

Hydration

Hydra C Therapy

Treatment that hydrates the skin and protects skin's barrier with hyaluronic acid, vitamin C suitable for normal, combination and oily skin types.

Professional cosmetic facial treatment for deep and long-lasting skin hydration and skin barrier's protection. Additionally, it protects the skin from oxidative stress, improves the appearance of the skin with imperfections, enhancing its consistency and firmness. This treatment is based on the action of cosmetic products containing high concentrations of hyaluronic acid, ceramides and vitamin C (AA2G) in synergy with a specialized peeling and cellular stimulating system.

Main action

Hydration, skin barrier protection, cellular stimulation of the epidermis.

Secondary action

Toning, antioxidant.

Skin concerns

Low skin moisture reserves, trans epidermal water loss, epidermal moisture imbalance, temporary skin dehydration, pre-invasive skin preparation (mesotherapy, chemical peelings, etc.), dull skin.

Contraindications

Contraindicated in skin herpes zoster.

Skin types

Normal, combination, oily skin.

Key ingredients

Hyaluronic Acid, Ceramides, AA2G, L-Ascorbic Acid, Acerola Fruit (Vitamin C).

Suggested applications: 1-10, based on the skin condition. This protocol can also be applied once to prevent skin dehydration or systematically for moisturizing skin care.

Session duration: 45-50 minutes

Repeatability: 1 time a week

Maintenance: Once per month

Step 1: Cleansing System

The main goal of cleansing is to remove impurities and makeup from the skin.

1a. Sensitive Cleansing Gel

Cleanse the face and neck thoroughly with Sensitive Cleansing Gel and remove using a wet cotton pad.

(Total duration: 3 minutes)

Step 2: Double Action Peeling System

At this stage we combine exfoliation, by removing the dead cells of the epidermis, with cellular stimulation and renewal. We apply a specialized peeling system for moisturizing action in 2 **stages**:

2a. AHA Smoothing Cream (3ml)

Apply 3ml of AHA Smoothing Cream (Lactic Acid 2.7%, Glycolic Acid 5.3%, Mandelic Acid 1.0%/ pH ~ 5) on the face and neck, then massage for 3-5 minutes until absorbed. Allow it to dry for 3 minutes* and continue by rubbing with fingertips creating a gommage effect. This step is complete when all the gommage residue has been removed. *In the meantime, mix the Exfoliating Enzyme Mask with Exfoliating Enzyme Lotion. **(Duration: 9-11 minutes)**

2b. Exfoliating Enzyme Mask (10gr) & Exfoliating Enzyme Lotion (20ml) (face, neck and eye contour area)

The choice of enzymatic peeling offers gentle exfoliation without causing irritation. It has brightening effects.. Apply the Exfoliating Enzyme Mask (Papain, Bromelain, Kaolin) and Exfoliating Enzyme Lotion (L-Arginine) on the face, neck area around the eyes. Use: Mix 10gr powder with 20ml lotion in a bowl to make a paste and then apply it to face, neck and around the eyes with a soft brush.

(Total duration: 16-18 minutes)

Step 3: Hydra Antioxidant System

This step aims to restore epidermal water balance, protect the skin barrier, and enhance skin against oxidative stress with Hyaluronic Acid Serum and Hydra C Latex Mask, by following **2 stages**:

3a. Hyaluronic Acid Serum (1ml)

On dry, oil-free skin apply 1ml Hyaluronic Acid Serum on the face and neck and allow it to be absorbed or ionize using the negative pole. **(Duration: 2 minutes)**

3b. Hydra C Latex Mask (40g)

Apply the Hydra C Latex Mask. Mix 40g (=120ml) mask powder with 100ml water until a uniform mixture is formed. Apply the mask on the face and neck (it can be also applied on the eyes and lips, if the client has no claustrophobic issues). Leave on for 20 minutes and remove as latex (one piece). **(Duration: 20 minutes)**

(Total duration: 22 minutes)

Step 4: Hydra Protecting System

This step aims to protect and maintain the water balance and enhance the skin barrier using Ceramides Serum, and cream with Hyaluronic Acid in **2 stages**:

4a. Vitality Dry Oil (1ml)

On dry, oil-free skin apply 1ml Vitality Dry Oil on the face and neck and massage gently into the skin (do not ionize). **(Duration: 2 minutes)**

4b. Nourishing Cream (2ml)

Apply 2ml Hydra Repairing Cream on face and neck with gentle massage until it is absorbed. **(Duration: 1 minute)**

(Total duration: 3 minutes)

Step 5: Sun Protection

Optionally, apply 2ml Sunbliss Face Cream SPF 50 depending on the season and time of the session. **(Duration: 1 minute)**

Step 6: Home Daily Regimen

Daily use: morning/night:

- Vitamin C Serum
- Hyaluronic Acid Serum
- Multi Hydrating Cream or Nourishing Cream

Strongly recommend use of home regimen products during and in between treatments. Products should be used tactically until all contents (ex: Jar= 50ml) have been utilized.

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	Step	Product	Quantity/ application	Duration
1	Cleansing System	Sensitive Cleansing Gel	1ml	3 minutes
2	Double Action Peeling System	AHA Smoothing Cream	3ml	9-11 minutes
		Exfoliating Enzyme Mask	10g	7 minutes
		Exfoliating Enzyme Lotion	20ml	
3	Hydra Antioxidant System	Hyaluronic Acid Serum	1ml	2 minutes
		Hydra C Latex Mask	40g	20 minutes
4	Hydra Protecting System	Vitality Dry Oil	1ml	2 minutes
		Nourishing Cream	2ml	1 minute
5	Sun Protection	SunBliss Face Cream SPF 50	2ml	1 minute

Home Daily Regimen: Morning - Night

- Vitamin C Serum
- Hyaluronic Acid Serum
- Multi Hydrating Cream or Nourishing Cream