THE OPTIMAL TREATMENT

HydraScience AHD³ – Protocol

Indications

For all dehydrated skin, including oily skin and sensitive skin. For all, men and women, at the first sign of dehydration.

In a cure, as an intensive treatment then as a maintenance treatment, particularly:

- at the change of seasons;
- before the summer or vacation in the South so as to minimize the drying effects of swimming and of the sun;
- before any anti-ageing surgery;
- as a preventive measure, as often as desired.

Frequency of Use

4 treatments at the rate of 1 treatment per week during 4 consecutive weeks

Complementary Products to be Used at Home

The twice-a-day use at home of HydraScience AHD³ Rich Emulsion or HydraScience AHD³ Light Emulsion is essential for obtaining the long-term benefits of the treatment.

DURATION OF THE TREATMENT: 1 hour

Preparation of the Material

- Remove from the HydraScience AHD³ box all the necessary material for a professional treatment.
- Prepare a container for measuring 100 ml / 3.38 fl. oz. of water, which will be used for the Aquapowder Mask.

Pre-Relaxation Phase

Wet 2 compresses with warm water then soak them in HydraCalm Lotion. Unfold the compresses so as to cover the entire face.

Pause: 2 minutes

Cleansing / Make-Up Removal – Required Time: 5'

Thoroughly cleanse the face with the HydraCalm cleansing milk and lotion. Dry the skin gently.

	Steps	Time	Major Ingredients	Actions
1	Prep Lotion Cover the eyes with cotton pads soaked in Blue Water. With the fingertips, apply evenly to the face and neck the Prep Lotion as with a mask, making sure to avoid the lips. **Application: 2-3 minutes** **Pause: 7-8 minutes** Note: It is normal to feel a light tingling sensation and/or a sensation of warmth during the application of this product and the pause. Tip: Take advantage of this pause to open completely the sterile packaging protecting the pre-cut gauze. Open the small jar of the Melting Balm. Uncover the eyes. Rinse abundantly with lukewarm water, then with cold water.	10	Keratolytic Enzyme, Synergy of pro-hydrating E.O. (Rosewood, Lavandin, Petit Grain, Bergamot, Litsea, Cedar, Fennel), Sorbitol	• Eliminates dead cells and impurities • Deep-cleanses the epidermis • Tones the epidermis by moisturizing
2	Liposerum – Massage Using the pipette, draw out 2 ml / 0.06 fl. oz. of the dry oil. Apply to the entire face and neck. Proceed to the facial massage in the usual manner using mostly effleurage (stroking), kneading and smoothing movements. IMPORTANT: The contents of the bottle of "LIPOSERUM" Step 2 must serve for the 5 treatments (2 ml / 0.06 fl. oz. per treatment). After the 1st treatment, make sure that the bottle is put away in the following tray.	10	Crambe Abyssinica, Shea Butter, Vitamin E	• Helps to warm up the skin progressively • Emollient and suppling properties • Promotes elasticity
3	Aquagel – "Digito" Effleurages Apply to the entire face and neck – proceed to light effleurages. DO NOT LET THE PRODUCT DRY ON THE SKIN.	1	Vegetal Moisturizing Micropatch®, Urea, Pentavitin®, Fucogel 1000®, Hyaluronic Acid	• Instantly reconstitutes the water reserves • Helps preserve skin's hydro-balance • Quenches the skin • Relaxes features by moisturizing
4	Hydrating Mask Apply to the entire face and neck – proceed to light effleurages.	4	Aquaphyline®, Pentavitin®, Hyaluronic Acid, Ceramides and Phytosterols, Vitamin E	• Helps improve water circulation • Increases the capacity to retain water • Contributes to maintaining the N.M.F. • Protects the skin's moisture barrier

5	**Melting Balm – Effleurages** Apply to the entire face and neck – proceed to light effleurages. DO NOT MASSAGE	1	Ceramides and Phytosterols, Olive, Mango and Shea Butters	• Restructures the skin's moisture barrier • Increases the water level
6	**Aquapowder Mask + Pre-Cut Gauze** Cover the eyes with cotton pads soaked in Blue Water. Gently lay out the pre-cut gauze over the face. Empty the entire content of a pouch into a bowl high enough to avoid pilling when stirred. Add 100 ml / 3.38 fl. oz. of hot water at once and stir energetically with a spatula to obtain a homogeneous and creamy mixture. The preparation of the mask must not exceed from 2 to 3 minutes. Using a spatula, apply the mask immediately, starting at the bottom of the face moving up toward the cheeks and the nose, ending at the forehead. **Pause: 15-20 minutes** Tip: To facilitate removal of the mask, it is recommended to lift the contour and gently remove it in one shot. Rinse the excess product properly with lukewarm water, then with cold water.	25	Oligosource (Extract of Red Algae – Chondrus crispus), Talcum, Natural Gypsum	• Optimizes the absorption of major ingredients • Reinforces hydration while providing a soothing sensation • Hydrates and smooths the skin
7	**End of treatment** **HydraScience AHD³ Rich Emulsion & Light Emulsion –** 3 ml / 0.1 fl. oz. (5 sample tubes of each) Apply a small quantity of the appropriate HydraScience AHD³ Cream (according to your customer's skin type) to the face and neck. Massage in with light effleurages.	2	AHD³ Complex, P.A. Reviviscence, Rhamnosoft® HP, HSC Complex, Concentrate of biomimetic lipids (Ceramides 1, Ceramides 3, Ceramides 6-II, Phytosphingosine and Cholesterol)	• Favours a long-lasting hydration • Plumps up skin's appearance by moisturization • Enhances skin's texture • Smooths the appearance of wrinkles