

# THALGO

LA BEAUTÉ MARINE



Training Guide ■ Anti-ageing treatments

—  
SILICIUM  
LIFT  
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# THALGO supports you

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Wrinkles and lack of firmness are the two physical changes that can be seen the most during skin ageing.

Demand is high and more and more beauty solutions are being provided.

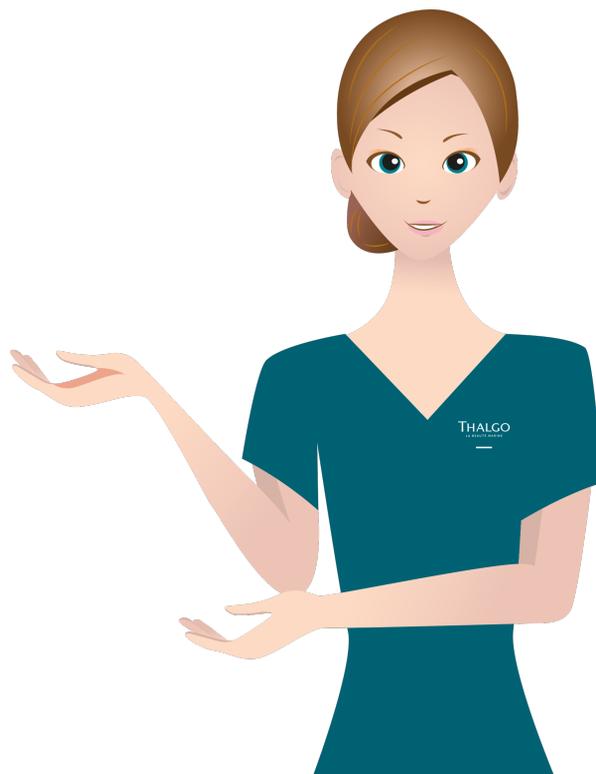
Today, innovation has therefore become key on this highly competitive market, for attracting and gaining customer loyalty. Building on the successful launch of the Silicium Marin line and treatment, THALGO now brings you Silicium Lift with new keys to success (even more visible results, an on-trend, effective accessory, innovation, modern textures and products...) all while capitalising on the strengths of Silicium Marin (Silicium, the fragrance, double mask in the salon...)

Thanks to this training booklet, there won't be anything you don't know about "wrinkle and firmness" issues, for your clients' enjoyment!

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

*"I'm getting wrinkles.  
My complexion is dull. My skin  
is lacking firmness"*

*"Let's go through  
the THALGO in & out  
programme together as well as  
all the wrinkle-correcting  
and firming beauty tips"*





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# EVERYTHING THERE IS TO KNOW ABOUT WRINKLES AND LOSS OF FIRMNESS

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Loss of firmness and changes to facial contours are a major concern for women. 53% of French women aged over 15 say that they are concerned by a lack of skin firmness. After 50 years old, this figure increases to 81%!

With time, the skin loses its elasticity and wrinkles are increasingly visible. The face looks less dynamic, less toned and age is shown more.

## Looking for innovation,

Women are looking for visible results that are felt fast to deal with this issue. The highly competitive market for the “wrinkles and firmness” offer is therefore dynamic where innovation is absolutely essential to stand out from other brands.



### Beauty tip:

Talk to your clients regularly about your new products. They will be pleased to see that you are always looking to provide them with the best beauty response on the market.

## Ageing

It is a normal physiological process that is partly genetically programmed. In this case we refer to intrinsic or chronological ageing, which operates slowly, as the years go by. If ageing is a process that occurs throughout our lifetimes, it does not follow a linear order. Researchers have discovered that it speeds up at different times in life, particularly at 34, 60 and 78 years old.

The environment (sun, pollution, etc.) and lifestyle (diet, smoking, alcohol, medicines, etc.) also influence skin ageing. Here we refer to extrinsic ageing. This will act as an accelerating factor of intrinsic ageing and contribute up to 80% of ageing. This high influence explains why today it is more pertinent to treat the problem of skin ageing not only according to age but according to its visible signs.



### To remember:

We are not all equal faced with skin ageing but the sun is the most aggravating factor!

## What we observe...

The skin gradually loses its elasticity, fat moves and the muscles are not as toned. Over time the wrinkles formed from our repeated facial expressions creating creasing become set in, freezing the face's natural expressions. They are generally the first visible sign of these changes and convey negative emotions like fatigue, sadness, the face looking set, age, etc.

Loss of firmness is shown by skin lacking plumpness and suppleness, facial contours become less defined, cheeks and temples deepen or slacken. Little by little, the "valley of tears" sets in, the zone between the corner of the eye and the middle of the cheek, and facial structure changes. Hollows and shadows form. Features tend to become "vertical" and therefore slide downwards which expresses sadness, fatigue, bitterness and severity.



### Beauty tip:

Tell your client that skin ageing starts from the age of 20. It is therefore from around 20 years old that beauty reflexes should be adopted in their daily routine.

## What happens in the skin?

With age, we see an overall slowing of the skin metabolism. Several factors come into play:

- The fibroblasts, the main cells in the skin, are reduced and their metabolism gradually weakens, resulting in a network that is less dense and dynamic, as well as the support fibres synthesis reducing (collagen fibres, elastin...).
- The accumulation of free radicals in the skin over time alters the support fibres and fibroblast anchoring which consequently diminishes the solidity of the dermal network.
- As for the silicium, it is less absorbed and its tissue quantity reduces which provokes a detachment between the fibroblasts and support fibres, completely destructuring the dermis.



### To remember:

Loss of firmness is directly linked to collagen fibres being altered. The skin's collagen level will be at its maximum between 11 and 30 years old, reducing thereafter.

## Focus on silicium

### There are two forms of silicium:

- Mineral silicium, the 2nd most abundant element in the earth's crust after oxygen, it is an inert form, non bio-available.
  - Organic silicium, which is bio-available, vital for the human body to function
- Brown algae, or other organisms like diatoms, absorb the silicium mineral from the floors then transform it into bio-available silicium to maintain their survival and growth.

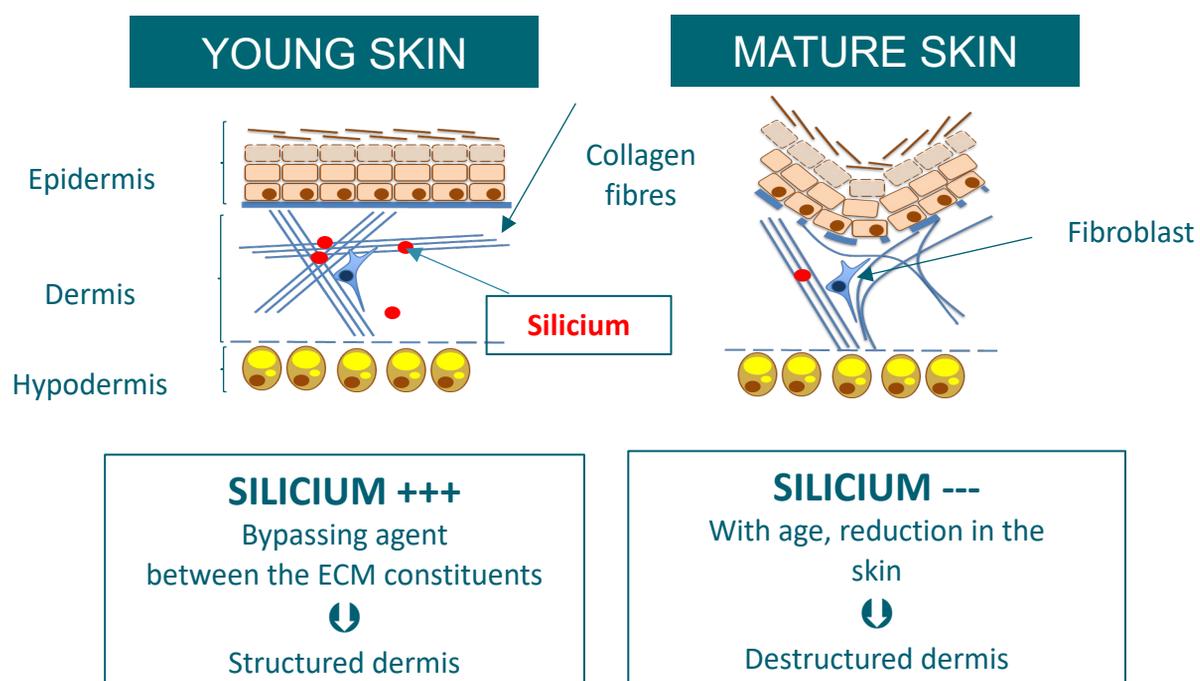
### This is a trace element that's vital for the skin:

- It's a non-essential trace element in the "medical" meaning of the term but vital, it is the 3rd most abundant in the human body, after iron and zinc. The human body contains about 7 grams of Silicium.
  - With age, silicium content in tissues reducing is due to its absorption capacity in the intestine reducing
- ***It is therefore vital to provide bio-available silicium topically***

### It is the major constituent of the extracellular matrix of the dermis:

- It participates in fibroblast proliferation
  - It stimulates synthesis of collagen I and glycosaminoglycans (GAGs) including hyaluronic acid
  - It has a role as a linking agent between structure proteins (collagen, elastin) and fibroblasts to ensure strong cohesion between the different elements of the dermis.
- It is the key element in the restructuring effect, maintaining the skin's architecture and organisation

There is also a relationship between Silicium content and skin ageing, the more a tissue is rich in Silicium, the more it will have a structure and metabolic function similar to "young" tissue.



## Face Fitness

### What is it?

Redefining your facial features like you would for your figure!

### The techniques

They are non-invasive, and provide a real natural and effective alternative to aesthetic medicine surgery like facelifts. They stem from different kinds of knowledge like physiotherapy as well as the ancestral medicine of India or Asia, and enable the face to have a physical workout.

- Face gym: yoga, Pilates...
- Manual massage: reflexology, kobido...
- Massage with an accessory (Gua Sha, jade roller, yoga ball, suction cup, etc.)

Daily practice of these techniques helps maintain and restore a radiant face, visibly energised, a fresh complexion, firm and toned skin that keeps staying youthful for longer.

### Where does this method come from?

The term Face Fitness was used for the first time ten years ago in the USA, and Facialists then took it to Russia and onto France. Today in New York, Los Angeles, London, Paris, Moscow, several workout studios for the skin are making this “exercise” approach for the face available.

And as there are different levels in exercise there are different levels of work intensity. You can work “gently” to soften, energise, tone, lift but also use more “force” to refine, shape and sculpt.

## THALGO pioneer in Face Fitness

In 2002, 20 years ago, a beautician in Villa THALGO worked with a cosmetic surgeon to create the exclusive Energilift massage.

The aim of this surgeon was to work the muscles, one by one, to “reshape” the face and delay the need for a facelift.

*“At the time it was the only professional technique that works on all the muscles in the face, neck and décolleté”*



# THALGO INNOVATION

## Your Wrinkles & Firmness offer

The first anti-ageing line inspired by Face Fitness  
to fill in wrinkles, firm the skin and refresh the complexion  
[ Algae complex rich in marine silicium and vitamin C ]



### INNOVATION

#### 1/ FIRMS THE SKIN AND FILLS WRINKLES Algae complex rich in marine silicium

The marine silicium-rich *Diatom* microalgae is combined with a macroalgae named “Marine bamboo” to renew and restructure the dermal matrix by activating collagen, elastin, and hyaluronic acid synthesis.



#### 2/ TONE THE SKIN AND REFRESH THE COMPLEXION Vitamin C grafted onto silicium

An anti-free radical vitamin par excellence, it combats cell oxidation and improves skin oxygenation, for a fresher complexion.

**The +:** it reinforces the skin’s firmness by stimulating collagen synthesis.



#### 3/ REVITALISE THE SKIN Patented Micronised Algae Filtrate

A patented complex of 3 Micronised Marine Algae (MMA) rich in 14 essential elements\*\* for the skin to revitalise it every day.

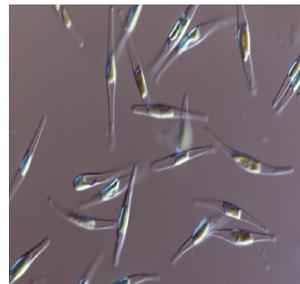
\*\* Said to be essential because indispensable to the body, which is not able to synthesise them itself.

### Focus on diatoms rich in marine silicium

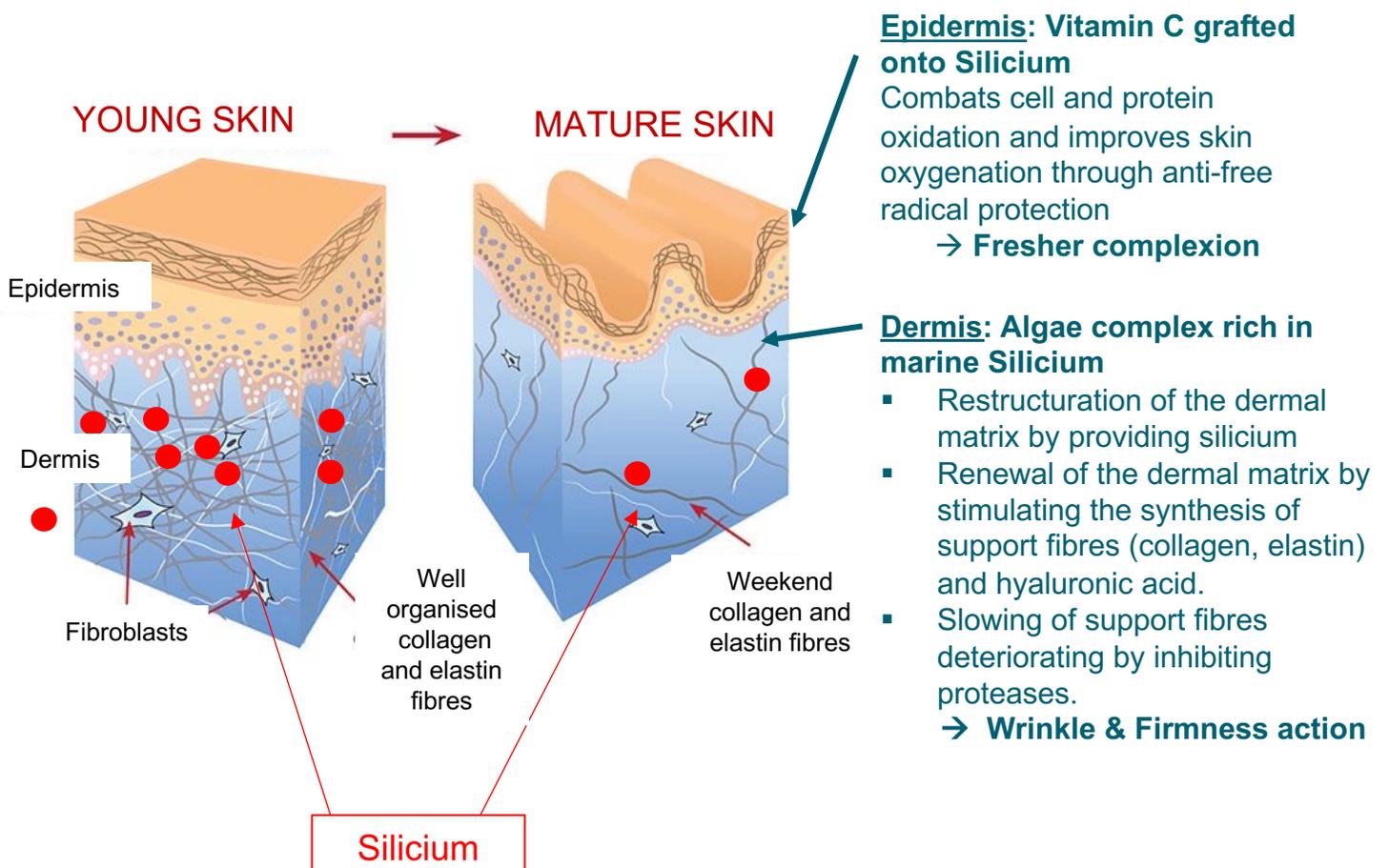
The marine silicium-rich *Diatom* microalgae is combined with a macroalgae named “Marine bamboo” to renew and restructure the dermal matrix by activating collagen, elastin, and hyaluronic acid synthesis.

#### A revolutionary extraction method:

- A patented extraction process which reproduces the natural conditions microalgae need to develop. Only one sample is necessary for reproduction. There is therefore no diatom depletion in the natural environment.
- Revolutionary innovation that makes growing all types of microalgae possible including the most fragile varieties, impossible previously.



### Focus on the algae complex rich in marine silicium and vitamin C

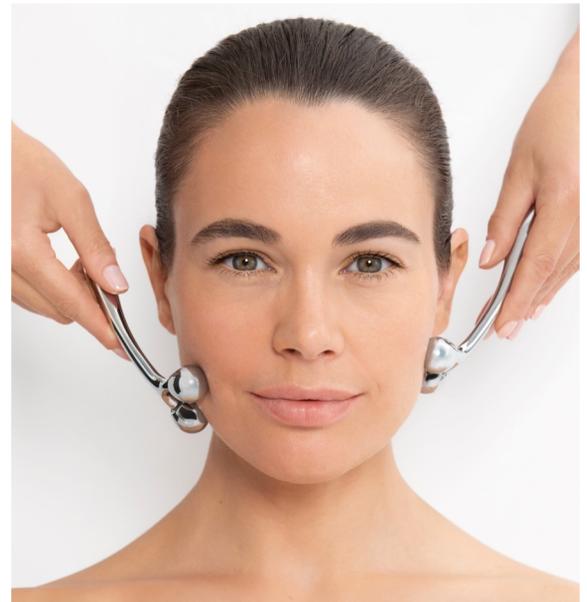


## THALGO Face Fitness

As a pioneer to this method with Energilift, an intense manual lift, THALGO continues its innovation and creates a pro gentle lifting method combined with two Lifting and Firming Rollers inspired by face fitness to firm the skin, fill wrinkles and refresh the complexion.

### A gentle pro lifting method

- **ORIGINAL** thanks to using 2 Rollers
- **EFFECTIVE** by gently stimulating the skin thanks to the kneading and wrinkle-by-wrinkle movements
- **BOOST PRODUCTS' EFFECTIVENESS** by optimising absorption of active ingredients
- **EASY TO LEARN AND PERFORM**



### 2 Lifting & Firming Rollers

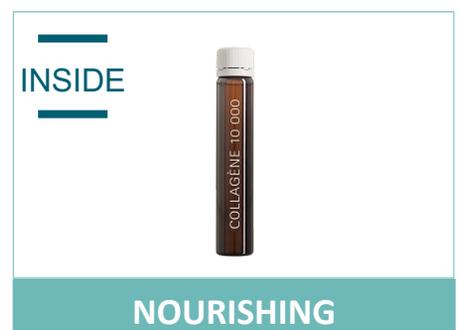
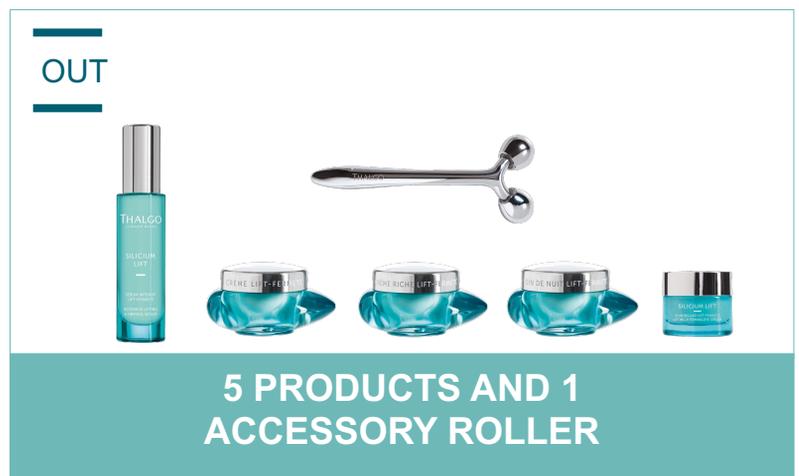
- **"KNEADING" MOVEMENTS** thanks to the balls being perfectly spaced
- **IMMEDIATE CRYO EFFECT** thanks to the 100% metal alloy
- **ERGONOMIC SHAPE** to make handling easier



## What is in & out?

A comprehensive programme that provides a beauty response in synergy mode to optimise results:

- “**In**”: inside the body, directly in the organism,
- “**out**”: outside the body, directly on the skin.



## A redesigned floral fragrance



Top: Jasmin flowers

Heart: Orange blossom

Base: White musk

## Retail products

### DAILY SKINCARE

<p><i>New</i></p> <p>USE with the FACE FITNESS ROLLER</p>  <p>94% INGREDIENTS FROM NATURAL ORIGIN</p>	<p><i>New</i></p> <p>USE with the FACE FITNESS ROLLER</p>  <p>92% INGREDIENTS FROM NATURAL ORIGIN</p>	<p><i>New</i></p> <p>USE with the FACE FITNESS ROLLER</p>  <p>93% INGREDIENTS FROM NATURAL ORIGIN</p>	<p><i>New</i></p> <p>USE with the FACE FITNESS ROLLER</p>  <p>91% INGREDIENTS FROM NATURAL ORIGIN</p>
<p><b>INTENSIVE LIFTING &amp; FIRMING SERUM</b> VT/KT</p>	<p><b>LIFTING &amp; FIRMING CREAM</b> VT/KT</p>	<p><b>LIFTING &amp; FIRMING RICH CREAM</b> VT</p>	<p><b>LIFTING &amp; FIRMING NIGHT CREAM</b> VT</p>
<p>A super-concentrated fine emulsion with a lifting action for skin that looks firmer, reduced wrinkles and a fresher complexion after 14 days</p> <p><b>Firms</b> <b>Lifts</b></p>	<p>A hydrating melting cream for lifted and firmed skin, reduced wrinkles and a visibly fresher complexion.</p> <p><b>Firms</b> <b>Hydrates</b></p>	<p>A luscious nourishing cream for lifted and firmed skin, reduced wrinkles and a visibly fresher complexion.</p> <p><b>Firms</b> <b>Nourishes</b></p>	<p>A luscious, enveloping cream for a firmer, more toned face and a complexion that looks fresher on waking</p> <p><b>Firms</b> <b>Reshapes</b></p>

<p><i>New</i></p> <p>USE with the FACE FITNESS ROLLER</p>  <p>95% INGREDIENTS FROM NATURAL ORIGIN</p>	<p><i>New</i></p> 	
<p><b>LIFTING &amp; FIRMING EYE CREAM</b> VT/KT</p>	<p><b>FACE FITNESS ROLLER</b> BT</p>	<p><b>COLLAGEN 10,000</b> VT/KT</p>
<p>A melting cream that reduces wrinkles, puffiness and dark circles for an eye contour that seems lifted and fresher eyes</p> <p><b>Firms</b> <b>Puffiness &amp; dark circles</b></p>	<p>An essential accessory as a relay for the professional treatment at home for lifted and firmed skin, reduced wrinkles and a visibly fresher complexion.</p> <p><b>Firms &amp; Lifts</b></p>	<p>An anti-ageing shot to drink to help to fill in and plump up even set-in wrinkles from within</p> <p><b>Helps to fill in</b> <b>Plump up</b></p>

## Salon-specific products

<p><i>New</i></p> 	<p><i>New</i></p> 	<p><i>New</i></p> 	
<p><b>INTENSIVE LIFTING &amp; FIRMING SERUM</b> VT/KT</p>	<p><b>LIFTING &amp; FIRMING MARINE MASK</b> KT</p>	<p><b>CRYO-LIFTING &amp; FIRMING MASK</b> KT</p>	<p><b>GAUZE BANDS</b> BT</p>
<p>A super-concentrated fine emulsion with a lifting action for skin that looks firmer, reduced wrinkles and a fresher complexion after 14 days</p> <p><b>Firms</b> <b>Lifts</b></p>	<p>Active fabric with algae fibres to visibly firm the top part of the face</p> <p><b>Firms</b> <b>Lifts</b></p>	<p>A reshaping mask with a “cryo-lifting” effect, to lift the lower part of the face</p> <p><b>Cryo</b> <b>Tightening effect</b></p>	<p>Gauze band for carrying out the Cryo-Lifting &amp; Firming Mask.</p> <p><b>1 gauze = 2 treatments</b></p>

Products grouped by 6 and gauze bands by 3  
in the **Silicium Lift Programme**  
“Firming Silicium Lift Treatment”



## What is in your product?

### AT THE HEART OF THE PACKAGING

A committed eco-design approach and modernised packs

#### 1/ Integration of the eco-refills in the anti-ageing skincare offer

Now refillable again and again, the pebble jar is in keeping with the environmental and economical approach with a technically recyclable plastic insert



#### 2/ Packaging chosen as a priority for its recyclability

Single-doses and tubes in recyclable plastic including recycled plastic (50% PCR for the tubes)

Boxes in metallic cardboard from sustainably managed forests, without a plastic film being applied to the surface that can penalise recyclability

#### 3/ A THALGO signature design

An “aqua” universe, an emblematic colour for anti-ageing skincare.

A new modern and streamlined graphic charter with a modernised algae design.

### AT THE HEART OF THE FORMULAS

A clean ingredients charter



#### 1/ Maximise the % of naturalness of our formulas & marine active ingredients

- . Minimum 91% natural origin ingredients in all of the line's formulas
- . All of the line's Yuka scores are green
- . Micronised Marine Algae Filtrate in all formulas\*

#### 2) Remove controversial ingredients



ENDOCRINE  
DISRUPTORS

Parabens  
Phenoxyethanol  
Silicones  
BHA, BHT  
Phthalates,  
EDTA  
Triclosan  
Salicylic acid



OILS  
MINERAL

Vaseline  
Paraffin



IRRITATING  
INGREDIENTS

MIT  
Sodium laureth sulfate  
Lauryl sulfate  
Benzyl salicylate  
Nano



INGREDIENTS FROM  
ANIMAL ORIGIN

Lanolin  
Cochineal  
Animal squalane

\*Except Cryo-Lifting & Firming Mask

# PROFESSIONAL TREATMENT

## Prepare your products and treatment room

### Firming Silicium Lift Treatment



TOTAL TIME: 55min



2 Gentle Cleansing Brushes



4 oshiboris: 3 damp and 1 dry



Face Fitness Roller Duo



1 ml of Aquatic Essence

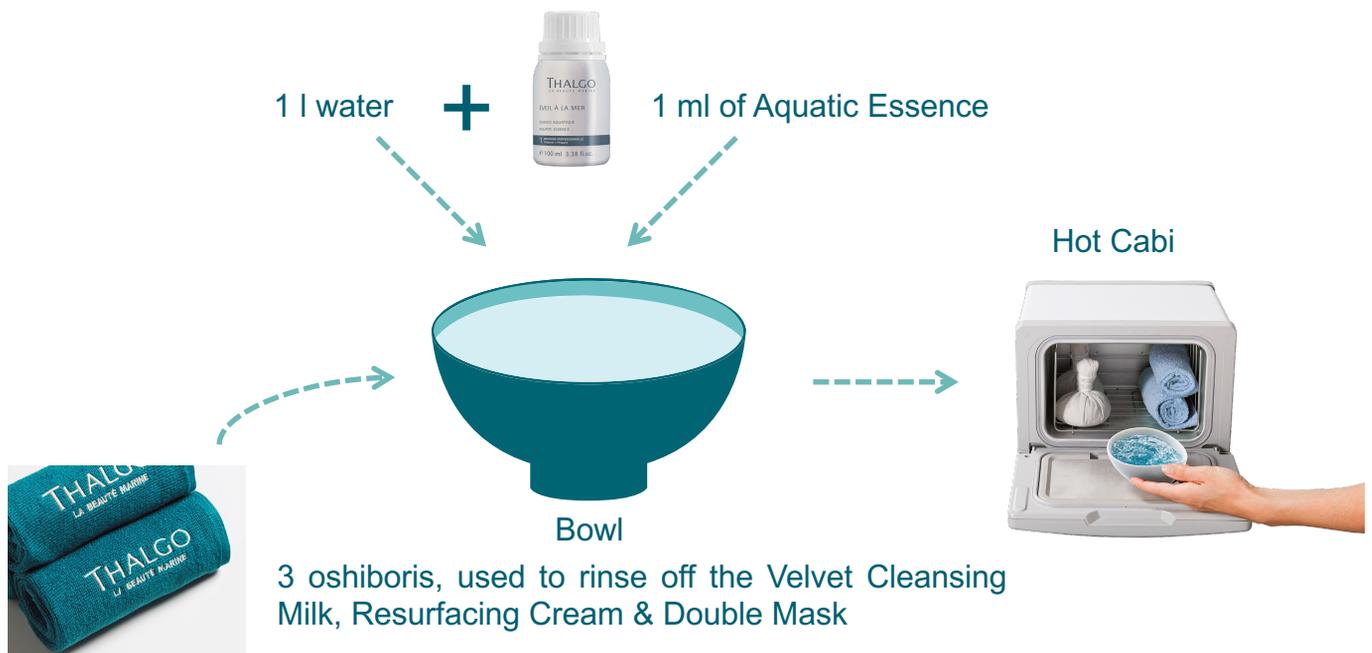


Silicium Lift Programme: 1 Intensive Lifting & Firming Serum + 1 Lifting & Firming Marine Mask + 1 Lifting & Firming Cryo Mask + ½ gauze



1 Hot Cabi

### Recipe for damp oshiboris



## Aquatic Essence

The THALGO signature olfactory aromatic complex

### ACTIVE INGREDIENTS + BENEFITS



Essential oils:

Tea Tree essence, Lavandin, Chamomile  
**RELAXES / PURIFIES**

Fucus  
absolute  
**SOOTHES**



**SALON:**  
KT15046 - 100 ml

### TEXTURE & FRAGRANCE

- Aromatic oily solution
- Top: Grapefruit
- Heart: Marine algae
- Base: Musk

### WORDS FOR TALKING ABOUT IT

- Hot fragranced oshiboris make the treatment room smell nice and enable the face to be comfortably rinsed and last traces of make-up to be removed..

### DIRECTIONS FOR USE

- **SALON:** Dilute 1 ml of Aquatic Essence in 1 litre of water. Mix and soak the oshiboris in the solution. Wring them out, roll them up, then place them in the Hot Cabi.

## Treatment room set-up

Welcoming, to make the client feel calm and relaxed

### 1/ Treatment bed:

Heated mattress

Memory foam mattress

Linen: Treatment bed sheet, bath sheet and towel

### 2/ THALGO Products:

Select 4 retail products that you want to recommend (3 skincare products and 1 nutricosmetic product)



### 3/ Work surface:

THALGO small treatment bowls (Velvet Cleansing Milk, Resurfacing Cream, Dermastim+ Massage Balm)

+ Reviving Marine Mist

+ Micellar Cleansing Eye Gel

+ Beautifying Tonic Lotion

+ Silicium Lift Programme

+ Lifting & Firming Duo Rollers

+ Lifting & Firming Eye Cream

+ Lifting & Firming Cream



Ensure that the treatment room you present is clean and completely tidy



Select music that will be suitable for the treatment



Check the comfort of your treatment bed as well as the linen softness



Take care to use suitable words



Fragrance your treatment room if necessary



### 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 4 stages of the treatment

### 1. IMMERSE – 18 min

**1 ml**  
Reviving Marine Mist

**1 ml**  
Micellar Cleansing Eye Gel

**5 ml**  
Velvet Cleansing Milk

**3 ml**  
Beautifying Tonic Lotion

**2 ml**  
Resurfacing Cream

**Éveil à la Mer Massage**

- Apply to all wrinkles
- Work wrinkle by wrinkle
- Dermal stimulation

### 2. ENERGISE – 3 min

**1 ml**  
Reviving Marine Mist

**Energising Digitopressure**

### 3. CORRECT – 30 min

**Intensive Lifting & Firming Serum**

**2 ml**  
Dermastim+ Massage Balm

**Face Fitness Roller Duo**

**Dermastim+ Massage and Face Fitness Roller Duo**

**Lifting & Firming Marine Mask**

**Cryo-Lifting & Firming Mask**

### 4. REVEAL – 4 min

**0.5 ml**  
Lifting & Firming Eye Cream

**2 ml**  
Lifting & Firming Cream

**Réveil à la Mer massage**

**Collagen 10,000**

## Treatment and product protocol in detail

### KEY STAGE 1/4: Personalisation

Your customer is lying down comfortably. After you've washed your hands, ask them 4 questions while you're putting the towel around their hair:

- Your client's perception: *How do you feel about your skin at the moment?*
- Her specific expectations: *What do you expect from the treatment today?*
- Your client's habits: *Which products do you like to use at home to treat this issue? Which textures do you like?*

This allows you to know what their priority(ies) are and therefore intensify your techniques on an area in particular during the treatment. You can also give them some good beauty tips, and make your recommendation just right more than anything:

*"Your priority is ... so the solution is..."*

They'll be pleased to have a personalised treatment where you take their needs into account, they'll feel unique. Never forget: they go to your salon and come back thanks to you!



Don't forget to fill in your beauty prescription at the start and end of the treatment

**1/ COMPLETE** the face diagnosis at the start of the treatment and/or in the final minutes the mask is on for

**2/ RECOMMEND** 3 skincare products and 1 nutricosmetic product your client needs by giving them the leaflet

**3/ EXPLAIN** the anti-wrinkle and firming beauty routine best suited for them by giving two tips related to their priority

**4/ NOTE** what they buy and keep the sheet. If your client doesn't buy, offer them to try a product that corresponds to their priority.

## 1. IMMERSE

### Your product



RETAIL  
VT21008 - 150 ml

SALON  
KT21008 - 250 ml

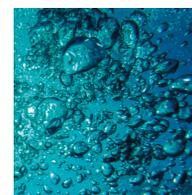
## Reviving Marine Mist

The remineralising shot of sea water

### ACTIVE INGREDIENTS + BENEFITS



Micronised Marine  
Algae Filtrate  
**REVITALISES**



Sea water  
**REMINERALISES**

TEXTURE & FRAGRANCE	WORDS FOR TALKING ABOUT IT	DIRECTIONS FOR USE
<ul style="list-style-type: none"> <li>A sea water mist with refreshing, addictive marine notes (marine accord top note and floral middle jasmine and lotus notes)</li> </ul>	<ul style="list-style-type: none"> <li>The only isotonic* mist that contains the 92 mineral components of sea water</li> <li>Increases product effectiveness</li> <li>Acts like a real remineralising marine plasma</li> <li>The skin is hydrated, energised, strengthened, visibly more beautiful.</li> </ul>	<ul style="list-style-type: none"> <li><b>SALON:</b> No need to shake. Close the eyes and spritz 1 ml over the face</li> <li><b>RETAIL:</b> A serum in a mist that can be used at any time during the day</li> </ul>

### Your technique



## Eveil à la Mer Massage

### WHAT IS IT?

A “breathing space” to disconnect from the outside before starting the treatment in order to create a marine ambience by spraying the Mist and apply relaxing pressures to the décolleté and face.

### WORDS FOR TALKING ABOUT IT

- Welcome massage for diving into the marine universe and disconnecting from the outside world

### THE METHOD

- Put a towel around the head to protect their hair.
- Carry out each manoeuvre 3 times.

\*Isotonic: which has the same osmotic pressure as the body's liquids (e.g.: plasma, etc.)



### 1. Contact

Lightly spray **Reviving Marine Mist** diffusely all over the face.

### 2. Breathing

Take advantage of this moment to get her to breathe deeply and let go. Your left hand on her forehead exerts controlled pressure and your right hand on the plexus is much lighter.

### 3. Sea of sand

The movements reproduce the sound of the waves that come and go on the beach. This is a very slow and gentle movement to perform over the towel by the client's ears.

### 4. Shoulder pressures

Place your hands on her shoulders in an enveloping way and exert pressure.

### 5. Trapezius pressures

Keep the same pace and the same pressure for the trapezius muscles.

### 6. Neck pressures

### 7. Facial contour pressures

For facial contours ensure you exert pressure in-depth and not in horizontal stretching.

### 8. Eye contour pressures

Eyes cupped, carry out very light pressure in the centre and more intense pressure on the bone of the eye contour.

### 9. Forehead pressures

Pressures on the forehead.

### 10. Head pressures

Pressures on the release point on the central axis.

### 11. Sea of sand

## MAKE-UP REMOVAL

### Your products



RETAIL  
VT21005 - 125 ml

SALON  
KT21005 - 250 ml

## Micellar Cleansing Eye Gel

Express eye make-up removal

### ACTIVE INGREDIENTS + BENEFITS



Micronised Marine  
Algae Filtrate  
**REVITALISES**



Micellar  
technology  
**EXPRESS ACTION**

#### TEXTURE & FRAGRANCE

- A super-fresh, light gel in water -  
Fragrance-free

#### WORDS FOR TALKING ABOUT IT

- Gently removes all traces of hard-to-remove make-up - even waterproof
- Suitable for contact lens wearers and eyelash extensions
- The eye contour is hydrated, fresher, as if toned

#### DIRECTIONS FOR USE

- **RETAIL:** Apply a pea-sized amount using a fingertip or a cotton pad
- **SALON:** Apply 1 ml to cotton pads

## Velvet Cleansing Milk

The gentle cocoon make-up remover and cleanser

### ACTIVE INGREDIENTS + BENEFITS



Micronised Marine  
Algae Filtrate  
**REVITALISES**



A duo of castor and  
grape seed oils  
**ENVELOPING ACTION**

#### TEXTURE & FRAGRANCE

- A fine, velvety emulsion with light, refreshing marine notes

#### WORDS FOR TALKING ABOUT IT

- Gently and efficiently removes make-up
- Face & eyes
- Comfortable, soft, soothed, and nourished skin
- All skin types

#### DIRECTIONS FOR USE

- **RETAIL:** Use circular motions to apply to the face and neck with the fingertips, morning and evening. Rinse off any excess
- **SALON:** Emulsify 5 ml with the Gentle Cleansing Brushes, then rinse with a lukewarm oshibori



RETAIL  
VT21002 - 200 ml

SALON  
KT21002 - 500 ml

## Beautifying Tonic Lotion

A hydrating beauty water

### ACTIVE INGREDIENTS + BENEFITS



Micronised Marine  
Algae Filtrate  
**REVITALISES**



3% Glycerine  
100% plant  
**HYDRATES**

#### TEXTURE & FRAGRANCE

- A fresh lotion with light, refreshing marine notes.

#### WORDS FOR TALKING ABOUT IT

- Cleanses in the morning and removes all traces of make-up in the evening
- Alcohol-free
- Hydrated, toned, radiant and revitalised skin
- All skin types

#### DIRECTIONS FOR USE

- **RETAIL:** After the Milk, apply the Beautifying Tonic Lotion all over the face and neck with a cotton pad morning and evening
- **SALON:** Apply 3 ml to the face using 2 cotton pads after the Milk

RETAIL  
VT21003 - 200 ml

SALON  
KT21003 - 500 ml



### Your technique

1. Cleanse the eyes and mouth with **Micellar Cleansing Eye Gel** (1 ml).

2. Emulsify the **Velvet Cleansing Milk** (5 ml) using the **Gentle Cleansing Brushes**.

*“Use super soft brushes to cleanse gently and deeply”*



BT21010

Then rinse with a warm oshibori lightly fragranced with **Aquatic Essence**.

3. Then apply the **Beautifying Tonic Lotion** (3 ml) to remove any traces of make-up. Next, dry using a dry oshibori.

## EXFOLIATION

### Your product



RETAIL  
VT16005 - 50 ml

SALON  
KT16004 - 150 ml

## Resurfacing Cream

A pro product for mechanical exfoliation

### ACTIVE INGREDIENTS + BENEFITS



Aluminium Oxide microcrystals  
**EXFOLIATE - SMOOTH**



Shea butter  
**NOURISH & SOOTH**

#### TEXTURE & FRAGRANCE

- Fragrance-free luscious cream

#### WORDS FOR TALKING ABOUT IT

- Deep exfoliation of wrinkles and irregularities without drying, the skin is re-textured, supple and smoothed, the complexion is glowing and even

#### DIRECTIONS FOR USE

- **RETAIL / SALONS:** Apply 2 ml specifically, wrinkle by wrinkle. Emulsify and then rinse with a warm oshibori

### Your technique



1. Apply 2 ml of **Resurfacing Cream** over all wrinkles on the face, neck and décolleté

*“The Resurfacing Cream will erase wrinkles and unevenness, one by one. Your skin will be smoother and more radiant!”*



2. **Wrinkle by wrinkle**  
Work on each wrinkle one by one in circular smoothing movements and back and forth movements.



3. **Dermal stimulation**  
Work on each wrinkle with energising movements to stimulate the skin, using your 2 index fingers on small areas (frown lines, crow's feet, lips) and using your 2 index fingers and middle fingers on large areas (forehead, folds, neck).

To finish, emulsify with water so you can spread the scrub evenly over the entire face and neck, then rinse with a lukewarm oshibori lightly fragranced with **Aquatic Essence** and dry with a dry oshibori.



### Tip:

Ask your customer to touch their skin and let them see how soft it is, she will be instantly convinced

*“The Resurfacing Cream, a must-have pro product to have in the bathroom!”*



### Did you know?

The aluminium oxide microcrystals in the Resurfacing Cream were originally used pure in the micro-dermabrasion devices including the THALGO Thalgoskin Expert. This is the resurfacing technique that inspired THALGO to create this favourite product.



Leave the client under the steamer for 2 minutes (optional).

## 2. ENERGISE

### Your product



RETAIL  
VT21008 - 150 ml

SALON  
KT21008 - 250 ml

## Reviving Marine Mist

The remineralising shot of sea water

### ACTIVE INGREDIENTS + BENEFITS



Micronised Marine  
Algae Filtrate  
**REVITALISES**



Sea water

### REMINERALISES

TEXTURE & FRAGRANCE	WORDS FOR TALKING ABOUT IT	DIRECTIONS FOR USE
<ul style="list-style-type: none"> <li>A sea water mist with refreshing, addictive marine notes (marine accord top note and floral middle jasmine and lotus notes)</li> </ul>	<ul style="list-style-type: none"> <li>The only isotonic* mist that contains the 92 mineral components of sea water</li> <li>Increases product effectiveness</li> <li>Acts like a real remineralising marine plasma</li> <li>The skin is hydrated, energised, strengthened, visibly more beautiful.</li> </ul>	<ul style="list-style-type: none"> <li><b>SALON:</b> No need to shake. Close the eyes and spritz 1 ml over the face</li> <li><b>RETAIL:</b> A serum in a mist that can be used at any time during the day</li> </ul>

### Your technique



## Energising Digitopressure

### WHAT IS IT?

Natural method consisting of stimulating the meridians, which in traditional Chinese medicine are the channels of the human body, that are interconnected, by which qi circulates, the body's vital energy.

### WORDS FOR TALKING ABOUT IT

- The points worked on sooth tensions, energise the body and free energy.

### THE METHOD

- Apply pressure three times for each point, gradually increasing the intensity: light, medium then deep

\*Isotonic: which has the same osmotic pressure as the body's liquids (e.g.: plasma, etc.)



### 1. Contact

With one hand on the client's shoulder, spray **Reviving Marine Mist** (1 ml).

### 2. Forehead: Governing Vessel points

3 points from the hairline to the Do In point. On completion of each point, smooth the forehead outwards.

### 3. Start of the eyebrows: Bladder point

Smooth to reach the following point.

### 4. Tip of the eyebrows: Triple Warmer point

Smooth to reach the following point.

### 5. Temples

Circular pressures on the temples. Smooth to reach the following point.

### 6. Outer corner of the eye: Gallbladder point

Small hollow in the outer corner of the eye. Smooth to reach the following point.

### 7. Lacrimal glands: Bladder point

At the lacrimal glands.

### 8. Wings of the nose: Large Intestine point

On completion of the point, smooth the cheek outwards.

### 9. Middle of the chin: Conception Vessel point

On completion of the point, smooth the jawline outwards.

### 10. Scalp kneading

Finish with a scalp massage on the towel.

## KEY STAGE 2/4: The signature, Reviving Marine Mist

*“To give you the hydrating and revitalising benefits of sea water, spray on the Reviving Marine Mist. For restored energy, relaxed features and younger-looking eyes, I’m going to do THALGO Restorative Digitopressure”*

### 3. CORRECT

#### Your products



**X2 CONCENTRATED  
VERSUS  
THE CREAM  
& RICH CREAM**

**RETAIL**  
VT21025 - 30 ml

**SALON**  
KT21015 - Single dose in a box  
of 6 treatments

USE  
with the  
**FACE FITNESS  
ROLLER DUO**

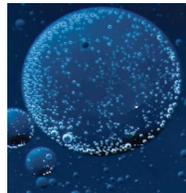
## Intensive Lifting & Firming Serum

The super lifting serum

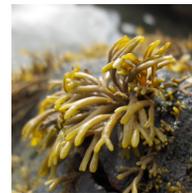
### ACTIVE INGREDIENTS + BENEFITS



Algae complex rich in marine  
silicium and vitamin C



Extract of  
Pelvetia canaliculata



Micronised Marine  
Algae Filtrate

**WRINKLE & FIRMNESS ACTION**

**ELASTICITY ACTION**

**REVITALISES**

#### TEXTURE & FRAGRANCE

- A super-concentrated, milky and slightly orangey fine emulsion, that melts on the skin with a redesigned floral fragrance

#### WORDS FOR TALKING ABOUT IT

- A super-concentrated fine emulsion with a lifting action for skin that looks firmer, reduced wrinkles and a fresher complexion after 14 days

#### DIRECTIONS FOR USE

- **RETAIL:** Apply 1 ml (1 to 2 presses) to the entire face and neck. Scan the QR code to discover the Face Fitness Roller technique
- **SALON:** Apply the single-use dose in light sweeping strokes

## Dermastim+ Massage Balm

Transforming galenic formula maximising the Dermastim+ effectiveness

### ACTIVE INGREDIENTS + BENEFITS



3 hyaluronic acids  
and marine pro-collagen  
**INSTANT WRINKLE CORRECTION**



High molecular weight  
hyaluronic acid  
**PLUMPING**



#### TEXTURE & FRAGRANCE

- Transforming texture with feminine, fresh marine notes

#### WORDS FOR TALKING ABOUT IT

- Massage balm that transforms into an oil for effective and comfortable massage, then into a milk with the addition of water so the skin doesn't become oily

#### DIRECTIONS FOR USE

- **SALON:** Massage in the Dermastim+ Massage Balm, using the THALGO method for 10 minutes.



**SALON**  
KT19009 150 ml

## Your technique



### Dermastim+ Massage

#### WHAT IS IT?

A manual stretch:

- For a glowing and bright complexion from the 1<sup>st</sup> minutes of massage  
= blood circulation activation
- For deep cell regeneration  
= dermis stimulation
- For smooth skin and visibly filled in wrinkles  
= relax the wrinkles

#### WORDS FOR TALKING ABOUT IT

#### THE METHOD

- The Dermastim+ massage is a manual stretch that allows the complexion's brightness to be revived, the skin smoothed and wrinkles filled in
- Carry out each manoeuvre 1 times

## Your technique with your rollers



### Face Fitness Roller Duo

#### WHAT IS IT?

Professional double massage rollers, with unique spacing, which enables a global and targeted massage to firm the skin, fill in wrinkles and freshen the complexion.

#### WORDS FOR TALKING ABOUT IT

#### THE METHOD

- A mechanical massage with immediate firming action instantly reducing the appearance of wrinkles.
- Carry out each manoeuvre 1 times

RETAIL  
BT21042 - Lifting & Firming Roller

SALON  
BT21043 - Lifting & Firming Duo  
Rollers



## APPLY

1. Apply **Intensive Lifting & Firming Serum** then 2 ml of **Dermastim+ Massage Balm** in light sweeping strokes all over the face, neck and décolleté. Then carry out the **Dermastim+ Massage** and **Face Fitness Roller Duo**.



## RELAX, Marine Bubble

### 1. Alternating wave

Make alternating light sweeping strokes with one hand flat on the décolleté and the other at the nape of the neck; simultaneously apply pressure to the opposite shoulder and nape of the neck.

### 2. Relaxing decompression

Make light sweeping strokes, starting from the middle of the décolleté, kneading the trapezium muscles with your knuckles, then apply pressure with flat hands to the face, before gently releasing.



## SMOOTH, Dermal Stimulation

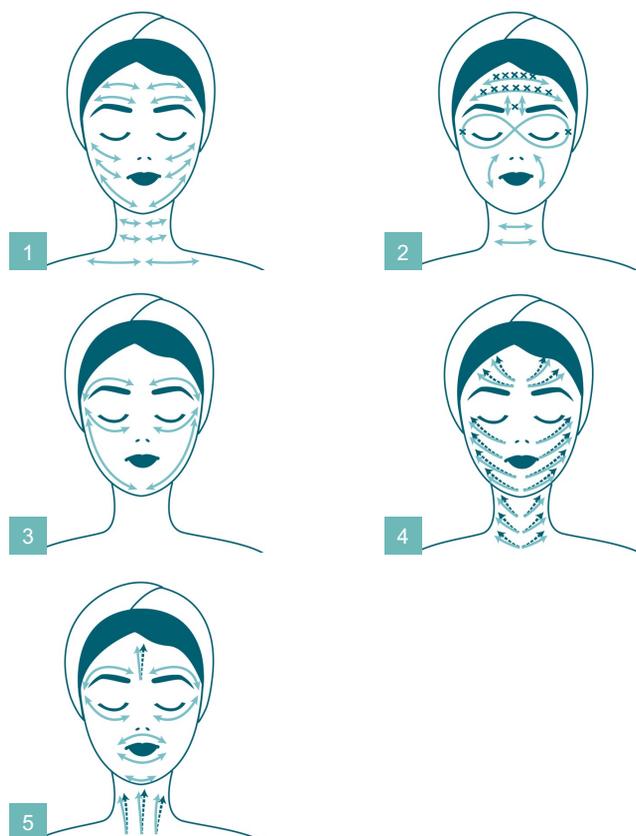
1. Make stimulation movements with the index and middle fingers of both hands, on one side of the face, neck and forehead.

>> 1 back and forth

2. Depending on the area, carry out the movement with 1 or 2 fingers.

3. Carry out the same movement on the other side of the face.





## FIRM AND FILL IN, Lifting & Firming Duo Rollers

### 1. Face Lift

Carry out back and forth movements from the centre outwards on the décolleté, neck, and then the face.

### 2. Wrinkles zone by zone lift

Carry out smoothing movements back and forth along each wrinkle then criss-cross movements with a single metal tip of each roller, work on the eyes with figure 8 smoothing.

### 3. 3 stage Lift

Start from the chin and move up to the temples, continue on the cheek bones and join the temples, then from the base of the eyebrows and join the temples again.

### 4. Half-face lift

Alternate the two rollers from the centre outwards on the neck, then the face, going back and forth once. Do the same on the other side.

### 5. Zone by zone lift

Work on the neck and face contours upwards alternately, under the chin and around the lips, one roller after the other horizontally, back and forth over the cheek bones and eyebrows, between the eyebrows upwards alternately.



## RELAX, Marine Bubble

Finish with the marine bubble, identical to the start of the massage.

### 1. Alternating wave

### 2. Relaxing decompression

## KEY STAGE 3/4: Effectiveness

Tell your client about the Rollers and point out that you are concentrating on the priority area(s) decided on in the 1/4 key stage.

*“The Face Fitness Roller Duo amplify the anti-wrinkle and firming results, it’s been proven, the skin is lifted twice as much with the rollers”*

## Mask

### Your product



#### SALON EXCLUSIVE

**SALON**  
KT21015 - Single dose  
in a box of 6 treatments

## Lifting & Firming Marine Mask

Active fabric with algae fibres combined with the Lifting & Firming Duo Rollers to smooth wrinkles and visibly firm the top part of the face.

### ACTIVE INGREDIENTS + BENEFITS



Algae complex rich in marine silicium and vitamin C  
**WRINKLE & FIRMNESS ACTION + COMPLEXION**



Hyaluronic acid  
High Molecular Weight  
**IMMEDIATE PLUMPING**



Micronised Marine Algae Filtrate  
**REVITALISES**

#### TEXTURE & FRAGRANCE

- 100% biodegradable active fabric with algae fibres. Plant cellulose mask enriched with alginates and marine concentrate with redesigned floral notes

#### WORDS FOR TALKING ABOUT IT

- Firms the skin
- Fills in wrinkles
- Fresh complexion

#### DIRECTIONS FOR USE

- SALON:** Apply to the top part of the face, during the 15-minute leave-on time, use the Face Fitness Roller Duo with the THALGO method on wrinkles zone-by-zone.

## Cryo-Lifting & Firming Mask

A reshaping mask with a "cryo-lifting" effect, to lift the lower part of the face

### ACTIVE INGREDIENTS + BENEFITS



Algae complex rich in marine silicium and vitamin C  
**WRINKLE & FIRMNESS ACTION + COMPLEXION**



High tolerance cold activator  
**CRYO ACTION**



Micronised Marine Algae Filtrate  
**REVITALISES**



#### SALON EXCLUSIVE

**SALON**  
KT21015 - Single dose  
in a box of 6 treatments

#### TEXTURE & FRAGRANCE

- Powder with redesigned floral notes, to rehydrate in water to create a cryo mask, tightening effect thanks to lifting gauzes.

#### WORDS FOR TALKING ABOUT IT

- Firms the skin
- Immobilising effect even after removal
- Fresh complexion

#### DIRECTIONS FOR USE

- SALON:** Mix the contents of the sachet with 35 ml of water at room temperature. Apply a medium-thick layer of the mixture to the gauze and then use a spatula to smooth it with a sculpting movement.



1



2



1



2



2



3



3



4



5

## LIFTING & FIRMING MARINE MASK

1. Apply the **Lifting & Firming Marine Mask** to the upper part of the face.

## CRYO-LIFTING & FIRMING MASK

2. Apply a thick layer of **Lifting & Firming Cream**, from the sides of the nose to the base of the neck. Place a cotton pad over the mouth. Cover the area with the gauze (1 roll for 2 treatments).

3. Pour 35 ml of water at room temperature onto the **Cryo Lifting & Firming Mask** powder. Mix and use the spatula to apply a medium-thick layer, moving upwards. Do not go beyond the gauze and avoid the trachea.

4. During the 15-minute leave-on time, work over the **Lifting & Firming Marine Mask** with the **Face Fitness Roller Duo** over wrinkles zone by zone: carry out smoothing movements back and forth along each wrinkle then criss-cross movements with a single metal tip of each roller, work on the eyes with figure 8 smoothing.

Continue with the **Deeply Nourishing Hand Massage** with **Deeply Nourishing Hand Cream**.

5. Remove the 2 masks while asking the client to smile when removing the **Cryo Lifting & Firming Mask**. Rinse and dry all of the face and neck.

**Precautions for using the Lifting & Firming Cryo Mask Powder:** avoid contact with the eyes, do not breathe in the fine powder.



### Tips:

- Apply the Lifting & Firming Cryo Mask with a brush to shape it while making it perfectly adhere to the face and having a +++ lifting effect.
- You can also cut your gauzes in advance to gain time during your facial treatment.

## 4. REVEAL

### Your product



RETAIL  
VT21026 - 50 ml

SALON  
KT21014 - 100 ml

## Lifting & Firming Eye Cream

The eye lifting expert

USE  
with the  
FACE FITNESS  
ROLLERS

### ACTIVE INGREDIENTS + BENEFITS



Algae complex rich  
in marine silicium and vitamin C  
**WRINKLE & FIRMNESS ACTION  
+ COMPLEXION**



Samphire  
micro-organism  
ferment  
**ANTI-PUFFINESS  
& DARK CIRCLE ACTION**



Micronised Marine  
Algae Filtrate  
**REVITALISES**

#### TEXTURE & FRAGRANCE

- Fragrance-free, luscious cream that melts into the skin without leaving a greasy finish.

#### WORDS FOR TALKING ABOUT IT

- Puffiness, dark circles and wrinkles are gradually faded
- The eye contour is firmer, more toned, as if lifted
- The eyes are more open, brighter and fresher

#### DIRECTIONS FOR USE

- RETAIL: Apply morning and/or night. Scan the QR to discover
- the Face Fitness Roller THALGO professional method that enables the results to be maximised.
- SALON: Apply 0.5 ml to the eye contour area

### Your technique



Apply 0.5 ml of the **Lifting & Firming Eye Cream** to the eye contour using the THALGO method:

*“Contrary to smoothing, pressure allows draining and refreshing to avoid dark circles and puffiness forming without creasing the eyes”*

## Your product

USE  
with the  
**LIFTING & FIRMING  
ROLLER**

## Lifting & Firming Cream

The hydrating lifting cream

### ACTIVE INGREDIENTS + BENEFITS



Algae complex rich in marine silicium and vitamin C  
**WRINKLE & FIRMNESS ACTION + COMPLEXION**



A cocktail with Alginate and high molecular weight HA  
**HYDRATING ACTION**



Micronised Marine Algae Filtrate  
**REVITALISES**

INGREDIENTS  
**92%**  
FROM NATURAL ORIGIN



RETAIL  
VT21020 - 50 ml

SALON  
KT21013 - 100 ml

#### TEXTURE & FRAGRANCE

- A fine, melting hydrating cream with redesigned floral notes

#### WORDS FOR TALKING ABOUT IT

- Hydrated / nourished skin until the evening
- Skin is gradually firmer, more elastic and more toned, like after an exercise session
- Wrinkles are visibly reduced and the complexion fresher

#### DIRECTIONS FOR USE

- **RETAIL:** Apply morning and evening after the Intensive Lifting & Firming Serum. Scan the QR to discover the Face Fitness Roller THALGO professional method that enables the results to be maximised.
- **SALON:** Apply 1 ml all over the face and neck

## Your technique



Apply 2 ml of **Lifting & Firming Cream** to the face and neck using the Thalgo method:

*“The marine wave allows, without friction, to smooth out the cream evenly while providing a moment of pure relaxation”*

## Your technique



## Réveil à la Mer massage

### WHAT IS IT?

A “breathing space” to reconnect at the end of the treatment with lulling manoeuvres for the client gently come back to the moment.

### WORDS FOR TALKING ABOUT IT

### THE METHOD

- End of treatment massage that allows the client to gently reconnect with the outside world
- Don't lose contact
- Carry out each manoeuvre 3 times



### 1. Sea of sand

The movements reproduce the sound of the waves that come and go on the beach. This is a very slow and gentle movement to perform over the towel by the client's ears. 3 times. Open the towel.

### 2. Shoulder pressures

Apply broad pressure to the shoulders. 3 times.

### 3. Rocking

Slide downwards along the arms, position your hands on top of each other on the stomach, and gently cradle the client so that she gently comes back to the moment.

## The dietary supplement

### Your product



**X2 VERSUS  
COLLAGEN 5000**

#### RETAIL

VT19016 - 10 single doses

#### SALON

KT19013 - 10 single doses



Propose **Collagen 10,000**, a ready-to-drink drink delivering 10,000 mg of marine collagen every day, to help lastingly fill wrinkles from within and plump the skin.

## Collagen 10,000

Marine anti-ageing shot to drink, for filled in wrinkles

### ACTIVE INGREDIENTS + BENEFITS

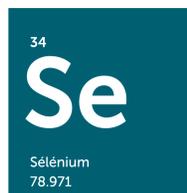


<sup>30</sup>  
**Zn**

Zinc  
65.38

10,000mg Pure marine Collagen Peptides -  
Patented Zinc - 15% NRV\*

#### TRIPLE WRINKLE CORRECTION



<sup>34</sup>  
**Se**

Sélénium  
78.971

Selenium - 15% NRV  
**ANTI-AGEING FIGHT**

#### TEXTURE & FRAGRANCE

- Melts in the mouth.
- Peach flavour

#### WORDS FOR TALKING ABOUT IT

- Ready-to-drink drink delivering 10,000 mg of marine collagen every day, to help lastingly fill wrinkles from within and plump the skin.
- -26% reduction in the number of wrinkles on the surface\*\*

#### DIRECTIONS FOR USE

- **RETAIL / SALONS:**
- Drink pure or diluted in a glass of water. 1 dose per day.
- As an intensive treatment: 1 dose per day for 1 month
- As a maintenance treatment: 1 dose per day for 10 days renewable every month

### KEY STAGE 4/4: The difference

Your client is nicely relaxed, starting to move again is an important moment, finish on a positive note by inviting them to sit and not just by telling them that the treatment is finished, the story with your client is never finished! Show them their face in the mirror, pointing out the results achieved. Have them try Collagen 10,000 and thank them for coming to do the treatment at your salon. In order to start a conversation, ask them only open questions, such as: *"What did you enjoy in the treatment?"*

\*Nutritional Reference Values

\*\*Double-blind, placebo controlled clinical study on 47 volunteers, using 10,000 mg of Peptan collagen daily for 12 weeks.

## Specific retail products

USE  
with the  
FACE FITNESS  
ROLLER

### Lifting & Firming Rich Cream

The nourishing lifting cream

#### ACTIVE INGREDIENTS + BENEFITS



93%  
INGREDIENTS  
FROM NATURAL ORIGIN



Algae complex rich in marine silicium  
and vitamin C  
**WRINKLE & FIRMNESS ACTION +  
COMPLEXION**



Raspberry and  
Blackcurrant Seed Oil  
**NOURISHING ACTION**



Micronised Marine  
Algae Filtrate  
**REVITALISES**

RETAIL  
VT 21023 - 50 ml

#### WORDS FOR TALKING ABOUT IT

- Hydrated / nourished skin until the evening
- Skin is gradually firmer, more elastic and more toned, like after an exercise session
- Wrinkles are visibly reduced and the complexion fresher

#### DIRECTIONS FOR USE

- **RETAIL:** Apply morning and evening after the Intensive Lifting & Firming Serum. Scan the QR to discover the Face Fitness Roller Duo THALGO professional method that enables the results to be maximised.

USE  
FACE FITNESS  
ROLLER

### Lifting & Firming Night Cream

The reshaping night cream

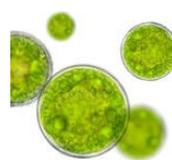
#### ACTIVE INGREDIENTS + BENEFITS



91%  
INGREDIENTS  
FROM NATURAL ORIGIN



Algae complex rich in marine silicium  
and vitamin C  
**WRINKLE & FIRMNESS ACTION  
+ COMPLEXION**



Chlorella extract  
**REPAIRING  
ACTION**



Micronised Marine  
Algae Filtrate  
**REVITALISES**

RETAIL  
VT21019 - 50 ml

#### TEXTURE & FRAGRANCE

- A night cream with redesigned floral notes, with a luscious and enveloping texture to actively massage the skin before the night to activate cell regeneration.

#### WORDS FOR TALKING ABOUT IT

- Night after night, the skin has more bounce and seems restructured on waking
- Skin is firmer, more elastic and more toned, like after an exercise session
- Wrinkles are visibly reduced and the complexion fresher

#### DIRECTIONS FOR USE

- **RETAIL:** Apply in the evening after the Intensive Lifting & Firming Serum. Scan the QR to discover the Face Fitness Roller and the THALGO professional method that enables the results to be maximised.

## Retail accessory



RETAIL  
BT21042

SALON  
BT21043

## Face Fitness Roller

Face Fitness at home

### BENEFITS

An essential accessory as a relay of the professional treatment at home for lifted and firmed skin, reduced wrinkles and a visibly fresher complexion.

#### LIFTING AND FIRMING ACTION

- This intensive massage roller gently stimulates the skin thanks to its kneading action which imitates the professional massage at home.
- It will stimulate blood and lymphatic microcirculation for better tissue oxygenation and renewal of the dermal matrix.
- The skin is smoothed, lifted, firmed and the complexion fresher.

#### QUALITY MATERIAL & ERGONOMIC SHAPE

- Designed in a metal alloy with an immediate cryo effect, this roller provides optimal handling and adapts well to facial contours, the eyes and neck.

#### THE RELAY OF THE PROFESSIONAL GESTURE AT HOME

- This professional massage tool turns the daily routine of applying skincare into a moment combining well-being and effectiveness.

# THE BEAUTY PROGRAMME AT HOME

## Your firming, anti-wrinkle beauty routine

### MORNING

Cleanse	Energise	Target	Treat
 <p>THALGO LA BEAUTE MARINE EVEIL À LA MER LOTION TONIQUE REHYDRATANTE REVITALISANTE 200 ml / 6.76 fl.oz.</p>	 <p>THALGO LA BEAUTE MARINE EVEIL À LA MER BRUMLING VIVIFIANT REMINERALISANT REVIVING MARINE MIST 150 ml / 5.07 fl.oz.</p>	 <p>SILICIUM LIFT SOIN REGARD LIFT-FERMETÉ LIFTING &amp; FIRMING EYE CREAM</p>	 <p>THALGO LA BEAUTE MARINE SILICIUM LIFT SÉRUM INTENSIF LIFT-FERMETÉ INTENSIVE LIFTING &amp; FIRMING SERUM</p> <p>OR</p> <p>THALGO LA BEAUTE MARINE CRÈME LIFT-FERMETÉ THALGO LA BEAUTE MARINE CRÈME RICHE LIFT-FERMETÉ</p>

### EVENING

Remove make-up	Energise	Target	Treat
 <p>THALGO LA BEAUTE MARINE EVEIL À LA MER GEL À L'ŒIL SOMMERSCHATTEN REMOVING EYE GEL THALGO LA BEAUTE MARINE EVEIL À LA MER LAIT VELOUTÉ DÉMAQUILLANT CLEANSING MILK THALGO LA BEAUTE MARINE EVEIL À LA MER LOTION TONIQUE REHYDRATANTE REVITALISANTE TONING LOTION</p>	 <p>THALGO LA BEAUTE MARINE EVEIL À LA MER BRUMLING VIVIFIANT REMINERALISANT REVIVING MARINE MIST 150 ml / 5.07 fl.oz.</p>	 <p>SILICIUM LIFT SOIN REGARD LIFT-FERMETÉ LIFTING &amp; FIRMING EYE CREAM</p>	 <p>THALGO LA BEAUTE MARINE SILICIUM LIFT SÉRUM INTENSIF LIFT-FERMETÉ INTENSIVE LIFTING &amp; FIRMING SERUM</p> <p>THALGO LA BEAUTE MARINE CRÈME RICHE LIFT-FERMETÉ</p>

### DURING THE DAY

Optimise
 <p>COLLAGÈNE 10.000</p>

*“Put it in a place where you’re sure to see it”*



#### Did you know?

A gesture must be repeated 20 times so that it becomes automatic... so never drop anything!

ONCE A WEEK

1

*"Exfoliate your skin to eliminate dead skin cells, smooth and brighten the complexion"*



2

*"Drench your skin in active ingredients after exfoliation"*



## Your anti-wrinkle and firming beauty tips

### MORNING

#### 1 Remove make-up and cleanse your face every day

A cleanser: a simple and effective way to prepare the skin in the morning to receive a serum and day cream. However in the evening, remove your make-up and cleanse as advised (with a milk if your skin is dry and a foaming gel if it is more oily), followed by a tonic lotion to eliminate the final residues of make-up. As such, your skin will be perfectly cleansed and your Silicium Lift products will be even more effective. Lack of firmness will be seen first on your facial features. Don't forget your neck!

#### 2 Massage your skin

Essential for stimulating the skin cells, in addition to feeling nice, self-massage with the Lifting & Firming Roller enables reducing natural tensing of the face and helps firm tissues. Massage your face regularly and gently to stimulate blood microcirculation and oxygenate the tissues to keep perfect bounce, a fresh complexion and smoothed features.

#### 3 Hydrate your skin abundantly

The first gesture to adopt to delay the signs of ageing appearing as much as possible: high dose hydration, to give your skin twice a day, morning and evening.

#### 4 Protect yourself effectively from the sun

On holiday, at the beach, in the mountains, apply a sunscreen, wear a hat, look for shaded areas, to keep firm and bouncy skin! That's because when the UVA and UVB rays penetrate the skin they cause lesions inside the cells themselves, deteriorating the collagen and elastin fibres and leading to a photo-ageing phenomena. Grab your SPF!

#### 5 Try the peel

Cell renewal slows down, the cutaneous surface is less smooth due to dehydration, choose a chemical (THALGO Peeling Marin) or mechanical peel such as Micro-dermabrasion (THALGO ThalgoSkin Expert).



## EVENING

### 6 Sleep well

It's been proven, in women, sleeping badly accelerates skin ageing. Good quality sleep gives the skin a better faculty for self-repair and recuperation faced with the different stresses that it has to endure, whereas a bad night's sleep leads to more fine lines appearing, more differences in pigmentation, and increased loss of elasticity. Apply your serum and night cream before enjoying a long, good nights' sleep!

## EVERY DAY

### 7 Exfoliate your facial contours a little more!

Adding light will blur the lack of firmness, so when using or scrub concentrate on certain zones like features or wrinkles, always using upwards movements.

### 8 Watch what you eat

On the menu: five fruits and vegetables per day obviously, but also choose products rich in antioxidants (raspberries, green tea, apricots, cherries, artichokes, beetroot, cabbage, avocados, tomatoes, etc.) and omega 3 (salmon, olive and walnut oils, tuna, spinach etc.). Result: younger skin and a diet that's much more balanced!

### 9 Drink enough water

A litre of water per day, no less! An easy, practical and economical way to avoid a dull complexion and skin with premature wrinkles, and show a fresh and plumped up epidermis all year.

### 10 Protect yourself

Wrinkles love pollution, alcohol, tobacco. They all alter the skin's microcirculation and lead to premature ageing of the skin which becomes dry, dull and wrinkled. We can't say it enough, having a healthy lifestyle is key. Take care of the interior of your home by airing it 15 minutes per day, as interior pollution (waves, ventilation, etc.) is more harmful than exterior pollution.



### Remember:

At the end of the twenties and the start of the thirties, dermatologists advise using skincare with antioxidants that combat free radicals, factors that accelerate skin ageing, like the famous vitamin C, present in the Silicium Lift line! Don't hesitate, "build" your sales pitch!

# ACTIVE INGREDIENT GLOSSARY



## High Molecular Weight Hyaluronic Acid

### ORIGIN

- Synthetic origin: by biotechnology

### ACTIONS

- Drenches the skin in water and plumps up instantly.



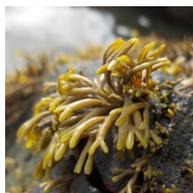
## Chlorella extract

### ORIGIN

- Plant origin: a green-coloured freshwater microalgae.

### ACTIONS

- Reinforces the Dermal-epidermal Junction by re-establishing the anchor proteins, and reinforces the dermis by activating the production of the dermal matrix components.



## Pelvetia canaliculata extract

### ORIGIN

- Marine origin: brown algae (Phaeophyceae family).
- Geographical origin: Brittany, France.

### ACTIONS

- Anti-elastase = inhibits the enzyme responsible for elastin breakdown
- Stimulates collagen and hyaluronic acid synthesis.



## Samphire micro-organism ferment

### ORIGIN

- Origin: Biosynthetic

### ACTIONS

- Improves flow and reduces the accumulation of melanin, which makes the eyes duller.



## High tolerance cold activator

### ORIGIN

- Synthetic origin: by biotechnology

### ACTIONS

- As soon as the mask is applied, this active ingredient acts by stimulating the skin's receptors that react to the cold, setting off localised skin cooling that lasts even after the mask is removed.

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# MANUAL TECHNIQUE'S MEMO

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## 1. EVEIL À LA MER MASSAGE

- Contact
- Breathing
- Sea of sand
- Shoulder pressures
- Trapezius pressures
- Neck pressures
- Facial contour pressures
- Eye contour pressures
- Forehead pressures
- Head pressures
- Sea of sand

## 2. ENERGISING DIGITOPRESSURE

- Contact
- Forehead: Governing Vessel points
- Start of the eyebrows: Bladder point
- Tip of the eyebrows: Triple Warmer point
- Temples
- Outer corner of the eye: Gallbladder point
- Lacrimal glands: Bladder point
- Wings of the nose: Large Intestine point
- Middle of the chin: Conception Vessel point
- Scalp kneading

## 3. DERMASTIM+ AND LIFTING & FIRING DUO ROLLERS

- Marine bubble
- Dermal stimulation
- **Face Fitness Roller Duo**: face lift movements, wrinkles zone by zone lift, 3 stages lift, half-face lift and zone by zone lift
- Marine bubble

## 4. HAND MASSAGE

### Part 1: Massage of the top side

- Comforting stroking movements
- Soothing smoothing of the arm
- Soothing smoothing of the wrist
- Relaxing metacarpal stretches
- Aquatic swirl and finger stretches

### Part 2: "Mirror" hand massage

- Alternating soothing smoothing movements
- Stretching of the wrist and fingers

### Part 3: Massage of the palm side

- Transition manoeuvre
- Warming kneading
- Localised kneading
- Finger kneading
- Alternating ascending smoothing movements
- Transition manoeuvre
- Big relaxing stretch
- Comforting stroking movements

## 5. RÉVEIL À LA MER MASSAGE

- Sea of sand
- Shoulder pressures
- Rocking

# HYGIENE

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## SALON

- Disinfection between each client (small equipment, work surface, door with disinfectant wipes, floor with a disinfectant product)
- Air between each client: + 15 min
- Empty bins regularly

## TREATMENT BED

- Protection of the treatment and chair (disposable examination sheet / disposable cover / disinfectant spray)
- Disinfect massage tables / head rest 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: steriliser
- Clean Face Fitness Roller Duo with disinfectant wipes between each client and can be placed in a steriliser



## BEFORE AND AFTER THE TREATMENT

- Disinfect your hands: hand sanitising gel
- 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



# CONTRAINDICATIONS

PARTICULARITIES	TIME PERIODS OR PRECAUTIONS TO RESPECT
Pregnant women	Replace the Resurfacing Cream with Gentle Exfoliator. Do not recommend Collagen 10,000
Pregnant beauty therapist	Wear disposable gloves to apply peels and Micronised Marine Algae
Facelift	Wait 8 years or for a doctor's advice (to detect whether someone has had a facelift, look and feel: in front of/behind the ears, eyelid crease)
Injections: Restylane / Collagen / Botox / Hyaluronic Acid, etc.	Wait 1 month + request a doctor's advice according to the type of injection (to detect whether someone has had injections, look and feel: nasolabial folds, cheeks, lips, forehead, eyelids)
Microdermabrasion	No treatment for 3 days (to detect whether someone has had microdermabrasion, look at and feel the smoothness of the skin, and check if there is any redness)
U.V., facial hair removal	Wait 24 to 48 hrs
Plate, metal pin, facial paralysis	Do not proceed
Recent surgical intervention	Wait until it has completely healed or you have received advice from the doctor
Serious illness (cancer or other illness) and/or progressive disease	On medical advice only
Person with epilepsy	On medical advice only
Open or recent wounds or scars dating from less than 2 months, lesions of all kinds (irritation, sunburn, etc.)	Wait until it has completely healed or you have received advice from the doctor
Chronic skin diseases (eczema, psoriasis, urticaria) or pigmented solar keratoses (thick and progressive)	On medical advice only

The use of the Resurfacing Cream or Micro-dermabrasion leads to more intensive exfoliation than a simple scrub. This is why it is necessary to apply sunscreen every day throughout the course of treatments and for one week after the treatment.

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# YOUR NOTES



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Let the sea  
empower  
your beauty

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