE NATURELLE</p>	<p>New</p> 	
<p>MOISTURISING SILKY BALM VT</p>	<p>ROOM FRAGRANCE BT</p>	<p>INFUS'OCÉANES SERENITY HERBAL TEA VT</p>
<p>This melting balm is rich in sesame oil, hydrating the skin and wrapping it in soft, aromatic notes.</p> <p>Hydrates Fragrances</p>	<p>Room fragrance with essential oils used in Ayurveda to create a harmonising aromatic atmosphere.</p> <p>Amber Sandalwood</p>	<p>Herbal tea with a light, sweet flavour of honey and orange blossom, for a real moment of satisfaction.</p> <p>Harmony Relaxes</p>

Close up on specific retail products



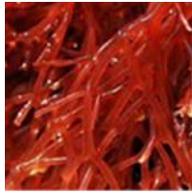
RETAIL EXCLUSIVE

RETAIL:
VT19021 – 200 ml

Moisturising Silky Balm

Gentle moisturiser

ACTIVE INGREDIENTS + BENEFITS



Harmonising Marine Complex:
Indian Red Algae + Ayurvedic essential oils

Sesame oil
HYDRATION and NUTRITION

TEXTURE & FRAGRANCE	WORDS FOR TALKING ABOUT IT	DIRECTIONS FOR USE
---------------------	----------------------------	--------------------

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> ▪ Luscious, melting balm with amber sandalwood | <ul style="list-style-type: none"> ▪ Nourishes ▪ Hydrates ▪ Envelops the skin with soft, aromatic notes with a non-greasy finish. | <ul style="list-style-type: none"> ▪ RETAIL: Apply in long strokes to the whole body. |
|--|--|--|



RETAIL EXCLUSIVE

RETAIL:
VT19019 – 150 ml

Aromatic Shower Oil

The daily cleanser

ACTIVE INGREDIENTS + BENEFITS



Harmonising marine complex:
Indian Red Algae + Ayurvedic essential oils

Sacred Lotus extract
RELAXATION

TEXTURE & FRAGRANCE	WORDS FOR TALKING ABOUT IT	DIRECTIONS FOR USE
---------------------	----------------------------	--------------------

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> ▪ Luscious oil with a light amber sandalwood fragrance | <ul style="list-style-type: none"> ▪ Cleanses and transforms into a foam on contact with water. ▪ It fragrances the skin with soft notes. | <ul style="list-style-type: none"> ▪ RETAIL: In the shower, emulsify all over the body then rinse. |
|--|---|---|

My harmonising beauty routine

MY DAILY ROUTINE

Cleanse



Moisturise



MY WEEKLY ROUTINE

Exfoliate



Cleanse



Nourish



IN THE EVENING

Relax



DURING THE DAY / EVENING

Sooth



"2 or 3 herbal tea bags can be easily kept in your bag for a pure moment of relaxation when you like"

My harmonising beauty tips

GIVE AYURVEDIC ADVICE ABOUT EACH PRODUCT

1 Exfoliating Scrub

Apply it to damp or dry skin (more exfoliating), in gentle circular movements, from the centre towards the extremities, in order to follow the energetic circuit. Focus if needed on areas where the skin is thicker then rinse thoroughly with cold water (if you'd like to increase the energetic aspect).

Use it when you like, or at the end of the day as part of a post-trip or post-party recuperating ritual, the scrub enables toxins to be eliminated.



2 Soothing Massage Oil

Apply and warm a little oil between the hands and breathe in, to enjoy the soothing effect of the essential oils.

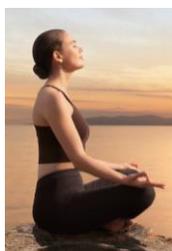
Use it as a nourishing oil over the whole body, or at the end of the day as a soothing oil on joints (elbows, knees, ankles) as well as on areas of tension (trapezius muscles and hips).

Take a few minutes to end this moment of relaxation, by sitting (in cross-legged or lotus position) and breathing calmly and deeply.

Ideally carry out 10 cycles.



Lotus posture →



Use as an oil bath for hair: apply to clean hair, massage the scalp and leave it on overnight before washing your hair.

3 Moisturising Silky Balm

Before applying, rub the balm between the hands and breathe in, to enjoy the soothing effect of the essential oils.

Moisturise your skin by massaging with long strokes starting from the centre to extremities, in order to follow the energetic circuit insisting if needed on the areas where the skin is driest.



4 Aromatic Shower Oil

Apply to damp skin and emulsify starting from the centre towards the extremities, in order to follow the energetic circuit.

Use it before starting the day for an energetic effect.



5 Milk Bath

Enhance the bath experience with a personal or guided meditation.

Take your bath mindfully. First feel the warmth of the water, first one foot, then then the other. Sit down in your bath comfortably and enjoy as the water wraps around your legs, then all over your body.

Close your eyes and breathe deeply in and out 10 times.

You can also enjoy your bath listening to a guided meditation on your phone or a computer.



6 Room Fragrance

Fragrance the room before a meditation or Yoga session.



Remember:

Make them addicts: pass this advice onto your clients, they will be delighted by how professional you are.

ACTIVE INGREDIENT GLOSSARY



Ginger Powder

ORIGIN	ACTIONS
<ul style="list-style-type: none">▪ Plant origin (ginger)	<ul style="list-style-type: none">• Mechanical exfoliant• It corresponds to Vatta and Kapha



Sugar and Salt Duo

ORIGIN	ACTIONS
<ul style="list-style-type: none">▪ Plant origin for the sugar (beetroot)▪ Marine origin for the sea salt	<ul style="list-style-type: none">▪ Mechanical exfoliants



Sesame Oil

ORIGIN	ACTIONS
<ul style="list-style-type: none">▪ Plant origin (sesame seeds)	<ul style="list-style-type: none">▪ Nourishing as rich in omegas 9 and 6▪ It corresponds to Vatta



Sacred Lotus extract

ORIGIN	ACTIONS
<ul style="list-style-type: none">▪ Plant origin (lotus flowers)	<ul style="list-style-type: none">▪ Soothing, softening and relaxing▪ It corresponds to Vatta and Pita

MANUAL TECHNIQUES MEMO

1. BACK OF BODY

A. Gentle Korean relaxation

- Pelvis
- Legs
- Shoulders - Arms
- Crown point

B. Legs Massage

- Indian oiling (sacrum)
- Marmas (sacrum)
- Indian oiling (legs)
- Marmas (legs)
- Kalari sweeping
- Breastsroke
- Starfish
- Wide breaststroke
- Crab's claw
- Kalari sweeping

C. Back massage

- Indian oiling
- Marmas
- Kalari sweeping
- Manta ray
- Waves and foam
- Sea turtle
- Tiger and shark
- Triple waves
- Vishnu

D. Rocking

2. FRONT OF BODY

A. Legs massage

- Indian oiling
- Marmas
- Kalari sweeping
- Wide breaststroke
- Starfish
- Wide breaststroke
- Surfing
- Mobilisation
- Crab claw
- Kalari sweeping

B. Abdomen massage

- Indian oiling
- Marmas
- Whirlwind
- Along the coast
- Whirlwind

C. Arms massage

- Indian oiling
- Marmas
- Kalari sweeping
- Breaststroke
- Starfish
- Wide breaststroke
- Large roll
- Crab's claw
- Kalari sweeping

D. Face massage

- Counter-currents
- Keralese mask
- Gentle swells

HYGIENE

SALON

- Disinfection between each client (small equipment, work surfaces, doors with a disinfectant wipe, floor with a disinfectant product)
- Air between each client: + 15 min
- Empty bins regularly
- Use pedal bins

TREATMENT BED

- Protection of the treatment and chair (disposable examination sheet / disposable cover / disinfectant spray)
- Disinfect massage tables / head rests between each client with disinfectant wipes
- Disinfect small treatment bowls with disinfectant wipes

LINEN

- Wash treatment room linen at 60° at the end of the day

EQUIPMENT

- Sterilise small equipment

BEFORE AND AFTER THE TREATMENT

- Disinfect your hands: hand sanitising gel
- Wear a protective mask
- Change THALGO uniform every day
- Shoe coverings

DURING THE TREATMENT

- Disinfect your hands before starting the treatment
- THALGO uniform + disposable blouse
- Shoes exclusively for the treatment room
- Protective mask (to change every 4 hours) or visor
- Disposable gloves for doing certain treatments



CONTRE-INDICATIONS

PARTICULARITIES	TIME PERIODS TO BE RESPECTED
Pregnant woman	Do not proceed
Breastfeeding woman	Avoid the bust and neck areas
Circulatory or cardiac disorders	On medical advice only
Fracture or sciatica / lumbago	On medical advice only
Recent surgical intervention	Wait to complete healing or doctor's advice
Serious illness (cancer, etc) and/or scalable	On medical advice only
Open or recent wounds wounds less than 2 months old (lesions, irritation, sunburn)	Wait complete healing or doctor's advice
Chronic skin diseases (eczema, psoriasis, urticaria) or pigmented solar keratoses (thick and progressive)	On medical advice only

THE MER DES INDES GLOSSARY

1. AYURVEDA

- Ayurveda: ayur = life and veda = knowledge

- Marmatherapy = therapy through the Marmas

- Marmas

These are energetic crossroads that can be blocked (image of a roundabout).

Between these crossroads there are nadis (subtle channels – image of little bridges).

In total there are 72,000 nadis.

- Prana = vital energy that circulates in our body (= Qi in Chinese medicine, in the West we speak of electricity).

- Doshas (which means what changes): there are 3 doshas.

These 3 doshas are composed in the following way: Vata = air + ether / Pitta = fire + water / Kapha = water + earth.

Each human is made up of these 5 elements and therefore of these 3 doshas.

At different moments in life (personal problems, fear, sadness, joy, etc.) our doshic composition varies.

- Ether (an element of the 5 elements): means space. It is something that cannot be felt.

- Tridoshic: it is an element that corresponds to the 3 doshas (harmonising for everyone)
This is the case for our massage, which suits everyone at each moment of life.

2. MUSICOTHERAPY

- Sensorial stimuli: these are stimuli around the 5 senses. This is what takes part in the ritual (colours, odours, textures, manoeuvres and music).

WHAT DOSHA ARE YOU?

Are you Vata, Pitta or Kapha*?

The **Vata** type person is often thin, has dry skin, a long and angular face, small eyes, uneven teeth and fine lips. Vata is related to the ether elements (space) and air.

Their most fragile link is the nervous system which you have to take care of as a priority. Warming and remineralising are keywords for nervous Vata. To harmonise through diet, hot, cooked flavours should be eaten that are salty and slightly oily. For example, sweet potato, sesame oil, meat.

The **Pitta** type person often has blond hair, freckles, a heart-shaped face, a pointed nose, light-coloured eyes and yellowish teeth. Their skin is pale, soft and shiny and sunburns easily. Pitta is associated with the fire and water elements. Their fragility is linked to the digestive system, because their weak point is liver and gallbladder functioning. The main acids (wheat, dairy, red meat, coffee) should be eliminated from their diet. Yoga, climbing, swimming and running balance this type well.

The **Kapha** type person has soft, thick skin, a fairer complexion, round face, thick hair, blue or brown eyes and a dense and solid morphology. Kapha is related to the water and earth elements. Their endocrine (hormonal) system can

slow down, as well as the digestive system, they can easily put on weight. To balance them, the keyword is energise, as much by doing physical exercise every day as through diet. Astringent, bitter and spicy flavours, the abundant use of spices and ginger, bitter foods like chicory, asparagus, light vegetarian dishes, or astringent like blueberry and pear are recommended.

Key images & words to recognise your dominant dosha

VATA prevalence

The fleeting butterfly, she is hyper active, her mind is constantly on the go!



PITTA prevalence

The lion likes its wonderful mane, he controls, is a leader. He doesn't know a subject? He advises as if he knows all about it!



KAPHA prevalence

The elephant stays at the back of the room, he observes... he gets others to talk but says nothing about himself. He character is bold, strong, posed.



* Be aware that the information above is only given for information purposes. If you want to know your doshic profile, please see an Ayurvedic doctor because each profile is unique and specific.

YOUR NOTES



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Let the sea
empower
your beauty
