

N°11 T.I.

# WELLNESS

SENSORY YOGA FOR THE SKIN

Myo-Relaxing Treatment — 60 min

Thanks to the slow and penetrating application of various textures and natural scents, this treatment truly permits the body to relax and release stress.

Goal : to achieve relaxed, smoothed and supple skin.

Ideal for : stressed and sensitive skin.



To perform this treatment, you will need

BASIC T.I.

T.I. WELLNESS



## Step 01

### Surface Treatment

#### 1. Démaquiller — 5 min

Eye and Lip Jelly Makeup Remover  
+ Aqua Relax Eye Care + Water for eyes and eyebrows

Eyes & eyebrows // 3 pumps + 3 pumps  
(5ml + 5ml + running water)

Edelweiss Makeup Removing Milk

Face + neck // 5 pumps (10ml)

Oligo Activating Lotion

Face + neck // 5 pumps (15ml)

Natural Toning Lotion

Face + neck // 3 pumps (3ml)

#### 2. Exfoliate — 7 min

Gentle Cream Scrub

Face + neck // 8ml

#### 3. Detoxify — 8 min

Botanical Charcoal Mask

Face + neck // 8ml

Oligo Activating Lotion

Face + neck // 5 pumps (15ml)

Natural Toning Lotion

Face + neck // 3 pumps (3ml)

### CabEx Bonus

Apply Gentle Foaming Gel blended with Oligo Activating Lotion to complete detoxifying step.

Apply slow, deep pressure on the shoulders and arms using the Nourishing Vitamin Serum and emphasize relaxation while applying the mask.

Heighten the cocooning sensation of the treatment by warming the products in a hot cabi.

Mix the Face Massage Balm with the Soothing Mask and perform the massage while applying the mask.

To complete the treatment

## Step 02

### In-Depth Treatment

#### 1. Activator — 2 min

Fig Milk Serum

Face + neck // 1 full dropper

#### 2. Myo-Massage — 15 min

Face Massage Balm

Face+ neck // 15ml

#### 3. Tweak-Mask — 15 min

Soothing Mask

Face + neck // 15 ml

Oligo Activating Lotion

Rinse // 5 pumps (15ml)

## Step 03

### Final Treatment

#### 1. Serum — 1 min

Royal Jelly Serum

Face + neck // 1 full dropper

#### 2. Eye Contour — 1 min

Hydra-Active Eye Contour Gel

Eye contour // 1 pump (1ml)

#### 3. Finishing Skin Perfector — 1 min

Alpine Comfort Cream

Face + neck // 4ml

«The dosage recommended are benchmarks and remain at the discretion of beauty professionals.»



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