THE OPTIMAL TREATMENTS

Specialized Retinol Activ 0.5
Anti-Ageing Treatments - Protocol

Indications

Premature ageing, skin sagging, loss of firmness
- All skin types, even the most sensitive, at the first sign of chronological and/or premature ageing
- It is also recommended that it be used alternately with **PURE** at the first sign of wrinkles or skin sagging.

WARNING: Note that it is not recommended that retinol be used if you are or plan to become pregnant, or if you are breastfeeding. If you are pregnant or breastfeeding, consult your doctor before using any product containing retinol. Although no studies have shown any adverse effects of topical retinol on the development of the fetus, problems have been observed with the ingestion of retinoic acid.

Frequency of use

Five treatments, 1 treatment a week for 5 consecutive weeks.

Complementary at-home treatment

InnovHyal in the morning and **Retinol 0.22** in the evening for approximately 1 month, as part of the usual treatment plan.

DURATION OF TREATMENT: 1 HOUR

Preparation of material

- Remove the material needed to administer 1 professional treatment from the **Retinol Activ 0.5** kit. Prepare a container for measuring 160 mL of water, which will be used to create an **Enfolding Mask**.

Relaxing massage – required time: 3'

1. Breathing
2. Shoulder relaxation
3. Kneading of the arms and neck
4. Scalp relaxation

Cleansing/makeup removal – time required: 5'

Remove eye makeup using the **Eye Make-Up Remover**. Carefully cleanse the face using the Milk and Lotion suited to the skin type. Gently dry the skin.

	Steps	Time	Major Ingredients	Actions
1	**Duofoliant 1** Dry the skin. Evenly apply the entire single-dose container of **Duofoliant 1** to the face, neck and chest, in a thin layer. Let dry 2 minutes. Lightly roll the product under your fingers. Gently remove the particles with dry gauze. Emulsify and rinse thoroughly with warm and then cold water. **Application: 1 minute | Pause: 2 minutes | Removal: 5 minutes**	8	Exfoliating bamboo microbeads	• Exfoliates, eliminates dead cells and impurities • Restores a radiant complexion • Prepares the skin to receive the other active ingredients, improves absorption
2	**Duofoliant 2** Cover the eyes using cotton pads soaked with **Blue Water**. Dry the skin and, using your fingertips, evenly apply the entire single-dose container of **Duofoliant 2** to the face, neck and chest, being careful to avoid the lips. Take a 5-minute pause. Thoroughly rinse the face, neck and chest with warm and then cold water. **Application: 1 minute | Pause: 5 minutes | Removal: 1 minute** Note: It is normal to feel mild tingling while the product is being applied and during the pause. Tip: Take advantage of the pause to prepare the collagen glasses. Gently remove the collagen glasses from its envelope and put on a clean and dry surface.	7	0.4% exfoliating salicylic acid — 9% AHAs (glycolic and lactic acids) — surface peeling and moisturizing effect Brightening and revitalizing plant extracts (burdock, sage, grapefruit, ivy, soapwort)	• Eliminates dead cells and impurities • Thoroughly cleanses the epidermis • Helps the skin absorb subsequent ingredients • Soothes the epidermis thanks to its hydrating properties • Exposes a new skin layer • Prepares the skin for other treatment steps
3	**Volumizing emulsion** Apply with light effleurages the entire content of the tube to the face, neck and décolleté. Do not rinse.	1	Highly concentrated sorbitol, citrus and mango extract	• Powerful natural humectant • Provides long-lasting hydration • Improves the appearance of skin texture through moisturization • Repulps features thanks to its hydrating properties

4	**Massage Emulsion** Apply the entire container to the face, neck and chest. Perform anti-ageing massage. Do not rinse. Massage: 10 minutes. **Techniques:** 1. Effleurage 2. Pressure points 3. Kneading 4. Anti-wrinkle pinching 5. Vacuum 6. Eye massages: light effleurage (simple, superciliary arch, pyramidal, 8), malaxation, percussion, smoothing	10	Spilanthes acmella flower bud extract, apple stem cells, olive leaf polyphenols, argan leaf polyphenols, Metabiotics® Resveratrol, grape seed oil	• Immediate firming effect • Redensifies skin's appearance • Improves skin's overall appearance
5	**Retinol 0.5** Apply the entire single-dose sachet to the face, neck and chest. Perform light effleurage to allow product to penetrate.	1	Retinol encapsulated in Poly-Pore™ technology for extended release, M189 retinopeptide, antioxidant rosemary extract, alpha-bisabolol, allantoin	• Improves the appearance of fine lines and wrinkles • Visibly reduces the size of pores • Improves the appearance of skin tone & texture • Reverses the appearance of other signs of ageing
6	**Collagen Glasses + Activating fluid** Lightly moisten the eye contour with a small amount of **Activating Fluid** and completely cover the area with the **Collagen Glasses**. Using the remainder of the single-dose bottle of **Activating Fluid**, soak the mask completely.	5	Lyophilized insoluble native collagen, extracts of butcher's-broom, sophora japonica flowers, red vine leaf, St. John's wort, chestnut, ivy, arnica and witch hazel	• Improves the appearance of circles under the eyes • Reduces the appearance of fatty bags and prevents them from forming
7	**Enfolding Mask** In a bowl containing 160 mL of hot water (45°C), slowly sprinkle the entire contents of the single-dose jar of **Enfolding Mask** over the surface of the water and mix with a spatula to obtain a homogeneous gel. Use the spatula to apply the mask to the face and neck. Take a 15-minute pause. Use the spatula to remove the **Enfolding Mask**. Carefully remove the **collagen glasses**. Rinse the excess product properly with lukewarm water, then with cold water. **Application: 3 minutes | Pause: 15 minutes | Removal: 1 minute**	19	Extracts of bull kelp and sargassum algae, sea buckthorn oil	• Promotes the absorption of treatment ingredients • Tightens the skin and smooths skin texture • Restores a radiant complexion • Moisturizes the epidermis • Intensely comforting
8	**Triple Lipid** End treatment by applying **Triple Lipid** to the entire face, neck and décolleté. Use light touch to allow the product to penetrate. Then apply **UV-Science SPF 30** sun protection cream. Offer the **Triple Lipid** tube to the customer and suggest that she use the remaining contents at home.	1	Ceramides, cholesterol, essential fatty acids, niacinamide, probiotics	• Restores the skin's essential lipids: ceramides, cholesterol and fatty acids • Replenishes skin's bounce, improves texture, diminishes appearance of pores • Diminishes appearance of discoloration, evens skin tone, restores radiance