

**[ comfort zone ]**

**BODY STRATEGIST**

cellulite and tone

**SYSTEM DOSSIER**





## BODY STRATEGIST

### CELLULITE AND TONE

In a market crowded with cosmetic body care products, the most discerning consumers are always looking for effective solutions to treat cellulite and loss of tone that are both innovative and supported by scientific research and clinical trials. Similarly, for more experienced therapists, it is essential to recognize imperfections with precise modern methods and to offer customized courses with intensive treatments and concentrated, active creams that rapidly produce visible results.

**Combining science, nature and technology in an increasingly sustainable and effective way** was the starting point for renewing **BODY STRATEGIST CELLULITE & TONE**, one of the most successful **[ comfort zone ]** lines thanks to the research of the Internal Laboratories and to the contribution of the Scientific Committee, in particular of dermatologist Dr. Bucci. This synergy has resulted in a complete **3-step BODY WELLNESS METHOD** that detoxifies, reshapes and tones with **highly concentrated formulations** combined with **specific manual skills** and the **latest-generation equipment** for precise analysis and deep tissue treatment.

**THE PROFESSIONAL PRODUCTS** are characterized by **high concentrations of natural ingredients, textures and various application techniques** (bandages with essential oils, massageable mud and thermogenic creams) to provide a specific intensive action combined with a pleasant and varied sensory experience.

**HOME CARE PRODUCTS** are specifically designed for the different forms of **edematous, fibrous and adipose cellulite** and also offer, thanks to their synergy with an innovative peel and nourishing and elasticizing formulas, **an anti-aging and toning action** that is ideal throughout the year and essential before and after the summer. **Advanced delivery systems**, thanks to their skin-friendly structure or cryo-thermal effect, also guarantee that the **specific active ingredients**, such as pure caffeine and titrated extracts, perform a deep action.

### CONSCIOUS SKIN SCIENCE

**[ comfort zone ]**'s commitment to maximum performance and sustainability drives **research and development**, which favors high concentrations of natural ingredients and chooses not to use animal derivatives, silicones, parabens and artificial colors. The **products are entirely made in Italy and are carbon-neutral**. They are produced at Davines Village, the headquarters of the B Corporation-certified Group, with energy from renewable sources. The same attention is paid to **packaging: Green PE** (sugar cane plastic) tubes, **glass** jars and **recycled paper** boxes, all with **zero CO<sub>2</sub> emissions**, thanks to the Ethio Trees environmental regeneration and social impact project.

## BODY STRATEGIST HOME CARE

### PEEL SCRUB double-action scrub



pH 5.5 - 6.5

PACKAGING  
sugar cane plastic tube  
SIZE  
200 ml

#### THE PRODUCT

Exfoliating gel with natural silica particles and orange peel and 10% alpha-polyhydroxy acids for an immediate smoothing effect. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 92% natural ingredients, without animal derivatives, silicones and parabens.

#### CHARACTERISTICS

The double mechanical and chemical exfoliating action ensures that the skin immediately looks smoother, softer and brighter. It is ideal for applying on dry skin to make the particles act on the surface layers and remove dead cells. You can immediately rinse it or massage it, remove the particles and leave it in place to allow the acids to absorb deeper and to ensure an intensive action.

#### STRENGTHS

DOUBLE ACTION: MECHANICAL AND CHEMICAL  
IMMEDIATE AND INTENSIVE ACTION  
QUICK AND EASY TO USE

#### HOW IT WORKS

ALPHA-POLYHYDROXY ACIDS: the synergy of glycolic acid (3.5%), an alpha-hydroxy acid capable of deep penetration due to its small molecule size, and gluconolactone (6.5%), a polyhydroxy acid that not only stimulates progressive cell renewal, but also retains water molecules and maintains skin hydration. Their combined action separates the corneocytes that form the superficial layer of the epidermis and facilitates their detachment through the subsequent mechanical action.

SILICA PARTICLES and BITTER ORANGE PEEL act mechanically, removing keratinized cells, especially in areas where the skin is thicker (such as elbows and knees).

#### HOW TO USE

Apply the product all over the body, especially on areas that are particularly dry and resistant. Massage with circular movements until fully absorbed. Rinse. For an intensive action do not rinse the product and simply remove the particles with a dry towel. It can be left on for a few hours or all night.

#### RECOMMENDATIONS

For all skin types, especially dry and rough skin. Ideal all year round as a weekly treatment, it is particularly recommended before the summer, to prepare the skin for sun exposure, and after the holidays, to maintain the skin's softness. It is recommended as an initial step before applying cellulite and tone products.

#### PRECAUTIONS

This product contains alpha-hydroxy acids that can increase skin sensitivity to the sun and raise the likelihood of sunburn. Before sun exposure, we recommend applying sunscreen to areas where alpha-hydroxy have been used. Avoid contact with the eyes.

#### EFFECTIVENESS TEST

95% of panelists appreciated the effective exfoliation\*  
87% felt that their skin was more uniform

panel of 38 women over 28 days

### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
SYSTEM

## BODY STRATEGIST

### HOME CARE

#### BAGNI DI MONTALCINO CASTELLO DI VELONA

mud with thermal water from Montalcino



PACKAGING  
sachet  
SIZE  
30 g

#### THE PRODUCT

Massageable draining and reshaping thermal mud for treating cellulite. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 98% natural ingredients, without animal derivatives, silicones and parabens.

#### CHARACTERISTICS

The mud is characterized by its innovative oily gel texture which makes it possible to easily massage areas with water retention and cellulite, offering optimal penetration of the active ingredients. This synergy reduces the presence of extracellular water, resulting in visible reshaping of the body.

#### STRENGTHS

DETOXIFYING  
RESHAPING AND DRAINING  
SENSORIAL MASSAGEABLE TEXTURE

#### HOW IT WORKS

THERMAL WATER FROM CASTELLO DI VELONA \_ MONTALCINO renowned for its remineralizing properties, it flows out at a temperature of 90 °C and has a bicarbonate-sulphate-calcium-magnesium composition. It is particularly appreciated for its high tolerability and therapeutic properties in the dermatological field.

LAMINARIA brown algae from the Icelandic seas that is processed at low temperatures to fully preserve its active ingredients. It contains a high concentration (about 40%) of minerals: chlorine, potassium, calcium, magnesium and iodine.

FUCUS brown algae from the French coast that is particularly rich in iodine and has always been used due to its reducing properties.

MANDARIN, ORANGE AND PEPPERMINT ESSENTIAL OILS known for their recognized draining action and therefore used to promote the elimination of toxins.

#### HOW TO USE

Apply 30 ml of the product to the areas affected by cellulite, in particular the thighs, buttocks, hips and abdomen, avoiding particularly sensitive areas such as the breasts. Massage for a few minutes, then cover with clear film and wait at least 30 minutes. Remove the product in the shower. Should you wish, you can use the mud in the bathtub. Open a bag, pour it in and then fill the bathtub with warm water. Use your hands to help to spread the mud.

#### RECOMMENDATIONS

For all types of cellulite.

#### PRECAUTIONS

The product is not recommended during pregnancy and breastfeeding and for those suffering from thyroid disease.

#### EFFECTIVENESS TEST

- 280 ml extracellular water\*  
instrumental

Clinical tests by independent laboratories \_ panel of 20 people \_ 14 days  
\*Our body contains about 60% water: most of it is functional water (which for example makes up the cells or is involved in physiological processes), while the remaining part is extracellular water which, if accumulated in excess, causes edema and water retention.

### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEEL SCRUB



BODY STRATEGIST  
THERMO CREAM



BODY STRATEGIST  
CREAM GEL



BODY STRATEGIST  
D-AGE CREAM

## BODY STRATEGIST HOME CARE

### CREAM GEL reshaping gel cream



pH 5 - 6.2

**PACKAGING**  
sugar cane plastic tube  
**SIZE**  
200 ml

#### THE PRODUCT

Liposomal gel cream for treating edematous cellulite accompanied by water retention. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 92% natural ingredients, without animal derivatives, silicones and parabens.

#### CHARACTERISTICS

The secret of the innovative formulation lies in its very skin-friendly liposomal structure, which deeply conveys the draining and oxygenating active ingredients that protect the microcirculation and oxygenate, resulting in visible reduction of edematous cellulite.

#### STRENGTHS

SKIN-FRIENDLY LIPOSOMAL CONVEYANCE  
RESHAPING DRAINING  
LIGHT AND FAST-ABSORBING CONSISTENCY

#### HOW IT WORKS

LIPOSOMAL STRUCTURE derived from lecithin, it has an extraordinary ability to increase the absorption of active ingredients, making them more bioavailable. Lecithin is very skin-friendly because it is a natural component found in cell membranes.

IVY EXTRACT herbal remedy for treating venous insufficiency. For cosmetic use, it improves microcirculation, reduces swelling in the legs and counteracts the appearance of orange peel skin.

PURE CAFFEINE (2%) stimulates the activity of lipase, an enzyme responsible for breaking down triglycerides. The released fatty acids are transferred into the mitochondria thanks to the carrier activity of CARNITINE, where they are used to produce energy.

AESCIN, extracted from horse chestnut seeds, widely used in pharmaceuticals and dermatology for its venotonic and draining properties. When applied topically, it penetrates the surface layers of the skin, protects the delicate vessel wall and promotes optimal microcirculation.

#### HOW TO USE

Apply the product twice a day with a circular bottom-up massage. For an intensive action: apply BODY STRATEGIST PEEL SCRUB, then take a hot shower, dry the skin and apply the CREAM-GEL.

#### RECOMMENDATIONS

For edematous cellulite, with swollen legs and water retention. Constant, daily application is recommended, for cycles of at least one month.

#### PRECAUTIONS

The product contains caffeine and is therefore not recommended for pregnant and breastfeeding women.

#### EFFECTIVENESS TEST

-1 cm average thigh circumference reduction (instrumental test)

Reduction of leg swelling for 90% of the panel (self-assessment)

Clinical tests by independent laboratories \_ panel of 20 people \_ 30 days

### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEEL SCRUB



BODY STRATEGIST  
BAGNI DI MONTALCINO



BODY STRATEGIST  
D-AGE CREAM

## BODY STRATEGIST HOME CARE

### THERMO CREAM thermogenic cream



pH 5 - 6.2

**PACKAGING**  
sugar cane plastic tube  
**SIZE**  
200 ml

#### THE PRODUCT

Thermogenic cream with a double vascular and lipolytic action. It effectively reduces localized and predominantly adipose cellulite. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 86% natural ingredients, without animal derivatives, silicones and parabens.

#### CHARACTERISTICS

It stimulates a perceptible alternating hot and cold sensation that can vary in intensity depending on the person. The vascular thermogenic action reactivates microcirculation and guarantees deep absorption of the active ingredients. The lipolytic thermogenic action is stimulated by single-cell microalgae. The cream causes a tingling sensation accompanied by skin reddening that can last for about 30/40 minutes. This reaction, which varies in intensity from person to person, indicates that the product is working and may be more intense if the cream is applied after a hot shower or scrub.

#### STRENGTHS

THERMOGENIC ACTIVITY WITH HOT AND COLD EFFECT

DOUBLE VASCULAR AND LIPOLYTIC ACTION

RESHAPING

#### HOW IT WORKS

The cream causes a tingling sensation accompanied by skin reddening that can last for about 30/40 minutes. This reaction, which varies in intensity from person to person, indicates that the product is working. Finally, there is a subsequent cooling stage.

**SINGLE-CELL MICROALGAE** with a high content of protein and polyunsaturated fatty acids acts by directly stimulating activation of beige adipocytes, which can then transform from a simple fat deposit to cells capable of metabolizing fat. Once activated, beige adipocytes produce an essential thermogenic action that eliminates fat accumulation and facilitates reshaping.

**PURE CAFFEINE (2%)** stimulates the activity of lipase, an enzyme responsible for breaking down triglycerides. The released fatty acids are transferred into the mitochondria thanks to the carrier activity of **CARNITINE**, where they are used to produce energy.

**FUCUS** brown algae from the French coast that is particularly rich in iodine and has always been used due to its reducing properties.

**AESCIN** extracted from horse chestnut seeds, widely used in pharmaceuticals and dermatology for its venotonic and draining properties. When applied topically, it penetrates the surface layers of the skin, protects the delicate vessel wall and promotes optimal microcirculation.

**BENZYL NICOTINATE** a thermogenic molecule that activates the tissue response and vasodilation responsible for heat perception. This action enables the tissues to more effectively absorb the active ingredients.

#### HOW TO USE

Apply the product twice a day with a quick and gentle massage. Wash your hands after applying the product. For an intensive action: apply BODY STRATEGIST PEEL SCRUB, then take a hot shower, dry the skin and apply the cream.

#### RECOMMENDATIONS

For resistant cellulite accompanied by localized fat (thighs, knees, calves and ankles). Constant, daily application is recommended for cycles of at least one month.

#### PRECAUTIONS

Do not use the product: if you are pregnant or breastfeeding, suffer from capillary fragility or thyroid disorders and during and after sun exposure. It is advisable to clearly explain the product's thermogenic effect when recommending it to ensure that the customer is not alarmed when seeing the skin reaction.

#### EFFECTIVENESS TEST

-1 cm average thigh circumference reduction (instrumental test).

Reduction of fat dimples for 80% of the panel (self-assessment).

Tests by independent laboratories \_ panel of 20 people \_ 30 days

## COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEEL SCRUB



BODY STRATEGIST  
BAGNI DI MONTALCINO



BODY STRATEGIST  
D-AGE CREAM

## BODY STRATEGIST HOME CARE

### CRYO LEG GEL refreshing leg gel



pH 5 - 5.5

**PACKAGING**  
sugar cane plastic tube  
**SIZE**  
200 ml

#### THE PRODUCT

Specific treatment with hesperidin, aescin and menthol that provides an immediate sensation of freshness, reduces swelling and relieves heavy legs.

CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 95% natural ingredients, without animal derivatives, silicones and parabens.

#### CHARACTERISTICS

A first aid kit for tired legs. The synergistic and enhanced action of its active ingredients provides immediate relief and helps improve circulation, facilitating drainage of excess fluids.

#### STRENGTHS

Light, non-greasy consistency

Immediate and lasting feeling of freshness and relief

#### HOW IT WORKS

HESPERIDIN is one of the flavonoids characteristic of citrus fruits and serves to preserve the condition and normal permeability of the capillary wall: it is therefore used for treating edema.

AESCIN extracted from horse chestnut seeds, widely used in pharmaceuticals and dermatology for its venotonic and draining properties. When applied topically, it penetrates the surface layers of the skin, protects the delicate vessel wall and promotes optimal microcirculation.

MENTHOL a key component of peppermint essential oil. It refreshes and stimulates vasomotor gymnastics and gives an immediate feeling of lightness.

#### HOW TO USE

Apply once or several times a day when you feel it is needed. Massage with wide and circular movements from the ankle to the top of the leg until completely absorbed.

#### RECOMMENDATIONS

For people who suffer from swollen legs. Often felt in the evening and aggravated by hot weather conditions and often a consequence of a tiring day.

#### PRECAUTIONS

Do not apply on damaged skin. If you are pregnant or breastfeeding consult your doctor before use.

#### EFFECTIVENESS TEST

91.48% of the panel is satisfied with the product (self-assessment)

Panel of 43 people\_28 days

## COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEEL SCRUB



BODY STRATEGIST  
BAGNI DI MONTALCINO



BODY STRATEGIST  
D-AGE CREAM

## BODY STRATEGIST HOME CARE

**OIL**  
elasticizing oil



**PACKAGING**  
glass bottle  
**SIZE**  
100 ml

### THE PRODUCT

A blend of precious elasticizing oils that is ideal for stretch marks and in the event of sudden weight changes that can lead to loss of tissue tone and elasticity. CONSCIOUS SKIN SCIENCE™ formula with 88% natural ingredients.

### CHARACTERISTICS

Featuring a high concentration of natural oils, its dense texture makes it suitable for localized applications to combat stretch marks or particular dryness.

### STRENGTHS

PRECIOUS NATURAL OILS  
INTENSIVE STRETCH MARK CORRECTION  
SUITABLE FOR PREGNANT WOMEN

### HOW IT WORKS

ORGANIC TAMANU OIL extracted from an ancient sacred Indonesian plant, it has remarkable elasticizing and antioxidant properties that make it a valuable protective active ingredient capable of reducing skin structure damage caused by free radicals.

SWEET ALMOND OIL rich in emollient and nourishing fatty acids, it deeply moisturizes even the driest skin, restoring its softness and elasticity.

CENTELLA ASIATICA the extract, obtained from the leaves, is renowned for its ability to support tone and elasticity.

VITAMIN E a powerful antioxidant, it counteracts degenerative processes related to aging and an unbalanced lifestyle and promotes tissues' natural reparative processes.

### HOW TO USE

Apply with a massage to the areas affected by stretch marks, loss of elasticity and severe dehydration.

### RECOMMENDATIONS

For stretch marks and skin atony. It promotes elasticity and compactness. The product can be used during and after pregnancy.

### EFFECTIVENESS TEST

+ 16% skin firmness

(instrumental test).

Effective elasticizing effect for 100% of the panel

(self-assessment).

Tests by independent laboratories \_ panel of 20 people \_ 28 days

## COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEEL SCRUB



BODY STRATEGIST  
BAGNI DI MONTALCINO



BODY STRATEGIST  
D-AGE CREAM

## BODY STRATEGIST HOME CARE

### D-AGE CREAM nourishing firming cream



pH 5.5 - 6.5

PACKAGING  
glass jar  
SIZE  
180 ml

#### THE PRODUCT

Rich and deliciously scented cream to tone the skin and rejuvenate its appearance through its targeted firming, antioxidant, elasticizing and nourishing action. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 91% natural ingredients, without animal derivatives, silicones and parabens.

#### CHARACTERISTICS

Organic Tamanu oil, hydrolyzed extract of walnut and Boswellic acid act on loss of tone and firmness, providing an effective firming, nourishing and anti-aging action.

#### STRENGTHS

ANTI-AGING ACTION  
RICH AND SILKY TEXTURE  
VISIBLE FIRMING AND NOURISHING ACTION

#### HOW IT WORKS

HYDROLYZED GREEN WALNUT EXTRACT obtained from a special fruit ripening process, it has a high content of structural phenolic active ingredients for an antioxidant action that remains active over time. The structural polyphenols create a protective membrane that effectively protects the skin from free radicals.

ORGANIC TAMANU OIL extracted from an ancient sacred Indonesian plant, it has remarkable elasticizing and antioxidant properties that make it a valuable protective active ingredient capable of reducing skin structure damage caused by free radicals.

BOSWELLIC ACID extracted from the gum resin of Boswellia serrata, it counteracts elastase and collagenase, the two enzymes that contribute to aging of the skin structure, and stimulates the activity of fibroblasts, the cells that make tissues elastic.

#### HOW TO USE

Generously apply the product all over the body and massage until fully absorbed.

#### RECOMMENDATIONS

All skin types with loss of elasticity and firmness.

#### EFFECTIVENESS TEST

+ 14% elasticizing effectiveness compared to the previous formula (instrumental test)

+ 13% skin firmness (instrumental test)

95% of the panel is satisfied with the product (self-assessment)

Tests by independent laboratories \_ panel of 20 people \_ 28 days

## COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEEL SCRUB



BODY STRATEGIST  
BAGNI DI MONTALCINO



BODY STRATEGIST  
OIL

## BODY STRATEGIST PROFESSIONAL

### PEELING revitalizing activating gel



pH 3.8 - 4.5

PACKAGING  
bottle  
SIZE  
500ml

#### THE PRODUCT

A synergy of glycolic and lactic acid that promotes the elimination of keratinized cells and the absorption of the functional substances contained in products that are subsequently applied. CONSCIOUS SKIN SCIENCE™ formula with 81% natural ingredients.

#### CHARACTERISTICS

The precious mix of glycolic and lactic acid has been formulated in an ideal concentration to renew the skin and facilitate absorption of active ingredients. Designed with the aim of improving skin absorption, the gel's composition and pH offer high tolerability and effectiveness.

#### STRENGTHS

DEEP SKIN RENEWAL  
LIGHT AND FAST-ABSORBING TEXTURE  
NO NEED TO RINSE

#### HOW IT WORKS

GLYCOLIC ACID and LACTIC ACID act on corneocyte bonds, stimulating elimination of keratinized cells. The mix of acids also promotes water recovery, performing an effective moisturizing action. OXY™ cellular breathing factor capable of increasing cellular oxygenation.

#### HOW TO USE

Apply the product all over the body and massage until absorbed. Leave in place for a few minutes before proceeding according to the treatment schedule.

#### RECOMMENDATIONS

It is a product for professional use only, for treatments that do not involve rinsing products. Follow the instructions on the treatment information sheet.

#### PRECAUTIONS

This product contains alpha-hydroxy acids that can increase skin sensitivity to the sun and raise the likelihood of sunburn. Before sun exposure, we recommend applying sunscreen to areas where alpha-hydroxy have been used. Avoid contact with the eyes. When applying the product, protect your hands with gloves.

### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
SYSTEM

## BODY STRATEGIST PROFESSIONAL

### PEEL SCRUB double-action scrub



pH 5.5 - 6.5

**PACKAGING**  
sugar cane plastic flip-top tube  
**SIZE**  
400ml

#### THE PRODUCT

Exfoliating gel with natural silica particles and orange peel and 10% alpha-polyhydroxy acids for an immediate smoothing effect. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 92% natural ingredients, without animal derivatives, silicones and parabens.

#### CHARACTERISTICS

The double mechanical and chemical exfoliating action ensures that the skin immediately looks smoother, softer and brighter. It is ideal for applying on dry skin to make the particles act on the surface layers and remove dead cells.

#### STRENGTHS

DOUBLE ACTION: MECHANICAL AND CHEMICAL  
IMMEDIATE AND INTENSIVE ACTION  
QUICK AND EASY TO USE

#### HOW IT WORKS

**ALPHA-POLY HYDROXY ACIDS:** the synergy of glycolic acid (3.5%), an alpha-hydroxy acid capable of deep penetration due to its small molecule size, and gluconolactone (6.5%), a polyhydroxy acid that not only stimulates progressive cell renewal, but also retains water molecules and maintains skin hydration. Their combined action separates the corneocytes that form the superficial layer of the epidermis and facilitates their detachment through the subsequent mechanical action.

**SILICA PARTICLES** and **BITTER ORANGE PEEL** act mechanically, removing keratinized cells, especially in areas where the skin is thicker (such as elbows and knees).

#### HOW TO USE

Apply the product all over the body, especially on the most critical areas. Massage with circular movements until fully absorbed. Remove any residual particles with a dry towel.

#### RECOMMENDATIONS

For all skin types, especially dry and rough skin. Particularly suitable for preparing the skin for subsequent products.

#### PRECAUTIONS

This product contains alpha-hydroxy acids that can increase skin sensitivity to the sun and raise the likelihood of sunburn. Before sun exposure, we recommend applying sunscreen to areas where alpha-hydroxy acids have been used. Avoid contact with the eyes. When applying the product, protect your hands with gloves.

### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
SYSTEM

## BODY STRATEGIST PROFESSIONAL

### BAGNI DI MONTALCINO CASTELLO DI VELONA mud with thermal water from Montalcino



pH 5.9 - 6.4

PACKAGING  
bucket  
SIZE  
1000ml

#### THE PRODUCT

Massageable draining and reshaping thermal mud for detoxifying and treating cellulite. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 98% natural ingredients, without animal derivatives, silicones and parabens.

#### CHARACTERISTICS

The mud is characterized by its innovative oily gel texture which makes it possible to professionally massage areas with water retention and cellulite, offering optimal penetration of the active ingredients. This synergy reduces the presence of extracellular water, resulting in visible reshaping of the body.

#### STRENGTHS

DETOXIFYING  
RESHAPING AND DRAINING  
INNOVATIVE MASSAGEABLE TEXTURE

#### HOW IT WORKS

THERMAL WATER FROM CASTELLO DI VELONA \_ MONTALCINO renowned for its remineralizing properties, it flows out at a temperature of 50 °C and has a bicarbonate-sulphate-calcium-magnesium composition. It is particularly appreciated for its high tolerability and therapeutic properties in the dermatological field.

LAMINARIA brown algae from the Icelandic seas that is processed at low temperatures to fully preserve its active ingredients. It contains a high concentration (about 40%) of minerals: chlorine, potassium, calcium, magnesium and iodine.

FUCUS brown algae from the French coast that is particularly rich in iodine and has always been used due to its reducing properties.

MANDARIN, ORANGE AND PEPPERMINT ESSENTIAL OILS known for their recognized draining action and therefore used to promote the elimination of toxins.

#### HOW TO USE

Apply the product to the body, in particular the thighs, buttocks, hips and abdomen, avoiding sensitive areas such as the breasts. Perform a draining massage on each treatment area, covering the newly treated area every time. Remove the product with the help of warm towels.

The product can be heated in hot water without reaching excessively high temperatures that would alter the quality of the essential oils.

#### RECOMMENDATIONS

For every type of cellulite. In reshaping programs, it is recommended in the central stages of detoxification and metabolism activation.

#### PRECAUTIONS

The product is not recommended during pregnancy and breastfeeding and for those suffering from thyroid disease.

### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEELING

BODY STRATEGIST  
PEEL SCRUB

BODY STRATEGIST  
BAGNI DI MONTALCINO

BODY STRATEGIST  
MASSAGE CREAM

BODY STRATEGIST  
CRYO LEG GEL

BODY STRATEGIST  
BLEND

BODY STRATEGIST  
THERMO CREAM

## BODY STRATEGIST PROFESSIONAL

**BLEND**  
multipurpose essential oils



**PACKAGING**  
glass bottle  
**SIZE**  
950ml

### THE PRODUCT

A precious concentrate of essential oils and ivy extract with a draining action. The multifunctional blend can be dosed for preparing compresses with bandages, combined with the NUTRITIONAL MASK, or diluted in whirlpools. If you use 20ml of the product in 100ml of water, 81% of the ingredients are natural. If you use 30ml of the product in 100ml of water, 83% of the ingredients are natural. CONSCIOUS SKIN SCIENCE™ formula, production and packaging.

### CHARACTERISTICS

A highly technical, versatile and easy-to-use spa treatment. Pure lemon, orange and peppermint essential oils and ivy extract give the product highly effective draining and reducing properties.

### STRENGTHS

MULTIPURPOSE:  
WITH COMPRESSES FOR AN INTENSIVE DRAINING EFFECT  
WITH BODY MASKS TO ENHANCE ITS TONING EFFECT  
DILUTED IN A WHIRLPOOL FOR A DETOXIFYING ACTION

### HOW IT WORKS

LEMON, ORANGE AND PEPPERMINT ESSENTIAL OILS help to eliminate toxins and play an active role in reducing the skin's orange peel appearance.

IVY EXTRACT herbal remedy for treating venous insufficiency. For cosmetic use, it improves microcirculation, reduces swelling in the legs and improves the appearance of orange peel skin.

MENTHOL a key component of peppermint essential oil. It refreshes and stimulates vasomotor gymnastics and gives an immediate feeling of lightness.

### HOW TO USE

PREPARATION OF COMPRESSES WITH BANDAGES: in a bowl containing 100 ml of water, dilute 30 ml of BODY STRATEGIST BLEND, then soak the bandage. Remove the bandage from the water, squeeze it and wrap it from the ankle towards the groin, including the abdomen, taking care to gradually tighten it well towards the abdomen, then complete the application by wrapping the other leg. During the cold months, dilute just 20 ml of the product instead of 30 in order to reduce the intensity of the cooling effect. Leave on for 15-20 minutes, remove the bandages and gently dry the skin with towels.

### RECOMMENDATIONS

For all types of cellulite, especially edematous cellulite. In reshaping programs, treatment with this product is particularly recommended in the first stage of detoxification.

### PRECAUTIONS

The product contains essential oils and menthol and is therefore not recommended for pregnant and breastfeeding women.

## COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEELING



BODY STRATEGIST  
MASSAGE CREAM



BODY STRATEGIST  
NUTRITIONAL MASK



BODY STRATEGIST  
CRYO LEG GEL



BODY STRATEGIST  
3 IN 1 BOOSTER

## BODY STRATEGIST PROFESSIONAL

### THERMO CREAM thermogenic cream



pH 5 - 6.2

**PACKAGING**  
sugar cane plastic flip-top tube  
**SIZE**  
400ml

#### THE PRODUCT

Thermogenic cream with a double vascular and lipolytic action. It effectively reduces localized and predominantly adipose cellulite. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 86% natural ingredients, without animal derivatives, silicones and parabens.

#### CHARACTERISTICS

It stimulates a perceptible alternating hot and cold sensation that can vary in intensity depending on the person. The vascular thermogenic action reactivates microcirculation and guarantees deep absorption of the active ingredients. The lipolytic thermogenic action is stimulated by single-cell microalgae.

#### STRENGTHS

DOUBLE THERMOGENIC ACTION  
EFFECTIVE SLIMMING AND RESHAPING ACTION  
SOFT AND NOURISHING CONSISTENCY

#### HOW IT WORKS

The cream causes a tingling sensation accompanied by skin reddening that can last for about 30/40 minutes. This reaction, which varies in intensity from person to person, indicates that the product is working. Finally, there is a subsequent cooling stage.

SINGLE-CELL MICROALGAE with a high content of protein and poly-unsaturated fatty acids acts by directly stimulating activation of beige adipocytes, which can then transform from a simple fat deposit to cells capable of metabolizing fat. Once activated, beige adipocytes produce an essential thermogenic action that eliminates fat accumulation and facilitates reshaping.

PURE CAFFEINE (2%) stimulates the activity of lipase, an enzyme responsible for breaking down triglycerides. The released fatty acids are transferred into the mitochondria thanks to the carrier activity of CARNITINE, where they are used to produce energy.

FUCUS brown algae from the French coast that is particularly rich in iodine and has always been used due to its reducing properties.

AESCIN extracted from horse chestnut seeds, widely used in pharmaceuticals and dermatology for its venotonic and draining properties. When applied topically, it penetrates the surface layers of the skin, protects the delicate vessel wall and promotes optimal microcirculation.

BENZYL NICOTINATE a thermogenic molecule that activates the tissue response and vasodilation responsible for heat perception. This action enables the tissues to more effectively absorb the active ingredients.

#### HOW TO USE

Apply the product without massaging it. Cover with a wrap or create a wrap with cling film and leave in place for 10 minutes. Open the wrap and dab with damp towels.

#### RECOMMENDATIONS

For resistant cellulite accompanied by localized adiposity (thighs, knees, calves and ankles). Constant, daily application is recommended for cycles of at least one month.

#### PRECAUTIONS

Do not use the product: if you are pregnant or breastfeeding, suffer from capillary fragility or thyroid disorders and during and after sun exposure. It is advisable to clearly explain the product's thermogenic effect when recommending it to ensure that the guest is not alarmed when seeing the skin reaction.

### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEELING



BODY STRATEGIST  
BAGNI DI MONTALCINO



BODY STRATEGIST  
OIL



BODY STRATEGIST  
CRYO LEG GEL

## BODY STRATEGIST PROFESSIONAL

### MASSAGE CREAM ritual cream with aescin



pH 5.5 - 6.5

PACKAGING  
jar  
SIZE  
500ml

#### THE PRODUCT

Rich multiactive lipolytic massage cream: it reduces fat deposits and tissue inflammation and reactivates microcirculation. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 90% natural ingredients.

#### CHARACTERISTICS

Very smooth silky emulsion to increase the effectiveness of intensive anti-cellulite massages. Single-cell microalgae activates beige adipocytes promoting a thermogenic action that burns even the most stubborn localized fat deposits.

#### STRENGTHS

ULTRA-SMOOTH EMULSION  
COMBATS CELLULITE  
NOURISHING

#### HOW IT WORKS

SINGLE-CELL MICROALGAE with a high content of protein and poly-unsaturated fatty acids acts by directly stimulating activation of beige adipocytes, which can then transform from a simple fat deposit to cells capable of metabolizing fat. Once activated, beige adipocytes produce an essential thermogenic action that eliminates fat accumulation and facilitates reshaping.

PURE CAFFEINE (2%) stimulates the activity of lipase, an enzyme responsible for breaking down triglycerides. The released fatty acids are transferred into the mitochondria thanks to the carrier activity of CARNITINE, where they are used to produce energy.

AESCIN extracted from horse chestnut seeds, widely used in pharmaceuticals and dermatology for its venotonic and draining properties. When applied topically, it penetrates the surface layers of the skin, protects the delicate vessel wall and promotes optimal microcirculation.

IVY EXTRACT herbal remedy for treating venous insufficiency. In cosmetic use, it improves microcirculation, reduces swelling in the legs and improves the appearance of orange peel skin.

#### HOW TO USE

Apply the product to the critical areas and massage using your preferred anti-cellulite technique.

#### RECOMMENDATIONS

For all types of cellulite.

#### PRECAUTIONS

The product contains caffeine and is therefore not recommended for pregnant and breastfeeding women.

### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEELING



BODY STRATEGIST  
NUTRITIONAL MASK



BODY STRATEGIST  
BLEND



BODY STRATEGIST  
3 IN 1 BOOSTER



BODY STRATEGIST  
BAGNI DI MONTALCINO

## BODY STRATEGIST PROFESSIONAL

### MASSAGE OIL hydro-balancing massage oil



PACKAGING  
glass bottle  
SIZE  
950ml

#### THE PRODUCT

Draining and reshaping massage oil based on natural and essential oils. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 99% natural ingredients.

#### CHARACTERISTICS

Massage oil suitable for intense manual skills, designed to improve cellulite. The blend of essential oils reactivates the functionality of skin microcirculation, facilitating the drainage of excess fluids.

#### STRENGTHS

EXTREMELY NATURAL OIL  
ULTRA-SMOOTH LIGHT TEXTURE  
OPTIMAL ABSORPTION, WITHOUT GREASY RESIDUES

#### HOW IT WORKS

LEMON, ORANGE AND PEPPERMINT ESSENTIAL OILS help to eliminate toxins and play an active role in reducing the skin's orange peel appearance.

IVY EXTRACT herbal remedy for treating venous insufficiency. For cosmetic use, it improves microcirculation, reduces swelling in the legs and improves the appearance of orange peel skin.

SWEET ALMOND AND JOJOBA OILS intensely nourishing, they facilitate massaging with a very natural effect.

#### HOW TO USE

Apply the product and proceed with anti-cellulite massage techniques.

#### RECOMMENDATIONS

For all types of cellulite, especially edematous cellulite, with water retention and heavy legs.

#### PRECAUTIONS

The product contains essential oils and is therefore not recommended for pregnant and breastfeeding women.

### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEELING



BODY STRATEGIST  
BLEND



BODY STRATEGIST  
THERMO CREAM



BODY STRATEGIST  
3 IN 1 BOOSTER



BODY STRATEGIST  
BAGNI DI MONTALCINO

## BODY STRATEGIST PROFESSIONAL

### 3IN1 BOOSTER thermogenic gel mask



pH 5.5 - 6

PACKAGING  
sugar cane plastic flip-top tube  
SIZE  
400ml

#### THE PRODUCT

Reactivating, reducing and reshaping concentrated thermogenic mask: the thermogenic action optimizes the absorption and lipolytic action of the microalgae and products used subsequently. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 97% natural ingredients.

#### CHARACTERISTICS

The mask produces an increase in temperature and stimulates micro-circulation, making the skin more receptive to the active ingredients. It helps to activate the beige adipocytes, which facilitate fat reduction. The thermogenic action, which may vary according to the individual's physical condition, has been calibrated to be both progressive and well-tolerated.

#### STRENGTHS

ACTIVATION OF SKIN RECEPTIVITY  
REACTIVATION OF MICROCIRCULATION  
CALIBRATED THERMOGENIC ACTION  
FRAGRANCE-FREE

#### HOW IT WORKS

SINGLE-CELL MICROALGAE with a high content of protein and poly-unsaturated fatty acids acts by directly stimulating activation of beige adipocytes, which can then transform from a simple fat deposit to cells capable of metabolizing fat. Once activated, beige adipocytes produce an essential thermogenic action that eliminates fat accumulation and facilitates reshaping.

THERMOGENIC COMPLEX (VANILLYL BUTYL ETHER) causes vasodilation and develops a soothing calibrated heat sensation without undesirable side effects such as irritation or itching. Thermogenic action is essential for making skin more receptive.

#### HOW TO USE

Apply a thin layer of product on the legs and abdomen using a brush, cover with a wrap and leave on for 5 minutes. Then remove the product using a lukewarm towel. For more details follow the instructions on the treatment information sheet.

#### RECOMMENDATIONS

For a draining and lipolytic treatment.

#### PRECAUTIONS

The product must be applied using a technical brush or gloves to avoid direct contact with the product. If your hands come into contact with the product, rinse them with cool water. Inform the customer that the feeling of heat is highly subjective and can therefore vary in intensity and duration. In the event of sensitive skin and unpleasant reactions, invite the customer to take a cool shower. Contact with hot water before receiving the treatment, in a bath or shower, can increase the feeling of warmth. Do not apply if the customer has enlarged capillaries. Not recommended for women who are pregnant or breastfeeding.

### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
OIL



BODY STRATEGIST  
MASSAGE CREAM



BODY STRATEGIST  
BLEND



BODY STRATEGIST  
CRYO LEG GEL

## BODY STRATEGIST PROFESSIONAL

**OIL**  
elasticizing oil



**PACKAGING**  
glass bottle  
**SIZE**  
950ml

### THE PRODUCT

A blend of precious elasticizing oils that is ideal for stretch marks and in the event of sudden weight changes that can lead to loss of tissue tone and elasticity. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 88% natural ingredients.

### CHARACTERISTICS

Featuring a high concentration of natural oils, its dense texture makes it suitable for localized applications to contrast stretch marks or particular dryness.

### STRENGTHS

PRECIOUS NATURAL OILS  
INTENSIVE STRETCH MARK CORRECTION  
SUITABLE FOR PREGNANT WOMEN

### HOW IT WORKS

ORGANIC TAMANU OIL extracted from an ancient sacred Indonesian plant, it has remarkable elasticizing and antioxidant properties that make it a valuable protective active ingredient capable of reducing skin structure damage caused by free radicals.

SWEET ALMOND OIL rich in emollient and nourishing fatty acids, it deeply moisturizes even the driest skin, restoring its softness and elasticity.

CENTELLA ASIATICA the extract, obtained from the leaves, is renowned for its ability to support tone and elasticity.

VITAMIN E a powerful antioxidant, it counteracts degenerative processes related to aging and an unbalanced lifestyle and promotes tissues' natural reparative processes.

### HOW TO USE

Apply with a massage to areas affected by stretch marks, loss of elasticity and severe dehydration.

### RECOMMENDATIONS

For stretch marks and skin atony, it promotes elasticity and firmness. The product can be used during and after pregnancy.

## COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEELING



BODY STRATEGIST  
NUTRITIONAL MASK



BODY STRATEGIST  
D-AGE MASSAGE CREAM

## BODY STRATEGIST PROFESSIONAL

### NUTRITIONAL MASK 1 + 2

BASE 1 mask with tamanu oil

BASE 2 mask with walnut extract



pH 5 - 6

PACKAGING  
bottles  
SIZE  
2 X 1000ml

#### THE PRODUCT

Two-phase mask for the body containing active ingredients with an elasticizing and antioxidant action. CONSCIOUS SKIN SCIENCE™ formula, production and packaging.

Base 1 formula: 16% natural ingredients.

Base 2 formula: 99% natural ingredients.

#### CHARACTERISTICS

Concentrated body mask with tamanu oil and green walnut extract. Excellent remedy for nourishing, regenerating and toning tissues.

#### STRENGTHS

TWO HIGHLY CONCENTRATED PHASES TO MIX TO CREATE A REJUVENATING BODY MASK

#### HOW IT WORKS

##### BASE 1

ORGANIC TAMANU OIL extracted from an ancient sacred Indonesian plant, it has remarkable elasticizing and antioxidant properties that make it a valuable protective active ingredient capable of reducing skin structure damage caused by free radicals.

##### BASE 2

GREEN WALNUT EXTRACT obtained from a particular fruit ripening process, it has a high content of structural phenolic active ingredients with an antioxidant action. The structural polyphenols create a protective membrane that can effectively protect the skin from free radicals.

#### HOW TO USE

It is a product for professional use only. Mix two equal parts of the product in a bowl, apply and massage the body, one area at a time for a total of 20 minutes. Remove with warm towels or a shower. It is recommended to heat the product in a hot bath before application.

#### RECOMMENDATIONS

As a rejuvenating and nourishing mask to give the body tissues elasticity and effective antioxidant protection. The product is particularly recommended:

- after returning from the summer period to rebalance the tissues after long exposure to the sun;
- during the winter to keep tissues effectively protected;
- to counteract the aging process.

The product can be used during and after pregnancy.

#### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEEL SCRUB



BODY STRATEGIST  
OIL



BODY STRATEGIST  
D-AGE MASSAGE CREAM

## BODY STRATEGIST PROFESSIONAL

### CRYO LEG GEL refreshing leg gel



pH 5 - 5.5

**PACKAGING**  
sugar cane plastic flip-top tube  
**SIZE**  
400ml

#### THE PRODUCT

Specific treatment with hesperidin, aescin and menthol that provides an immediate sensation of freshness, reduces swelling and relieves heavy legs. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 95% natural ingredients, without animal derivatives, silicones and parabens.

#### CHARACTERISTICS

A first aid kit for tired legs. The synergistic and enhanced action of its active ingredients provides immediate relief and helps improve circulation, facilitating drainage of excess fluids.

#### STRENGTHS

LIGHT, NON-GREASY CONSISTENCY  
IMMEDIATE AND LASTING FEELING OF FRESHNESS

#### HOW IT WORKS

HESPERIDIN is one of the flavonoids characteristic of citrus fruits and serves to preserve the condition and normal permeability of the capillary wall: it is therefore used for treating edema.

AESICIN extracted from horse chestnut seeds, widely used in pharmaceuticals and dermatology for its venotonic and draining properties. When applied topically, it penetrates the surface layers of the skin, protects the delicate vessel wall and promotes optimal microcirculation.

MENTHOL a key component of peppermint essential oil. It refreshes and stimulates vasomotor gymnastics and gives an immediate feeling of lightness.

#### HOW TO USE

Product with immediate action to offer in combination with body treatments as a final touch for soothing heavy legs.

#### RECOMMENDATIONS

For people who suffer from swollen legs. The ideal finishing product at the end of a treatment.

#### PRECAUTIONS

Do not apply on damaged skin.

If you are pregnant or breastfeeding consult your doctor before use.

## COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
SYSTEM

## BODY STRATEGIST PROFESSIONAL

### D-AGE MASSAGE CREAM nourishing firming cream



pH 5.3 - 6.3

PACKAGING  
jar  
SIZE  
500ml

#### THE PRODUCT

A rich and aromatic massage cream to counteract signs of aging, nourish the skin and improve its elasticity and tone. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 91% natural ingredients.

#### CHARACTERISTICS

The precious cocktail of organic tamanu oil, hydrolyzed walnut extract and Boswellic acid act on loss of tone and firmness, providing an effective firming, nourishing and anti-aging action.

#### STRENGTHS

ULTRA-RICH NOURISHING AND EASY-TO-MASSAGE TEXTURE  
VISIBLE FIRMING AND NOURISHING ACTION

#### HOW IT WORKS

HYDROLYZED GREEN WALNUT EXTRACT obtained from a special fruit ripening process, it has a high content of structural phenolic active ingredients for an antioxidant action that remains active over time. The structural polyphenols create a protective membrane that effectively protects the skin from free radicals.

ORGANIC TAMANU OIL extracted from an ancient sacred Indonesian plant, it has remarkable elasticizing and antioxidant properties that make it a valuable protective active ingredient capable of reducing skin structure damage caused by free radicals.

BOSWELLIC ACID extracted from the gum resin of Boswellia serrata, it counteracts elastase and collagenase, the two enzymes that contribute to aging of the skin structure, and stimulates the activity of fibroblasts, the cells that make tissues elastic.

#### HOW TO USE

Generously apply the product all over the body and massage until fully absorbed.

#### RECOMMENDATIONS

Product for professional use only. The product can be used during and after pregnancy.

### COMPLEMENTARY PRODUCTS



BODY STRATEGIST  
PEEL SCRUB



BODY STRATEGIST  
OIL



BODY STRATEGIST  
NUTRITIONAL MASK

## BODY STRATEGIST PROFESSIONAL

### TECH OIL massage oil



PACKAGING  
glass bottle  
SIZE  
230ml

#### THE PRODUCT

Oil for treatments with vacuum equipment or vacuum with radiofrequency. Suitable for face and body treatments. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 100% natural ingredients.

#### CHARACTERISTICS

Oil with a light texture that facilitates sliding of the vacuum machine handpiece, promoting excellent adhesion that maximizes its effectiveness while ensuring the customer's safety.

#### STRENGTHS

SUITABLE FOR EQUIPMENT WITH VACUUM OR VACUUM WITH BI OR MULTIPOLAR RADIOFREQUENCY  
PLEASANT TEXTURE  
EASY TO APPLY  
FACE AND BODY

#### HOW IT WORKS

ALMOND, RICE, SOY AND JOJOBA OILS create a light film that protects the skin from heat while enabling the handpiece to slide.

#### HOW TO USE

Transfer the product to a bowl and apply it with a brush only to the area requiring treatment. Start the treatment with the machine, repeating application of the product if necessary. Once finished, dab any residue with a dry towel.

#### RECOMMENDATIONS

For all skin types.

### COMPLEMENTARY PRODUCTS



HYDRAMEMORY  
CREAM GEL



REMEDY  
CREAM



SUBLIME SKIN  
RICH CREAM



BODY STRATEGIST  
D-AGE MASSAGE CREAM



BODY STRATEGIST  
MASSAGE CREAM

## BODY STRATEGIST PROFESSIONAL

### TECH GEL massage gel



pH 5 - 6

PACKAGING  
disc-top bottle  
SIZE  
300ml

#### THE PRODUCT

A gel rich in polyols to ensure protection and in hyaluronic acid to maintain correct skin hydration during treatments with machines. Suitable for face and body treatments. CONSCIOUS SKIN SCIENCE™ formula, production and packaging with 97% natural ingredients.

#### CHARACTERISTICS

It facilitates sliding of the handpiece of machines that use radiofrequency, ultrasound or microcurrent technology, without compromising its effectiveness and ensuring that the customer's skin is protected.

#### STRENGTHS

SUITABLE FOR EQUIPMENT WITH ULTRASOUND, BI OR MULTIPOLAR RADIOFREQUENCY AND MICROCURRENT PLEASANT TEXTURE  
EASY TO APPLY  
FACE AND BODY

#### HOW IT WORKS

POLYOLS: alcohols derived from sugar that create a barrier effect, allowing the flow required for the machine to operate.  
HYALURONIC ACID highly moisturizing hygroscopic molecule. It hydrates the skin and maintains its elasticity and softness.

#### HOW TO USE

Pour an appropriate amount of product into a bowl and apply it with a brush only to the area requiring treatment. Start the treatment with the machine, repeating application of the product if necessary. Once finished, dab any residue with a dry towel.

#### RECOMMENDATIONS

For all skin types.

### COMPLEMENTARY PRODUCTS



HYDRAMEMORY  
CREAM GEL



REMEDY  
CREAM



SUBLIME SKIN  
RICH CREAM



BODY STRATEGIST  
D-AGE MASSAGE CREAM



BODY STRATEGIST  
MASSAGE CREAM

## BODY STRATEGIST

### DEEP BODY RENEWAL

TREATMENT PURPOSE	A smoothing, renewing and regenerating treatment for restored tone, elasticity and profound hydration for a soft, silky and compact skin. An ideal treatment during the change of seasons, especially the Spring and Fall and whenever the body needs a sense of restoration.
RECOMMENDED	For everyone! A sensorial cocooning and deeply relaxing experience for a complete transformation of the skin and tissues. Ideal for skin that needs moisture and elasticity. It is safe and effective and has been especially tested during pregnancy to contrast stretch marks and maintain a supple and nourished skin.
BENEFITS	Smoothing and regenerating action Antioxidant protection and revitalized tissues Increased hydration and elasticity
DURATION	60 minutes
PROFESSIONAL PRODUCTS	TRANQUILLITY™ BLEND BODY STRATEGIST PEEL SCRUB BODY STRATEGIST PEELING (apply with a brush or glove) BODY STRATEGIST NUTRITIONAL MASK BODY STRATEGIST OIL BODY STRATEGIST D-AGE MASSAGE CREAM
TECHNICAL TOOLS	BOWL, BRUSH, TOWELS
PRECAUTIONS	Do not use BODY STRATEGIST PEELING during pregnancy
PREPARATION	TREATMENT STEPS  *Prepare equal amounts of the BODY STRATEGIST NUTRITIONAL MASK BASE 1 and 2 in a bowl and place in hot caby (or place in the hot stone heater or in a basin of hot water) to warm whilst you commence the treatment. *50 ml of each product makes a solution of 100ml which is adequate for a full body treatment **for pregnant guests, or more robust guests, add equal portions of each product to make up the necessary amount.
OPENING	1. Begin the treatment with the TRANQUILLITY™ WELCOME RITUAL.
SKIN PREPARATION	2. Starting on the back of the body, uncover one side and exfoliate that side with BODY STRATEGIST PEEL SCRUB. Remove with dry towels, repeat on the other side of the body.  Follow with the application of BODY STRATEGIST PEELING to the entire body, using a brush or glove, and allow it to absorb. (Avoid sensitive areas such as the bust). Assist the guest in turning over and repeat the entire sequence on the front of the body.
BODY WRAP	3. Apply and massage BODY STRATEGIST NUTRITIONAL MASK to one area at a time, wrap the area with the appropriate sheeting before moving onto the next area, total time 20 minutes. (A thermal blanket can be used for more efficacy and pleasure).  4. Remove the sheeting, assist the guest to a warm shower or remove the gel mask with hot towels.
FINAL TOUCH	5. Apply the BODY STRATEGIST OIL (5ml) to the appropriate areas (bust, abdomen, inner thighs, upper arms, décolleté) and then follow with an application of BODY STRATEGIST D-AGE MASSAGE CREAM (15ml) with appropriate massage techniques to complete the treatment.
CLOSING	Offer a cup of Matcha tea or rejuvenating juice, along with the PRESCRIPTION CARD with indicated products to prolong the benefits of the treatments at home.

## BODY STRATEGIST

### BODY GLOW EXPRESS

TREATMENT PURPOSE	A renewing treatment to soften the skin, removing dead skin cells and leaving the skin soft and silky.
RECOMMENDED	For everyone! Ideal treatment to prepare the skin for body massage and before and after sun exposure to renew and soften the skin.
BENEFITS	Soft, silky skin Glowing, luminous appearance Improved microcirculation, giving skin a fresh glow
DURATION	30 minutes
PROFESSIONAL PRODUCTS	TRANQUILLITY™ BLEND BODY STRATEGIST PEEL SCRUB BODY STRATEGIST PEELING (apply with a brush or glove) BODY STRATEGIST D-AGE MASSAGE CREAM
ACCESSORIES	BOWL, BRUSH, TOWELS
PRECAUTIONS	Do not use BODY STRATEGIST PEELING during pregnancy
TREATMENT STEPS	
OPENING	1. Begin the treatment with the TRANQUILLITY™ WELCOME RITUAL.
SKIN PREPARATION	2. Starting on the back of the body, uncover one side and exfoliate that side with BODY STRATEGIST PEEL SCRUB (10ml). Remove with dry towels, repeat on the other side of the body.  Follow with the application of BODY STRATEGIST PEELING (10ml) to the back of the body, using a brush or glove, and massage until absorbed. (Avoid sensitive areas such as the bust). Assist the guest in turning over and repeat the entire sequence on the front of the body.
FINAL TOUCH	3. follow with an application of BODY STRATEGIST D-AGE MASSAGE CREAM (15ml) and massage with appropriate techniques to leave the skin soft and silky and nourished.
CLOSING	Offer a cup of Matcha tea or rejuvenating juice, along with the PRESCRIPTION CARD with indicated products to prolong the benefits of the treatments at home.

## BODY STRATEGIST

### MONTALCINO THERMAL MUD

AIM OF THE TREATMENT	An intensive treatment with thermal water from thermal waters from Montalcino in Tuscany, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues, while the fucus and laminaria algae promote lipolytic action.
RECOMMENDED	Ideal for a full systemic detoxifying action, to mobilize accumulated toxins and restore vitality. Also recommended for treating cellulite.
BENEFITS	Stimulates lipolysis and enhances the body's detoxification process Restores energy and vitality Drains the tissues and improves the appearance of cellulite
DURATION	60 minutes 75 minutes with add-on Cellulite treatment
PROFESSIONAL PRODUCTS	TRANQUILLITY™ BLEND BODY STRATEGIST PEELING (apply with brush or glove) BODY STRATEGIST BAGNI DI MONTALCINO *BODY STRATEGIST THERMO CREAM (optional add-on) BODY STRATEGIST MASSAGE CREAM BODY STRATEGIST CRYO LEG GEL
ACCESSORIES	BOWL, SPATULA, WRAP, TOWELS
PRECAUTIONS	<b>BODY STRATEGIST MONTALCINO MUD &amp; THERMO CREAM:</b> Do not perform during pregnancy and breastfeeding or in the case of thyroid disorders. <b>BODY STRATEGIST THERMO CREAM:</b> Do not perform in the case of fragile capillaries or circulation problems and during and after sun exposure Apply the product with a brush to avoid direct contact with the skin. In the case of physical contact, wash hands immediately with cold water. Inform the guest that the sensation of heat is strongly subjective, therefore it can vary in intensity and duration, however favors the activity of the treatment. In the case of sensitive skins or any adverse reactions, advise the guest to have a cool shower. A hot bath or shower before the treatment can increase the sensation of heat.
TREATMENT STEPS	
OPENING	1. Begin the treatment with the TRANQUILLITY™ WELCOME RITUAL.
SKIN PREPARATION	2. Follow with the application of BODY STRATEGIST PEELING (10ml) to the entire body, using a brush or glove, and allow it to absorb. (Avoid sensitive areas such as the bust)
WRAP	3. Apply BODY STRATEGIST BAGNI DI MONTALCINO (50ml) to the full body (avoid sensitive areas) and massage one area at a time, wrapping with the appropriate sheeting before moving onto the next area, total time 20 minutes. 4. Remove the sheeting, assist the guest to a warm shower or remove the mud with hot towels.
OPTIONAL ADD-ON	5. For an ANTI-CELLULITE SLIMMING action, apply a thin layer of BODY STRATEGIST THERMO CREAM (10ml) to the areas to be treated (hips, buttocks, thighs and legs) and wrap in appropriate sheeting. Let it process for a maximum of 10 minutes (while it is working, massage the scalp or hands and arms). Remove the sheeting and remove any excess product with warm dry towels. 6. Apply BODY STRATEGIST MASSAGE CREAM (10ml) and proceed with appropriate mass-age techniques.
FINAL TOUCH	Finish the treatment by applying BODY STRATEGIST CRYO LEG GEL (5ml).
CLOSING	Offer a cup of Matcha tea or longevity juice together with the prescription card and selected products to prolong the effects of the treatment at home.

## BODY STRATEGIST

### DETOX EXPRESS

TREATMENT PURPOSE	An intensive treatment with thermal water from Montalcino in Tuscany, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues, while the fucus and laminaria algae promote lipolytic action.
RECOMMENDED	Ideal for an express detox action on the more troublesome areas of the body, especially thighs, gluteus and abdomen. Highly recommended for treating cellulite.
BENEFITS	Stimulates lipolysis and enhances the body's detoxification process. Restores energy and vitality Drains the tissues and improves the appearance of cellulite.
DURATION	30 minutes
PROFESSIONAL PRODUCTS	TRANQUILLITY™ BLEND BODY STRATEGIST PEELING (apply with brush or glove) BODY STRATEGIST BAGNI DI MONTALCINO BODY STRATEGIST MASSAGE CREAM BODY STRATEGIST CRYO LEG GEL
ACCESSORIES	BOWL, SPATULA, WRAP, TOWELS
PRECAUTIONS	Do not perform during pregnancy or in the case of thyroid disorders.
TREATMENT STEPS	
OPENING	1. Begin the treatment with the TRANQUILLITY™ WELCOME RITUAL.
SKIN PREPARATION	2. Follow with the application of BODY STRATEGIST PEELING (10ml) to the critical areas, using a brush or glove, and allow it to absorb. (Avoid sensitive areas such as the bust)
WRAP	3. Apply BODY STRATEGIST BAGNI DI MONTALCINO (30ml) to the most critical areas, usually thighs, gluteus and abdomen (avoid sensitive areas) and massage one area at a time, wrapping with the appropriate sheeting before moving onto the next area.  4. Remove the wrap, assist the guest to a warm shower or remove the mud with hot towels.  5. Apply BODY STRATEGIST MASSAGE CREAM (10ml) and proceed with appropriate massage techniques.
FINAL TOUCH	Finish the treatment by applying BODY STRATEGIST CRYO LEG GEL (5ml).
CLOSING	Offer a cup of Matcha tea or longevity juice together with the prescription card and selected products to prolong the effects of the treatment at home.

## BODY STRATEGIST

### 3IN1 HOT COLD TREATMENT

TREATMENT PURPOSE	Three-phase intensive remodeling treatment: the first phase comprises a thermogenic action to stimulate microcirculation; this is followed by a vigorous lipolytic massage phase and then the final phase which is revitalizing and tonifying. A "shock" treatment with visible remodeling effects after just one treatment.
RECOMMENDED BENEFITS	Indicated for cellulite, and especially localized adiposity and sluggish microcirculation. Reactivates and improves microcirculation. Stimulates lipolysis and reshapes. Leaves legs feeling light and refreshed.
DURATION	75 minutes
PROFESSIONAL PRODUCTS	TRANQUILLITY™ BLEND BODY STRATEGIST MASSAGE OIL BODY STRATEGIST 3IN1 BOOSTER BODY STRATEGIST MASSAGE CREAM BODY STRATEGIST OIL BLEND BODY STRATEGIST CRYO LEG GEL
ACCESSORIES	TECHNICAL BRUSH, 2 x WRAPS, SINGLE-USE BANDAGES, TOWELS
PRECAUTIONS	Apply the BODY STRATEGIST WARM BOOSTER with a brush to avoid direct contact with the skin. In the case of physical contact, wash hands immediately with cold water. Inform the guest that the sensation of heat is strongly subjective, therefore it can vary in intensity and duration, however favors the activity of the treatment. In the case of sensitive skins or any adverse reactions, advise the guest to have a cool shower. A hot bath or shower before the treatment can increase the sensation of heat. Avoid in the case of compromised capillaries. Avoid during pregnancy and during breastfeeding.
PREPARATION	Prepare the treatment bed with two wraps overlapping. Soak a bandage in a solution of 100ml water + 40ml of BODY STRATEGIST OIL BLEND. Leave to absorb until needed.
OPENING	TREATMENT STEPS 1. Begin the treatment with the TRANQUILLITY™ WELCOME RITUAL (guest should be face up). The SKIN PREPARATION step is not required in this treatment due to the intensity of the thermogenic mask and therefore not advised to use a scrub or chemical peeling.
CELLULITE WRAP	2. Massage one leg with BODY STRATEGIST MASSAGE OIL (20ml), being sure to include the entire leg, including gluteus. Thereafter apply the BODY STRATEGIST 3IN1 BOOSTER (30ml) with the technical brush and wrap in the plastic sheet and repeat application on other leg and wrap up. 3. Repeat the same procedure as step 2 on the abdomen. 4. Return to the legs and remove the product from the first leg, opening the wrap and removing the product using cool damp towels. Pat dry and cover with a dry towel. Repeat on the other leg. 5. Remove the first wrap from under the guest, but without removing the product from the abdomen. Assist the guest in turning over onto her front. Massage the back of the legs and gluteus following the steps of the second massage phase, using BODY STRATEGIST MASSAGE CREAM (10ml to be used on legs and abdomen). 6. Ask The guest to turn over and fold the sides of the plastic sheet as as to have the guest lying on the clean section. 7. Massage the front of the legs following the steps of the second massage phase, using BODY STRATEGIST MASSAGE CREAM. Then remove the product from the abdomen with a cool, damp towel and proceed with the massage steps using the BODY STRATEGIST MASSAGE CREAM. 8. Take the prepared bandage and wring out any excess product and start applying – working from one leg up to, and including the hips, and then work down the other leg towards the foot. (A medium-sized dry towel can be placed on the abdomen under the bandage wrap to keep warm. Leave to process for 15 minutes. 9. Wrap in plastic and proceed with the specific foot massage. 10. Remove the plastic sheet and the bandage and ensure all product is absorbed by massaging in any excess product.
FINAL TOUCH	Finish by applying a small amount of BODY STRATEGIST CRYO LEG GEL (5ml), massaging with ascending movements until completely absorbed.
CLOSING	Offer a cup of Matcha tea or longevity juice together with the prescription card and selected products to prolong the effects of the treatment at home.

## BODY STRATEGIST

### THERMOGENIC ATTACK EXPRESS

TREATMENT PURPOSE	An intensive treatment with thermogenic action, for profound and resistant cellulite imperfections. Helps reduce the typical signs of cellulite, improves the microcirculation, and, thanks to the stimulation of lipolysis, promotes remodelling of the body.
RECOMMENDED	Specific for resistant cellulite accompanied by localized adiposity.
BENEFITS	Stimulates lipolysis Reduces adiposity Improves the microcirculation.
DURATION	30 minutes
PROFESSIONAL PRODUCTS	TRANQUILLITY™ BLEND BODY STRATEGIST PEELING (apply with a brush or glove) BODY STRATEGIST THERMO CREAM (apply with a brush) BODY STRATEGIST MASSAGE OIL BODY STRATEGIST CRYO LEG GEL
ACCESSORIES	BOWL, BRUSH, WRAP, TOWELS
PRECAUTIONS	<p>Do not perform during pregnancy, breastfeeding or in the case of thyroid disorders, fragile capillaries or circulation problems.</p> <p>Apply the BODY STRATEGIST THERMO CREAM with a brush to avoid direct contact with the skin. In the case of physical contact, wash hands immediately with cold water.</p> <p>Inform the guest that the sensation of heat is strongly subjective, therefore it can vary in intensity and duration, however favors the activity of the treatment. In the case of sensitive skins or any adverse reactions, advise the guest to have a cool shower. A hot bath or shower before the treatment can increase the sensation of heat.</p>
TREATMENT STEPS	
OPENING	1. Begin the treatment with the TRANQUILLITY™ WELCOME RITUAL.
SKIN PREPARATION	2. Follow with the application of BODY STRATEGIST PEELING (10ml) to the areas to be treated, using a brush or glove, and allow it to absorb.
WRAP	3. Apply BODY STRATEGIST THERMO CREAM (10ml) with a brush to the areas to be treated (hips, buttocks, thighs and legs) and wrap in appropriate sheeting.
FINAL TOUCH	4. Process for a maximum of 10-15 minutes (while it is working, massage the scalp or hands and arms). Remove the sheeting and remove any excess product with warm dry towels.
	5. Massage using BODY STRATEGIST MASSAGE OIL (10ml)
FINAL TOUCH	6. Finish the treatment by applying BODY STRATEGIST CRYO LEG GEL (5ml)
CLOSING	Offer a cup of Matcha tea or rejuvenating juice, along with the PRESCRIPTION CARD with indicated products to prolong the benefits of the treatments at home.

## BODY STRATEGIST AT A GLANCE - HOME CARE

### EXFOLIATION



















ALPHA-POLY HYDROXY ACIDS chemical peel.  
NATURAL PARTICLES mechanical scrub.

### TONE

ORGANIC TAMANU OIL elasticizing, anti-aging and repairing action.  
CENTELLA ASIATICA stimulates collagen, therapeutic and calming.  
HESPERIDIN extracted from citrus fruits, protects blood vessels and reduces edema.

### CELLULITE

Slimming SINGLE-CELL MICROALGAE.  
Lipolytic FUCUS.  
Draining IVY EXTRACT.

	PRODUCTS	DESCRIPTION	INGREDIENTS AND ACTIONS	RESULT	SALE SUGGESTIONS	RELATED PRODUCTS
EXFOLIATION TWICE A WEEK	 <b>BODY STRATEGIST PEEL SCRUB</b> pH 5.5 - 6.5 200ml	double renewing action body scrub  92% natural ingredients	ALPHA-POLYHYDROXY ACIDS chemical peel 3.5% glycolic acid 6.5% gluconolactone  SILICA PARTICLES & BITTER ORANGE PEEL immediate and progressive renewal mechanical scrub	immediate smoothness, softness and brightness  facilitates penetration of subsequently applied products and active ingredients	for an intensive action the product can be left on after removing any residual particles with a dry towel  suitable before the summer for preparing the skin and after the holidays for keeping the skin soft  can be used in combination with any body cream	    <b>BODY STRATEGIST</b>
DETOX & CELLULITE TWICE A WEEK	 <b>BODY STRATEGIST BAGNI DI MONTALCINO CASTELLO DI VELONA</b> pH 5.9 - 6.4 4 X 30g	mud with thermal water from Montalcino  98% natural ingredients	THERMAL WATER FROM CASTELLO DI VELONA, MONTALCINO detoxifying, remineralizing  LAMINARIA & FUCUS ALGAE slimming, reshaping and reducing  MANDARIN, ORANGE AND PEPPERMINT ESSENTIAL OILS draining, detoxifying	draining and reshaping for all types of cellulite  detoxifying  easy-to-use home spa ritual	ideal as part of a detox program  can be used in the bath for a detoxifying action  not recommended for pregnant women and people with thyroid disorders	    <b>BODY STRATEGIST PEEL SCRUB</b> <b>BODY STRATEGIST THERMO CREAM</b> <b>BODY STRATEGIST CREAM GEL</b> <b>BODY STRATEGIST D-AGE CREAM</b>
CELLULITE - EVERY DAY	 <b>BODY STRATEGIST CREAM GEL</b> pH 5 - 6.2 200ml	liposomal reshaping gel cream  92% natural ingredients	LIPOSOMAL STRUCTURE of lecithin facilitates the absorption of the active ingredients, deeply conveying the anti-cellulite active ingredients  IVY EXTRACT draining, strengthens capillaries PURE CAFFEINE (2%) & CARNITINE stimulates metabolism and circulation HORSE CHESTNUT EXTRACT, known as AESCIN anti-inflammatory, vasal-protective stimulating circulation	skin-friendly liposomal conveyance  draining and reshaping action on edematous cellulite accompanied by water retention  reshapes and slims	specific high-tech liposome structure for edematous cellulite  ideal for delicate skin  not recommended during pregnancy	   <b>BODY STRATEGIST PEEL SCRUB</b> <b>BODY STRATEGIST BAGNI DI MONTALCINO</b> <b>BODY STRATEGIST D-AGE CREAM</b>
CELLULITE - EVERY DAY	 <b>BODY STRATEGIST THERMO CREAM</b> pH 5 - 6.2 200ml	thermogenic reshaping cream  86% natural ingredients	SINGLE-CELL MICROALGAE thermogenic slimming action due to stimulation of the beige adipose tissue to burn fat  PURE CAFFEINE (2%) & CARNITINE promote fat mobilization and stimulate lipolysis and metabolism  FUCUS reshaping, slimming and reducing  AESCIN venotonic properties, strengthens capillary walls  BENZYL NICOTINATE thermogenic molecule that promotes effective absorption of active ingredients	reduces localized fat deposits through its thermogenic action  reactivates microcirculation  slimming and reshaping action	specific high-tech structure for adipose cellulite  for noticeable results, constant, daily application is recommended for cycles of at least one month  not recommended during pregnancy or breastfeeding, or for people with capillary fragility or thyroid disorders, or after sun exposure  clearly explain the thermogenic effect and the reaction it could cause in order to properly prepare the customer	   <b>BODY STRATEGIST PEEL SCRUB</b> <b>BODY STRATEGIST BAGNI DI MONTALCINO</b> <b>BODY STRATEGIST D-AGE CREAM</b>

## BODY STRATEGIST AT A GLANCE - HOME CARE

### EXFOLIATION













ALPHA-POLY HYDROXY ACIDS chemical peel.  
NATURAL PARTICLES mechanical scrub.

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Slimming SINGLE-CELL MICROALGAE.  
Lipolytic FUCUS.  
Draining IVY EXTRACT.

	PRODUCTS	DESCRIPTION	INGREDIENTS AND ACTIONS	RESULT	SALE SUGGESTIONS	RELATED PRODUCTS
TONE - EVERY DAY	 <p><b>BODY STRATEGIST</b> CRYO LEG GEL pH 5 - 5.5 200ml</p>	<p>refreshing leg gel</p> <p>95% natural ingredients</p>	<p>HESPERIDIN comes from the flavonoid group, strengthens capillary walls, counteracting fluid retention</p> <p>AESCIN venotonic, calming and draining properties, strengthens capillary walls</p> <p>MENTHOL refreshing, stimulates vasomotor gymnastics with an immediate feeling of lightness</p>	<p>improves circulation, facilitating drainage of excess fluids</p> <p>strengthens blood vessels</p> <p>immediate relief for tired legs</p>	<p>ideal in hot climates and for those who stand a lot</p> <p>the gel formula facilitates application and absorption</p> <p>if you are pregnant or breastfeeding consult your doctor before use</p> <p>do not apply to damaged skin</p> <p>can be combined with any body cream or used by itself</p>	 <p>BODY STRATEGIST PEEL SCRUB</p>  <p>BODY STRATEGIST BAGNI DI MONTALCINO</p>  <p>BODY STRATEGIST D-AGE CREAM</p>
	 <p><b>BODY STRATEGIST</b> OIL 100ml</p>	<p>elasticizing oil</p> <p>88% natural ingredients</p>	<p>ORGANIC TAMANU OIL antioxidant, protects skin elasticity and combats the appearance of stretch marks</p> <p>SWEET ALMOND OIL emollient, nourishing and elasticizing</p> <p>CENTELLA ASIATICA stimulates collagen, enhancing tone and elasticity</p> <p>VITAMIN E antioxidant</p>	<p>promotes elasticity and compactness</p> <p>prevents the formation of stretch marks and improves the appearance of existing marks</p> <p>improves tissue tone and firmness</p>	<p>specifically recommended for the most critical areas of the skin, inner thighs, bust, abdomen, arms and chest</p> <p>can be used during and after pregnancy</p>	 <p>BODY STRATEGIST PEEL SCRUB</p>  <p>BODY STRATEGIST BAGNI DI MONTALCINO</p>  <p>BODY STRATEGIST D-AGE CREAM</p>
	 <p><b>BODY STRATEGIST</b> D-AGE CREAM pH 5.5 - 6.5 180ml</p>	<p>nourishing firming cream</p> <p>91% natural ingredients</p>	<p>HYDROLYZED GREEN WALNUT EXTRACT antioxidant protection</p> <p>ORGANIC TAMANU OIL antioxidant, protects skin elasticity and combats the appearance of stretch marks</p> <p>BOSWELLIC ACID counteracts skin aging with an elasticizing action</p>	<p>deep nourishment and protection for the skin for anti-aging action</p> <p>improves tissue tone and firmness</p>	<p>an ideal anti-aging cream for the body in all seasons, especially in winter or in cold climates</p>	 <p>BODY STRATEGIST PEEL SCRUB</p>  <p>BODY STRATEGIST BAGNI DI MONTALCINO</p>  <p>BODY STRATEGIST OIL</p>

## BODY STRATEGIST AT A GLANCE - PROFESSIONAL

### SKIN PREPARATION

ALPHA-POLY HYDROXY ACIDS chemical peel.

NATURAL PARTICLES mechanical scrub

### SKIN TONE

ORGANIC TAMANU OIL elasticizing, anti-aging and repairing action.

CENTELLA ASIATICA stimulates collagen, therapeutic and calming.





HESPERIDIN extracted from citrus fruits, protects blood vessels and reduces edema.

### CELLULITE

Slimming SINGLE-CELL MICROALGAE

Lipolytic FUCUS

Draining IVY EXTRACT

	PRODUCTS	DESCRIPTION	INGREDIENTS AND ACTIONS	RESULT	SUGGESTIONS AND NOTES
SKIN PREPARATION	 <p><b>BODY STRATEGIST</b> PEEL SCRUB pH 5.5 – 6.5 400ml</p>	<p>double renewing action body scrub</p> <p>92% natural ingredients</p>	<p>ALPHA-POLYHYDROXY ACIDS chemical peel 3.5% glycolic acid 6.5% gluconolactone</p> <p>SILICA PARTICLES &amp; BITTER ORANGE PEEL immediate and progressive renewal mechanical scrub</p>	<p>immediate smoothness, softness and brightness</p> <p>facilitates penetration of subsequently applied products and active ingredients</p>	<p>recommended for very dry and rough skin.</p> <p>ideal as a preparatory step for sun exposure.</p>
	 <p><b>BODY STRATEGIST</b> PEELING pH 3.8 - 4.5 400ml</p>	<p>revitalizing activating gel</p> <p>81% natural ingredients</p>	<p>GLYCOLIC ACID (7%) LACTIC ACID (9%) chemical peel to help the skin regenerate by helping to make the treatment more effective</p> <p>OXY™ stimulates cellular oxygenation</p>	<p>regenerating, smoothing</p> <p>increases penetration of active ingredients</p>	<p>suitable for cellulite treatments to improve their effectiveness</p> <p>recommended before using products that need to be left in place</p> <p>apply with a brush/glove</p>
DETOX - CELLULITE	 <p><b>BODY STRATEGIST</b> BAGNI DI MONTALCINO CASTELLO DI VELONA pH 5.9 – 6.4 1000ml</p>	<p>massage mud with thermal water for draining and reshaping</p> <p>98% natural ingredients</p>	<p>THERMAL WATER FROM BAGNI DI MONTALCINO contains bicarbonate-sulphate-calcium-magnesium suitable for detoxifying and anti-cellulite actions</p> <p>LAMINARIA iodine-rich brown algae to promote a slimming effect</p> <p>MANDARIN, ORANGE AND PEPPERMINT ESSENTIAL OILS draining, detoxifying</p>	<p>detoxifying, remineralizing</p> <p>slim and reshaped silhouette</p>	<p>not recommended during pregnancy or breastfeeding and for people with thyroid disorders</p>
	 <p><b>BODY STRATEGIST</b> BLEND 950ml</p>	<p>multipurpose blend of essential oils for an intense draining action</p> <p>when diluted with 30ml of water 83% of the ingredients are natural</p>	<p>LEMON, ORANGE AND PEPPERMINT ESSENTIAL OILS drain, eliminating toxins, and reduce orange peel skin</p> <p>IVY EXTRACT reduces swelling by draining and strengthening capillaries</p> <p>MENTHOL refreshing action that stimulates vasomotor gymnastics</p>	<p>reduced feeling of heaviness and swelling</p> <p>slimming, reshaping</p>	<p>recommended for all types of cellulite, ideal for edematous cellulite</p> <p>multipurpose blend that can be used to prepare bandages or diluted in water in a whirlpool</p> <p>contains essential oils and menthol and is therefore not recommended for women who are pregnant or breastfeeding</p>

## BODY STRATEGIST AT A GLANCE - PROFESSIONAL

### SKIN PREPARATION

ALPHA-POLY HYDROXY ACIDS chemical peel.

NATURAL PARTICLES mechanical scrub

### tone

ORGANIC TAMANU OIL elasticizing, anti-aging and repairing action.

CENTELLA ASIATICA stimulates collagen, therapeutic and calming.





HESPERIDIN extracted from citrus fruits, protects blood vessels and reduces edema.

### CELLULITE

Slimming SINGLE-CELL MICROALGAE

Lipolytic FUCUS

Draining IVY EXTRACT

	PRODUCTS	DESCRIPTION	INGREDIENTS AND ACTIONS	RESULT	SUGGESTIONS AND NOTES
CELLULITE	 <p><b>BODY STRATEGIST THERMO CREAM</b> pH 5 - 6.2 400ml</p>	<p>thermogenic reshaping cream for an intensive slimming treatment</p> <p>86% natural ingredients</p>	<p>SINGLE-CELL MICROALGAE slimming action due to stimulation of the beige adipose tissue to burn fat through a thermogenic action</p> <p>PURE CAFFEINE (2%) &amp; CARNITINE promote fat mobilization and stimulate lipolysis and metabolism</p> <p>FUCUS reshaping, slimming and reducing</p> <p>AESICIN venotonic properties, strengthens capillary walls</p> <p>BENZYL NICOTINATE thermogenic molecule that promotes effective absorption of active ingredients</p>	<p>thermogenic, slimming action</p> <p>reactivates microcirculation</p> <p>the combination with Montalcino mud increases the detoxifying action</p>	<p>recommended for all types of cellulite, also ideal for adipose cellulite</p> <p>ideal for resistant skin, it is recommended that the customer is informed about the intense effect and possible skin reactions</p> <p>not recommended during pregnancy or breastfeeding, or for people with capillary fragility or thyroid disorders, or after sun exposure</p>
CELLULITE	 <p><b>BODY STRATEGIST MASSAGE CREAM</b> pH 5.5 - 6.5 500ml</p>	<p>massage cream to activate lipolysis</p> <p>90% natural ingredients</p>	<p>SINGLE-CELL MICROALGAE slimming action due to stimulation of the beige adipose tissue to burn fat through a thermogenic action</p> <p>PURE CAFFEINE (2%) &amp; CARNITINE promote fat mobilization and stimulate lipolysis and metabolism</p> <p>AESICIN venotonic properties, strengthens capillary walls</p> <p>IVY EXTRACT reduces swelling by draining and strengthening capillaries</p>	<p>slimming and reshaping for all types of cellulite</p> <p>nourishing</p>	<p>The product contains caffeine and is therefore not recommended for women who are pregnant or breastfeeding</p>
CELLULITE	 <p><b>BODY STRATEGIST MASSAGE OIL</b> 950ml</p>	<p>massage oil with a draining and fluid rebalancing function</p> <p>99% natural ingredients</p>	<p>LEMON, ORANGE AND PEPPERMINT ESSENTIAL OILS draining properties, reduce orange peel skin</p> <p>IVY EXTRACT improves microcirculation and reduces swelling</p> <p>SWEET ALMOND OIL AND JOJOBA OIL deeply nourish the skin</p>	<p>draining, reshaping</p>	<p>oil for all types of massage, especially anti-cellulite and draining massages</p> <p>not recommended during pregnancy or breastfeeding</p>
CELLULITE	 <p><b>BODY STRATEGIST 3IN1 BOOSTER</b> pH 5.5 - 6 400ml</p>	<p>reactivating, reducing and reshaping concentrated thermogenic mask</p> <p>97% natural ingredients</p>	<p>SINGLE-CELL MICROALGAE stimulates beige adipocytes to burn fat</p> <p>THERMOGENIC COMPLEX (VANILLYL BUTYL ETHER) causes vasodilation and develops a calibrated feeling of warmth</p>	<p>reactivates and improves skin microcirculation</p> <p>reshaping, stimulates lipolysis</p> <p>makes the legs feel lighter</p>	<p>ideal as shock treatment for cases of cellulite accompanied by localized fat deposits and slowed microcirculation</p> <p>apply the product with a brush or glove</p> <p>not recommended for women who are pregnant or breastfeeding</p>

## BODY STRATEGIST AT A GLANCE - PROFESSIONAL

### SKIN PREPARATION

ALPHA-POLY HYDROXY ACIDS chemical peel.

NATURAL PARTICLES mechanical scrub

### tone

ORGANIC TAMANU OIL elasticizing, anti-aging and repairing action.

CENTELLA ASIATICA stimulates collagen, therapeutic and calming.





HESPERIDIN extracted from citrus fruits, protects blood vessels and reduces edema.

### CELLULITE

Slimming SINGLE-CELL MICROALGAE

Lipolytic FUCUS

Draining IVY EXTRACT

	PRODUCTS	DESCRIPTION	INGREDIENTS AND ACTIONS	RESULT	SUGGESTIONS AND NOTES
CELLULITE	 <b>BODY STRATEGIST</b> CRYO LEG GEL pH 5 - 5.5 400ml	refreshing leg gel  95% natural ingredients	HESPERIDIN comes from the flavonoid group, strengthens capillary walls, counteracting fluid retention  AESCIN venotonic, calming and draining properties, strengthens capillary walls  MENTHOL refreshing, stimulates vasomotor gymnastics with an immediate feeling of lightness	improves circulation, facilitating drainage of excess fluids  strengthens blood vessels  immediate relief for tired legs	ideal in hot climates and for work that involves standing  the gel formula facilitates application and absorption  if you are pregnant or breastfeeding consult your doctor before use  do not apply on damaged skin
tone	 <b>BODY STRATEGIST</b> OIL 950ml	elasticizing oil  88% natural ingredients	ORGANIC TAMANU OIL antioxidant, protects skin elasticity and combats the appearance of stretch marks  SWEET ALMOND OIL emollient, nourishing and elasticizing  CENTELLA ASIATICA stimulates collagen, enhancing tone and elasticity  VITAMIN E antioxidant	promotes elasticity and compactness  prevents the formation of stretch marks and improves the appearance of existing marks  improves tissue tone and firmness	specifically recommended for the most critical areas of the skin, inner thighs, bust, abdomen, arms and chest  can be used during and after pregnancy
tone	 <b>BODY STRATEGIST</b> D-AGE MASSAGE CREAM pH 5.3 - 6.3 500ml	nourishing firming cream  91% natural ingredients	HYDROLYZED GREEN WALNUT EXTRACT antioxidant protection  ORGANIC TAMANU OIL antioxidant, protects skin elasticity and combats the appearance of stretch marks  BOSWELLIC ACID elasticizing action	rich cream with highly moisturizing and protective final touch  improves tissue tone and firmness  antioxidant action, rich in polyphenols	ideal for restoring the balance of dry, tired and sun-damaged or age-damaged skin  can be used during and after pregnancy
tone	 <b>BODY STRATEGIST</b> NUTRITIONAL MASK 1 + 2 pH 5 - 6 2 X 1000ml	elasticizing and antioxidant mask  16% natural ingredients  99% natural ingredients	BASE 1: ORGANIC TAMANU OIL antioxidant, protects skin elasticity and combats the appearance of stretch marks  BASE 2: HYDROLYZED GREEN WALNUT EXTRACT antioxidant protection	nourished and elastic skin, soft to the touch  improves stretch marks, regenerates tissues, protecting and preserving skin elasticity	recommended after long exposure to the sun  the product can be heated in a hot caby before use  ideal during pregnancy, counteracts aging

## BODY STRATEGIST AT A GLANCE - PROFESSIONAL

### SKIN PREPARATION

ALPHA-POLY HYDROXY ACIDS chemical peel.

NATURAL PARTICLES mechanical scrub

### TOUR

ORGANIC TAMANU OIL elasticizing, anti-aging and repairing action.

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### CELLULITE

Slimming SINGLE-CELL MICROALGAE

Lipolytic FUCUS

Draining IVY EXTRACT

	PRODUCTS	DESCRIPTION	INGREDIENTS AND ACTIONS	RESULT	SUGGESTIONS AND NOTES
DEVICE	 <p><b>BODY STRATEGIST TECH OIL 400ml</b></p>	<p>massage oil</p> <p>100% natural ingredients</p>	<p>ALMOND, RICE, SOY AND JOJOBA OILS</p> <p>create a light film that protects the skin from heat while enabling the handpiece to slide</p>	<p>for use with equipment with vacuum or vacuum with bi or multipolar radiofrequency equipment</p> <p>pleasant texture</p>	<p>for all skin types, face and body</p>
DEVICE	 <p><b>BODY STRATEGIST TECH GEL 400ml pH 5 - 6</b></p>	<p>massage gel</p> <p>97% natural ingredients</p>	<p>POLYOLS</p> <p>alcohols derived from sugar that create a barrier effect, allowing the machine to flow</p> <p>HYALURONIC ACID</p> <p>hydrates the skin, maintaining its elasticity and softness</p>	<p>for use with equipment with ultrasound, bi or radiofrequency and microcurrent</p> <p>pleasant texture</p>	<p>for all skin types, face and body</p>

## BODY STRATEGIST

### AT A GLANCE - TREATMENTS

NAME	GOAL	RESULTS	ADVICE & SALES	NOTES
<b>DOUBLE BODY RENEWAL</b> 60 mins	complete rejuvenation elasticizing nourishing	rejuvenating and smoothing antioxidant protection increases elasticity and hydration	for all skin types ideal for seasonal changes, especially in autumn and spring promotes elasticity and repairs oxidation damage related to sun exposure, aging and lifestyle	available in the 30-minute Express version for skin renewal
<b>MONTALCINO THERMAL MUD</b> 60 mins	draining slimming detoxifying	intensive detoxifying, draining and anti-cellulite treatment with thermal water from Castello di Velona (Montalcino – Toscana – Italy) and essential oils	Improves lymphatic microcirculation, detoxifies and lightens the legs with edematous cellulite and fluid retention an excellent support for cellulite treatments	available in the 30-minute Express version should not be offered during pregnancy and breastfeeding or to people with thyroid disorders OPTIONAL ADD ON with THERMO CREAM 75 mins
<b>3IN1</b> 75 mins	draining revitalizing toning	reactivates and improves skin circulation stimulates lipolysis and reshapes makes the legs feel lighter	suitable for cases of cellulite accompanied by localized fat deposits and slowed microcirculation	available in the 30-minute Express version should not be offered during pregnancy and breastfeeding

### GLOSSARY

ADIPOSE CELLULITE/FAT

Localized fat accumulations in the adipose tissue with a compromised microcirculation.

AESCIN

Extracted from horse chestnut seeds, widely used in pharmaceuticals and dermatology for its venotonic and draining properties. When applied topically, it penetrates the surface layers of the skin, protects the delicate vessel wall and promotes optimal microcirculation.

ALPHA-POLYHYDROXY ACIDS

Alpha-hydroxy acids act on corneocyte bonds, stimulating elimination of keratinized cells. The synergy of glycolic acid (3.5%), an alpha-hydroxy acid capable of deep penetration due to its small molecule size, and gluconolactone (6.5%). The mix of acids also promotes water recovery, performing an effective moisturizing action.

BENZYL NICOTINATE

A thermogenic molecule that activates the tissue response and vasodilation responsible for heat perception. This action enables the tissues to more effectively absorb the active ingredients.

BOSWELLIC ACID

Extracted from the gum resin of *Boswellia serrata*, it counteracts elastase and collagenase, the two enzymes that contribute to aging of the skin structure, and stimulates the activity of fibroblasts, the cells that make tissues elastic.

CAPILLARY FRAGILITY

Condition of altered functionality of capillaries whose walls are slack and not very resistant.

CARNITINE

A natural amino acid that is vital for fat metabolism in the body. It is associated with the transfer of fatty substances from the bloodstream to active fatty acid oxidation sites within muscle cells. It stimulates mobilization of triglycerides (fats) and promotes their entry into the mitochondria. This mechanism facilitates the use of triglycerides for energy and thermogenic purposes and therefore combats and reduces fat accumulation.

CELLULITE

A condition that may appear due to genetic factors and is aggravated by sitting or standing for too long, poor diet, cigarette smoking and stress. These factors first impair and damage microcirculation and then the volume between capillaries and cells. This causes slower microcirculation and is referred to as edematous cellulite. When this situation worsens and metabolism is reduced, local fat deposits become visible and fat elimination becomes increasingly difficult. This is called adipose cellulite. It is easy to recognize this type of cellulite because you should not feel pain when you pinch it.

CENTELLA ASIATICA

The extract, obtained from the leaves, is renowned for its ability to support tone and elasticity.

EDEMATOUS CELLULITE

Cellulite characterized by swelling and liquid accumulation.

ESSENTIAL OILS:

LEMON

It is obtained from *Citrus limonum* fruits. Known for its numerous properties, it is useful for combating cellulite thanks to its toning and purifying properties.

MANDARIN

It is obtained from *Citrus Nobilis* fruit. Mandarins are native to the Far East, but today they are also widespread in the Mediterranean regions. Its stimulating effects on fluid elimination make it very suitable for treating water retention and cellulite.

PEPPERMINT

It has a high menthol content and is one of the most widely used medicinal plants. Mint has a refreshing, tonic and purifying action.

SWEET ORANGE

It comes from *Citrus Sinensis* Dulcis. Offering an astringent and purifying action, it is ideal for cellulite, especially in the case of water retention.

EXTRACELLULAR WATER

An important indicator for measuring the effectiveness of products that target edematous cellulite and swelling. Our body contains about 60% water: most of it is functional water (which for example makes up the cells or is involved in physiological processes), while the remaining part is extracellular water which, if accumulated in excess, causes edema and water retention.

### GLOSSARY

FIBROUS CELLULITE	Cellulite linked to an alteration of the microcirculation in localized areas with the presence of nodules (orange peel).
FUCUS	Brown algae from the French coast that is particularly rich in iodine and has always been used due to its reducing properties.
HESPERIDIN	It is one of the flavonoids characteristic of citrus fruits and serves to preserve the condition and normal permeability of the capillary wall: it is therefore used for treating edema.
HYALURONIC ACID	Highly hydrating hygroscopic molecule. It hydrates the skin and maintains its elasticity and softness. Ideal in products that are used with machines to maintain correct skin hydration.
HYDROLYZED GREEN WALNUT EXTRACT	Obtained from a special fruit ripening process, it has a high content of structural phenolic active ingredients for an antioxidant action that remains active over time. The structural polyphenols create a protective membrane that effectively protects the skin from free radicals.
IVY EXTRACT	Herbal remedy for treating venous insufficiency. For cosmetic use, it improves microcirculation, reduces swelling in the legs and counteracts the appearance of orange peel skin.
LAMINARIA	Brown algae from the Icelandic seas that is processed at low temperatures to fully preserve its active ingredients. It contains a high concentration (about 40%) of minerals: chlorine, potassium, calcium, magnesium and iodine.
LIPOLYTIC THERMOGENIC	The lipolytic action is stimulated by single-cell microalgae, the product's main active ingredient, which helps to burn excess fat.
LIPOSOMAL STRUCTURE	The secret of the innovative formulation lies in its liposomal structure. Very skin-friendly, it deeply conveys the draining and oxygenating active ingredients that protect microcirculation and oxygenate, resulting in visible reduction of edematous cellulite.
LOCALIZED SWELLING	Fluid accumulation in specific areas of the body with consequent alteration of the body's equilibrium.
MENTHOL	A key component of peppermint essential oil. It refreshes and stimulates vasomotor gymnastics and gives an immediate feeling of lightness.
MICROCURRENT	It is a faradic electric current that stimulates the effects of isometric exercises. The muscles are repeatedly stimulated to improve muscle tone. The microcurrent has a rejuvenating effect, increasing the local metabolism of the skin and muscle tissue. It is therefore included in the list of corrective and anti-aging treatments.
ORGANIC TAMANU OIL	Extracted from an ancient sacred Indonesian plant, it has remarkable elasticizing and antioxidant properties that make it a valuable protective active ingredient capable of reducing skin structure damage caused by free radicals.
OXY™	Cellular breathing factor capable of increasing cellular oxygenation.
POLYHYDROXY ACID_GLUCONOLACTONE	A polyhydroxy acid that not only stimulates progressive cell renewal, but also retains water molecules and maintains skin hydration. Their combined action separates the corneocytes that form the superficial layer of the epidermis and facilitates their detachment through the subsequent mechanical action. Gluconolactone has a strong hygroscopic and long-term hydrating effect due to the presence of numerous hydroxyl groups. When applied on the skin, it promotes exfoliation and cell renewal, modulating the keratinization process. It is not an irritant substance and is suitable for sensitive and delicate skin.

### GLOSSARY

POLYOLS	Alcohols derived from sugar that create a barrier effect, allowing the flow required for the machine to operate.
PURE CAFFEINE	An active molecule well-known for its properties, present in nature in coffee beans, tea, etc. It is widely used in skin care for its lipolytic and draining action. Stimulates the activity of lipase, an enzyme responsible for breaking down triglycerides.
RADIOFREQUENCY	It uses heat energy to warm tissues and stimulate the production of elastin and collagen in the face and body. It reactivates adipocytes by heat-induced lipolysis. The result is a reduction in skin laxity.
SINGLE-CELL MICROALGAE	Featuring a high content of protein and polyunsaturated fatty acids, it acts by directly stimulating activation of beige adipocytes, which can then transform from a simple fat deposit to cells capable of metabolizing fat. Once activated, beige adipocytes produce an essential thermogenic action that eliminates fat accumulation and facilitates reshaping.
STRETCH MARKS	Alterations in the skin's dermal layer due to sudden changes in weight and poor skin elasticity.
SWEET ALMOND OIL	Rich in emollient and nourishing fatty acids, it deeply moisturizes even the driest skin, restoring its softness and elasticity.
THERMAL WATER FROM CASTELLO DI VELONA _ MONTALCINO	Renowned for its remineralizing properties, it flows out from Mount Amiata at a temperature of 90 °C and has a bicarbonate-sulphate-calcium-magnesium composition. It is particularly appreciated for its high tolerability and therapeutic properties in the dermatological field. The thermal water is a key element of Castello di Velona thanks to a volcanic spring that is the hottest in Tuscany.
THERMOGENIC COMPLEX (VANILLYL BUTYL ETHER)	Causes vasodilation and develops a soothing calibrated heat sensation without undesirable side effects such as irritation or itching. Thermogenic action is essential for making skin more receptive.
ULTRASOUND	Ultrasound waves stimulate the skin tissues and improve the penetrability of cell membranes. When using active ingredients, these waves help them to more effectively penetrate the dermis.
VACUUM	Vacuum technology uses an ancient principle of oriental origin that stimulates circulation through a skin suction process. This supports blood and lymphatic circulation, as well as tissue reoxygenation, offering a significant improvement in wrinkles and thorough skin cleansing.
VASCULAR THERMOGENIC	The thermogenic vascular action, stimulating a perceptible alternating hot and cold sensation, reactivates microcirculation and ensures complete absorption of the active ingredients.
VITAMIN E	A powerful antioxidant, it counteracts degenerative processes related to aging and an unbalanced lifestyle and promotes tissues' natural reparative processes.
WATER RETENTION	A consequence of fluid accumulation. It can be caused by hormonal imbalances or an unhealthy lifestyle.

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