



ESTHETIC WORLD
— B E A U T Y —



ANTI-CELLULITE TRAINING CLASS



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SKIN - HISTORY

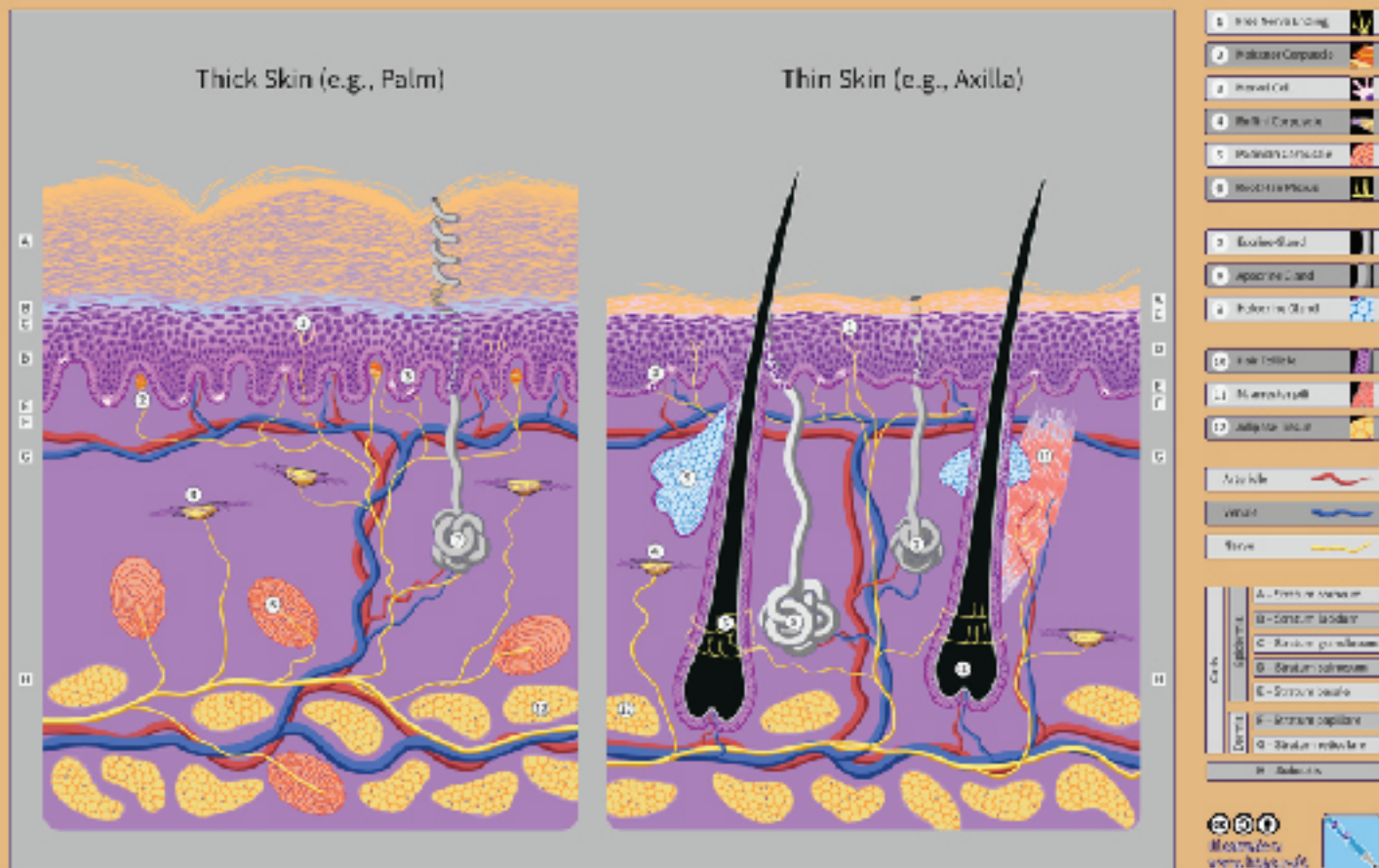
Skin is the layer of usually soft, flexible outer tissue covering the body of a vertebrate animal, with three main functions:

Protection | Regulation | Sensation.

Because it interfaces with the environment, skin plays an important immunity role in protecting the body against pathogens and excessive water loss. Its other functions are insulation, temperature regulation, sensation, synthesis of vitamin D, and the protection of vitamin B folates.

Severely damaged skin will try to heal by forming scar tissue. This is often discolored and depigmented.

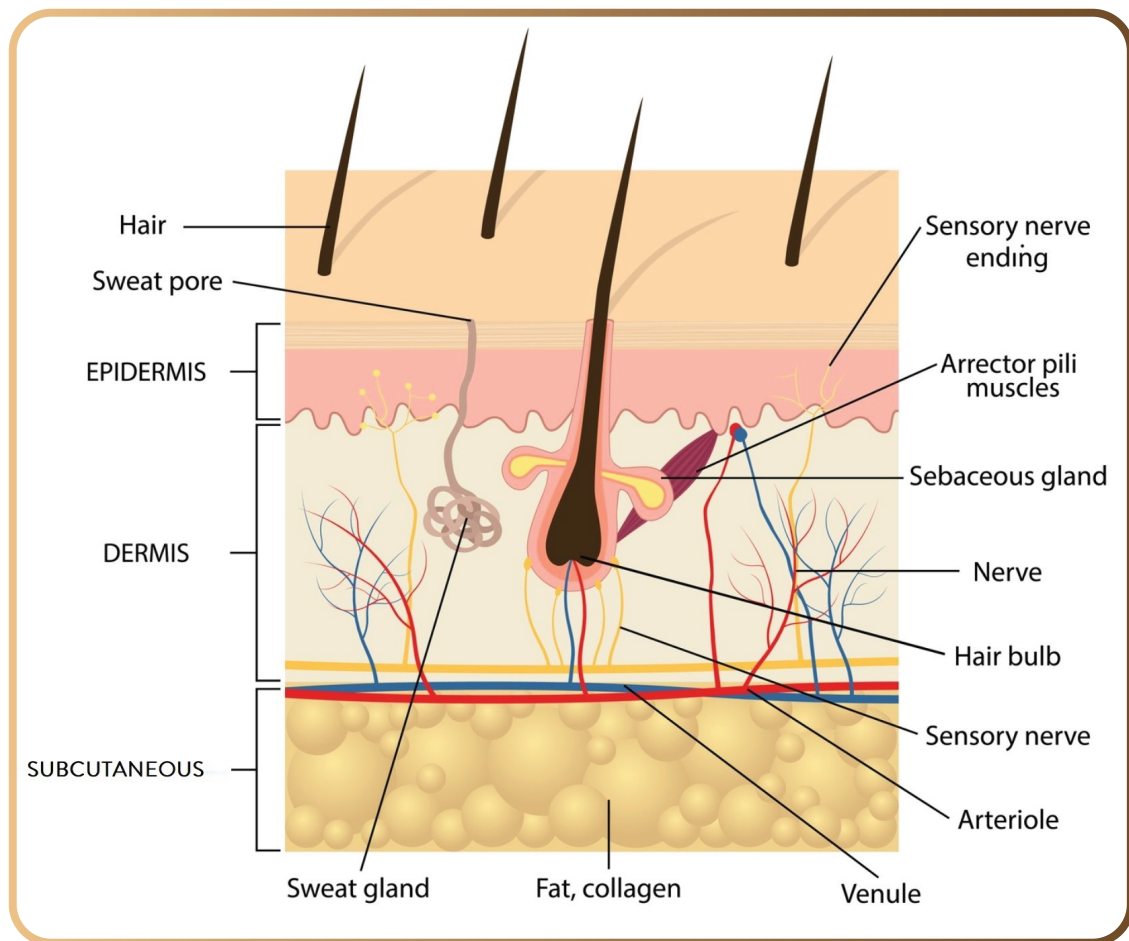
Layers, Tactile Receptors, and Appendages of Human Skin



Skin is the largest organ of the body, with a total area of about 20 square feet. The skin protects us from microbes and the elements, helps regulate body temperature, and permits the sensations of touch, heat, and cold.

SKIN HAS THREE LAYERS

- ① The **epidermis**, the outermost layer of skin, provides a waterproof barrier and creates our skin tone.
- ② The **dermis**, beneath the epidermis, contains tough connective tissue, hair follicles, and sweat glands.
- ③ The deeper **subcutaneous tissue** (hypodermis) is made of fat and connective tissue.



SKIN COLOR AND INTENSITY

The skin's color is created by special cells called melanocytes, which produce the pigment melanin. Melanocytes are located in the epidermis.

Your skin intensity is **how light or deep it is**. It can be bang on medium, but more likely it will be on the scale in between; either very light, light, light-medium, medium-deep, deep or very deep.



PAIN IN THREE FLAVOURS

the good, the bad, and the ugly

Painful experiences on the massage table can be divided into three familiar categories: the good, the bad, and the ugly.

GOOD PAIN

In massage, there is a curious phenomenon widely known as “good pain.” It arises from a sensory contradiction between the sensitivity to pressure and the “instinctive” sense that the pressure is also a source of relief. So pressure can be an intense sensation that just feels right somehow. It’s strong, but it’s welcome.

So pressure can be an intense sensation that just feels right somehow. It’s strong, but it’s welcome.

BAD PAIN

Bad pain comes with no obvious, immediate benefits. Bad pains are usually sharp, burning, or hot. Such pain is usually caused by excessive but harmless pressure.

UGLY PAIN

This is a type of pain in massage therapy that is, by my definition, never okay. Ugly pain is often caused by things that aren’t likely to offer even a delayed benefit, and may even be dangerous.

GRADES OF CELULITE

Cellulite is a very common, harmless skin condition that causes lumpy, dimpled flesh on the thighs, hips, buttocks and abdomen. The condition is most prevalent in women.



Cellulite looks like dimpled or bumpy skin. It's sometimes described as having a cottage cheese or orange peel texture. Cellulite that is more severe makes the skin appear rumpled and bumpy with of peaks and valleys.

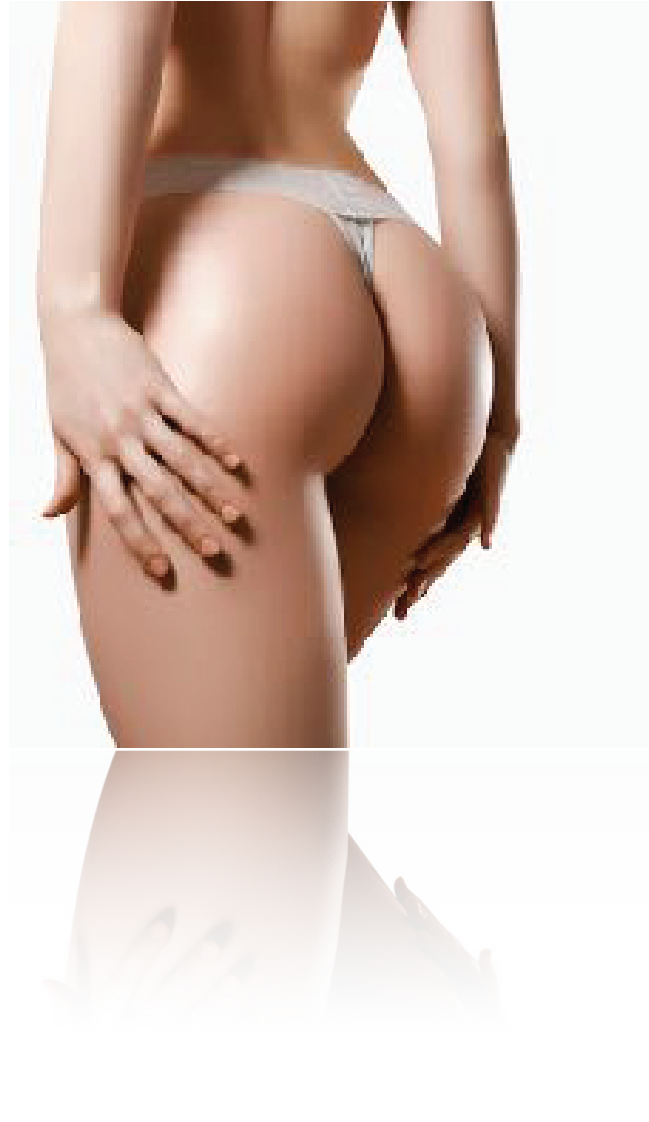
Cellulite is most common around the thighs and buttocks, but it can also be found on the breasts, lower abdomen and upper arms.

We are proudly offering a new,
NON INVASIVE, PAIN FREE
treatments for these issues using -

VACUUM 100 and MADERO -THERAPY
treatments!

This treatments are:

- ✓ 100% non-invasive
- ✓ Quick treatment with no downtime
- ✓ Suitable for all skin types
- ✓ Applicable for most body parts.



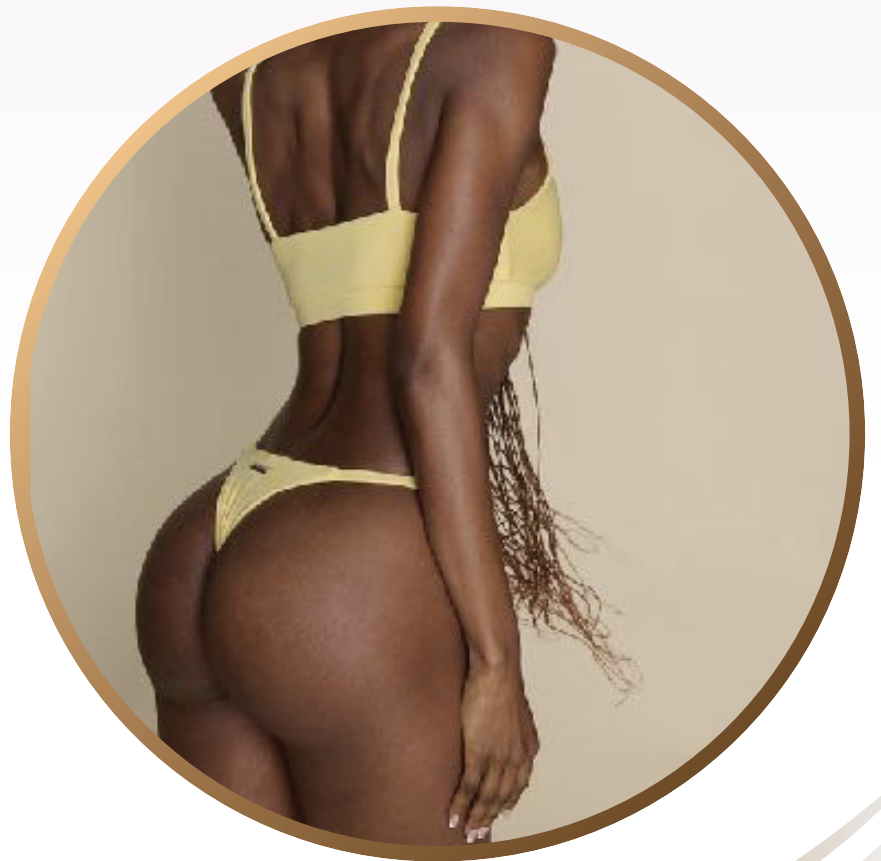
Cellulite can affect women regardless of their age. The structural changes decrease circulation to the tissue as well as creates decreased lymphatic drainage which contributes to a malfunction of the cellular activities starting a vicious cycle.



This treatment has been shown in numerous clinical studies to help reduce cellulite and adiposity, improve lymphatic circulation, oxygenation and activation of the metabolic processes.

SKIN TIGHTENING

Our skin loses its elasticity as we age or if there has been a significant weight loss. Lifestyle choices can also accelerate loss of elasticity like excessive sun exposure, smoking, nondrinking a water, poor diet and lack of exercise. Vacuum and maderotherapy can stimulate the cells responsible for increasing the collagen cohesion producing a more toned, firmed look of the skin.



BODY SHAPING

The abdomen, love handles and saddle bags are such tricky areas to target even after you have lost weight. This therapy can help because of its ability to regenerate tissue and promote circulation. This can be used alone or as a pretreatment for liposuction to help prepare the skin and address the elasticity issue.



VF 100 PROFESSIONAL VACCUM TREATMENT

VACUUM 100 is a brand new method, a professional vacuum treatment of losing weight and cellulite elimination. It contains strong active components, which have excellent effects on the waist size reduction. The addition of hyaluronic is bring back tightness and freshness of the skin.

ADVANTAGES

The advantage of this treatment, when compared to the others, is that this treatment gives faster effects immediately visible after the first treatment.

Ultra-fast fat reduction treatment without cosmetic surgery and zero recovery time.

**ONLY 10 TREATMENTS
MINUS 100 CM (39 INCHES)
FANTASTIC RESULTS!**





WHAT IS VACUUM 100 TREATMENT?

Vacuum 100 is the brand new method for professional treatments of losing weight and cellulite elimination. It contains strong active components, which have excellent effects on waist size reduction.

- ◆ Vacuum 100 treatment may be applied as an independent treatment or in combination with Maderotherapy with a manual anti-cellulite massage.
- ◆ VF100 procedure reduces body weight and volume in a natural and easy way, without any pain.
- ◆ VF100 accelerates the burning of fats and decreasing cellulite. Waist size is reduced with VF100.
- ◆ Body volume decreases and skin tone is improved with VF100.
- ◆ VF 100 assists with loss of water surplus.
- ◆ The VF100 procedure is performed every or every other day for faster results.
- ◆ VF 100 is a powerful antioxidant that breaks down fat in the deeper layers of the skin.
- ◆ VF100 accelerates blood circulation.



WHAT DO YOU NEED TO KNOW ABOUT VACUUM 100 THERAPY?

- ◆ DO NOT APPLY to people with high blood pressure, diabetes, or after surgical interventions (only after minimum 6 months recovery treatment is allowed.)
- ◆ DO NOT APPLICABLE for pregnant and lactating women.
- ◆ DO NOT APPLICABLE after cesarean section (only after minimum 6 months recovery treatment is allowed.)
- ◆ NOT APPLICABLE to clients with malign diseases, epilepsy, kidney diseases, dermatitis, psoriasis, eczema.
- ◆ DOES NOT APPLY immediately after the solarium procedure.
- ◆ NOT APPLICABLE during the menstrual cycle.
- ◆ Apply only Cold cream No.2(cooling) if the client has varicose veins and split capillaries.



HOW OFTEN ARE THE PROCEDURES PERFORMED?

For long-lasting and effective results, we recommend that our clients undergo the treatment every or every two days for three consecutive weeks(three times a week).

This should be followed by a 15 day break., after which a cycle of 10 procedures can be repeated, or two procedures per month to maintain the desired results.

For long-lasting results, 3 cycles of 10 treatments are recommended.



AFTER THESE PROCEDURES

1.
YOUR BODY VOLUME
WILL DECREASE

2.
YOU WILL GET
STRENGTHENED AND
BEAUTIFIED SKIN

3.
CELLULITE WILL BE
SIGNIFICANTLY
REDUCED OR
EVEN ELIMINATED
WIDTH OF TORSO

4.
EXCESS FLUIDS
WILL DISAPPEAR

5.
IMPROVED SKIN
TONE AND ELASTICITY

6.
ONLY 10 PROCEDURES
AND THE RESULTS
WILL BE ENJOYED

7.
LOSS BODY WEIGHT

8.
YOUR ACHIEVEMENTS
WILL BE VISIBLE
IMMEDIATELY AFTER
45 MINUTES, ONGOING
PROCEDURES.



WOOD THERAPY HISTORY

Wood therapy has been practiced for centuries in the oriental countries where therapists used wood mostly for therapeutic purposes.

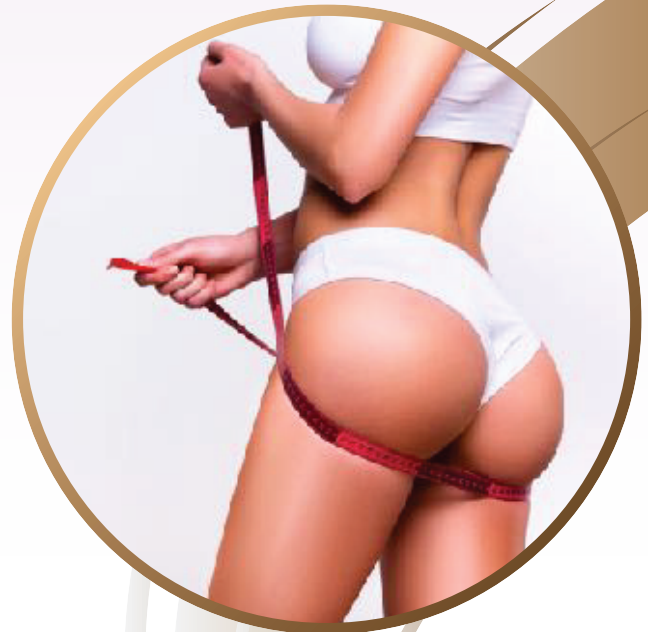
In the 1980s, a therapist in Colombia developed a new and unique wood therapy method, redesigned wood tools to a smoother finish and adapted it to cater to aesthetic purposes.

In short, wood therapy uses a number of different wooden massage-like tools to help break down fat and cellulite. The wooden instruments are used to apply direct pressure to “problem areas” and essentially naturally eliminate excess body fat.

The wood therapy we know today is actually based on an ancient Oriental wood manipulation that dates back hundreds of years!

Maderotherapy (therapy with wooden instruments) is a therapy originating from Colombia and based on the use of anatomically designed tools of wood which make the therapy 100% natural without allergic reactions to the skin. It could be performed on a body and face.

This therapy is an alternative to regular massage for clients with disproportionate, fat deposits and cellulite.





The technique of maderotherapy involves a series of movements that are repeated using more than ten different wooden instruments. Applying these instruments to muscles, fat deposits and cellulite, we stimulate the lymphatic system of the body and thereby we release it from accumulated toxins.

This release from toxins stimulates the metabolism to burn fat. Also, resistant cellulite pockets are destroyed, the skin swelling decreases and the “orange peel syndrome” is leveled.

The advantage of using specially designed wooden instruments is to enable intense pressure on fibrous cellulite and the removal of fat deposits together with other toxins.

MADEROTHERAPY IS RECOMMENDED FOR

- ✓ Body and mind relaxation
- ✓ Stimulation of the lymphatic system
- ✓ Elimination of toxins
- ✓ Acceleration of metabolism
- ✓ Cellulite removal
- ✓ Fat burning
- ✓ Tonus and body tightening
- ✓ Reduction of volume





BODY WOOD THERAPY

Massage reach out deep inside the skin, which activates the cells from the inside. Therefore, the wood therapy is particularly effective for:

- Reduction of waste
- Elimination of sitting part of the hips
- Defining legs
- Tightening the thighs and legs
- Reducing the volume of the stomach

IN WHICH PERIOD OF TIME CAN MADEROTHERAPY BE APPLIED?

Treatments are applied by principle 10 massages in one series. The best day to start the first message will be the second day after the end of the period. The first results can be expected after a couple of massages but for real and long-term effects, at least three series must be achieved.

Massages are done every, possibly every other day. If there are sensitive and painful areas, the first three massages can be done every other day, and then we continue every day.

HOW LONG DOES THE MASSAGE LAST?

Massage can last for 30 minutes where legs and gluteus are treated, and if the stomach and waist are included as well then the message lasts 45 minutes.

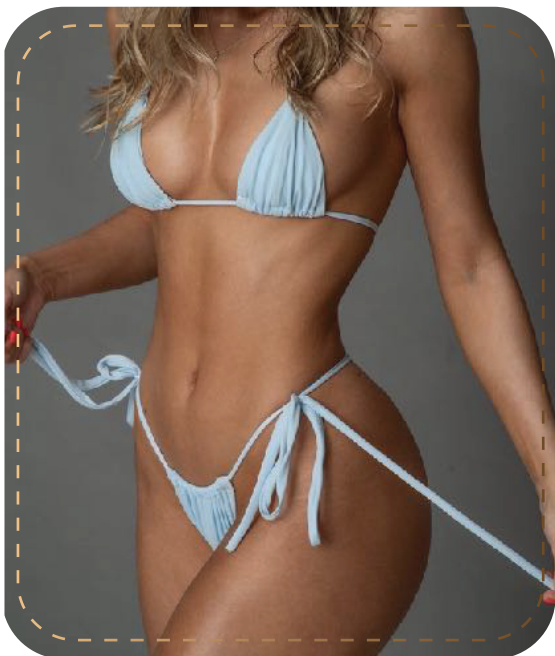


TO WHOM WE DO NOT RECOMMEND WOOD THERAPY?

We do not recommend wood therapy to pregnant women, nursing mothers and the women who just gave birth and do not breastfeed advise them to wait for at least 4 months to restore the hormonal balance in order to have full effect of maderotherapy.

WE DO NOT DO TREATMENT DURING THE PERIOD

Also, people with extremely expressed capillaries and veins are advised to come on consultations although if the condition is normal, the maderotherapy will be very pleasing because it will stimulate circulation and blood flow.



IS THE MASSAGE PAINFUL AND CAN BRUISES COME OUT?

The first couple of massages can be painful, and then massages become very relaxing. The bruises are not inherent to this massage but can occur in hypersensitivity in the first series as well as in the incompetent handling of wooden instruments.



FACIAL WOOD THERAPY

Maderotherapy (facial) is the perfect choice for those who want to get rid of stress. This is a relaxing massage with surprising results in age prevention.

This massage, in addition to relaxing the mind and facial muscles, is good for people who have migraines, as well as for those who spend a lot of time working in front of a computer and their eyes become tense.

Therapy is a non-invasive method where wrinkles are treated, the face becomes brighter and free from toxins.

The wooden instruments we reach deep into the skin in order to achieve facial remodeling, as well as to activate fibroblasts that will produce more collagen and elastic fibers.

Certain movements influence on the muscle tissue, the circulatory and lymphatic system, which increases the supply of nutrients and oxygen in the cells.



HOW MANY MESSAGES ARE NECESSARY?

Therapies can be used as part of a classic treatment, where each individual message will have its own effect. If we want to make a more concrete result, it is recommendable to do 6 – 10 massages in one series every other day. After the age 50, the series should be repeated immediately next month, followed by maintenance.

DURATION OF THE THERAPY?

The therapy session lasts 30 minutes and involves peeling, adjustable mask according to the to the client's needs for 60 minutes.

BENEFITS OF FACIAL MADEROTHERAPY

- ✓ Tightening and tonus, lifting effect
- ✓ Facial reshaping
- ✓ Production of elastin and collagen
- ✓ Improvement of circulation
- ✓ Increase in oxygen supply
- ✓ Refreshments and equalizing of the ten
- ✓ Prevention of aging of the face
- ✓ Decrease „bags“ and swelling below the eyes



ANTI

CELLULITE MASSAGE

Anti cellulite massage is designed to reduce and combat cellulite over a period of continued therapy. A special massage technique is used to massage the bulging fat and to knead the muscles and “roll” the bulging fat away thereby combating the physical cause of cellulite – bulging fat and stretched collagen strands.

It is designed specifically to target cellulite and help with the reduction and elimination of cellulite on the affected areas.

To enhance the effects of the massage the massage therapist will usually use a concoction of essential oils which have been specifically designed for the anti cellulite massage. The massage therapist can also use anti cellulite creams during the massage if you prefer the use of a cream as opposed to the anti cellulite oil.





The massage therapist usually begins by working the hips, thighs, legs and feet to “activate” the areas. This activation process increases blood circulation and the flow of energy throughout the body. The activation process will feel similar to a normal massage.

Even after a short period you will feel the flexibility of the skin in the affected areas increasing and the surface of the skin becoming smoother. Another great aspect of the anti cellulite massage is that you don’t have to wait long to see the results.

HEALTHY FACE AND
BODY SKIN WILL BE
THE REAL RESULT IF YOU
CHOOSE MADEROTHERAPY!





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