The Exceptional

THE ABSOLUTE - EXCELLENCE CODE

90 min.

The ultimate longevity treatment for visibly transformed skin, combining youthfulness and deep holistic relaxation for both face and body.

Benefits

- ✓ Redensifies and firms the skin
- ✓ Fills in wrinkles
- ✓ Evens out and enhances the complexion
- ✓ Rebalances the body and mind
- ✓ Relieves heavy legs

Indications

✓ Mature skin

Frequency

Treatment course: Once a week for 4 weeks
Maintenance: Once a month

Selling points

- ✓ Continuous holistic care
- ✓ Double exfoliation including a peel
- ✓ Anti-fatigue manual techniques to relieve heavy legs
- ✓ Resculpting massage inspired by Kobido
- ✓ Biocellulose "second-skin effect" mask used in reconstructive surgery

Preparation

Products


LAIT NETTOYANT


GEL NETTOYANT


ÉMULSION CONCENTRÉE


PHYTO-BAIN


GOMMAGE YON-KA


PEELING LUMIÈRE OR ALPHA EXFOLIATEUR OR ACTIVE MICRO PEEL


LE MASQUE EXCELLENCE CODE


MASQUE BIO CELLULOSE


LE SÉRUM EXCELLENCE CODE


LE CONTOUR EXCELLENCE CODE TESTER


LA CRÈME EXCELLENCE CODE


PHYTO 52

Materials

- Lucas Championnière
- Hot towel cabby
- Bowl of cold water
- Bowls/Cups
- 3 brushes
- Compress
- Medium towel
- Cotton pads and disposables
- Tissues
- 2 aventurines crystals
- 2 large cotton-tipped applicators
- 1 fine tipped applicator to target local pigment spots

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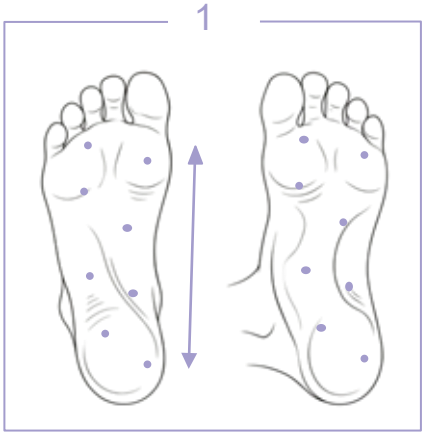
Treatment Steps

To facilitate the dosage: 0,5g/ml = 1 pea, 1g/ml = 1 hazelnut, 5g/ml = 1 walnut

Étapes	Durée	Produits	Quantité
STEP 1 : VISUAL & TACTILE DIAGNOSIS	2 min.		
STEP 2 : BREATHE OF ABSOLUTE	5 min.		
STEP 3 : SIGNATURE INTRODUCTION Aromatic awakening Hot compress	2 min.	**ÉMULSION CONCENTRÉE** **PHYTO-BAIN**	0.5 ml 1 ml
STEP 4 : DOUBLE CLEANSE	6 min.	**LAIT NETTOYANT** and **GEL NETTOYANT**	3 g 3 g
STEP 5 : SOFT PEEL	5 min.	**GOMMAGE YON-KA**	4 g
STEP 6 : PULVERIZATION Lucas Championnière	3 min.	**ÉMULSION CONCENTRÉE** 5 V à 12 V depending on sensitivity	7.5 ml
STEP 7 : DEEP PEEL 12-min. application & dark spot, anti-wrinkle and firming techniques - 2-min. rinse	14 min.	**PEELING LUMIÈRE** **OR** **ALPHA EXFOLIATEUR** **OR** **ACTIVE MICRO-PEEL**	5 ml = 10 pipettes 2,5 ml = 5 pipettes 2 ml = 4 pipettes
STEP 8 : LONGEVITY ENERGY MASSAGE	30 min.	**LA CRÈME EXCELLENCE CODE**	4 g
STEP 9 : DOUBLE MASK **THE ABSOLUTE LEG MASSAGE** While the mask is on Mask removal with the YON-KA pouch	15 min.	**LE MASQUE EXCELLENCE CODE** **MASQUE BIO CELLULOSE**	10 g 1 mask
STEP 10 : END OF TREATMENT APPLICATION Specifics thechniques for eyes & lips with cold crystals	3 min.	**LE CONTOUR EXCELLENCE CODE** **LE SÉRUM EXCELLENCE CODE** **LA CRÈME EXCELLENCE CODE**	0.3 g 0,5 ml 0.5 g
STEP 11 : BREATHE OF ABSOLUTE	5 min.	**PHYTO 52**	0.5 g

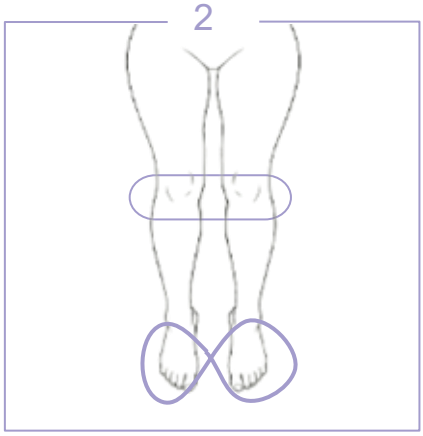
BREATHE OF ABSOLUTE

1



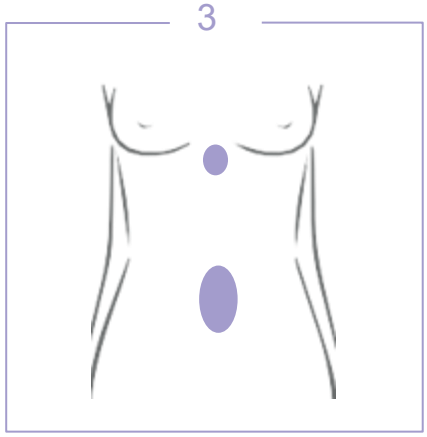
On top of the towel, perform three flexion/extension movements of the foot. Apply pressure to the arch of the foot with your thumbs.

2



Hold the ankles and rock the legs in a figure-8 motion. Place a pillow under the knees.

3



Place one hand on the abdomen and the other on the solar plexus; guide the client's breathing by applying pressure to the solar plexus as they exhale and to the abdomen as they inhale.

4



Support the head and gently rock it while lifting it slightly.

For the Breathe of Absolute at the end of the treatment, perform the same techniques in reverse.

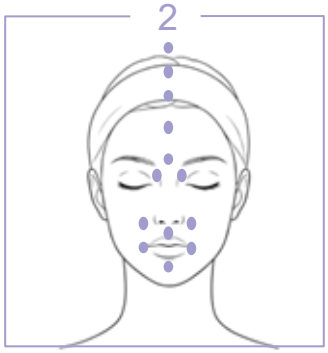
LONGEVITY ENERGY MASSAGE

1



Light pressures on the neck and forehead (3x), following the rhythm of the breath.

2



Acupressure points: mouth contour, corner of the nose, inner corners of the eyes, 3rd eye, forehead, scalp, and vertex. X3

3



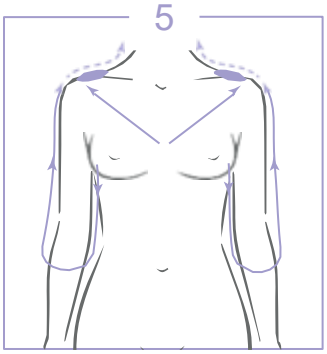
Cream application using smoothing strokes over the entire face, neck, and décolleté.X3

4



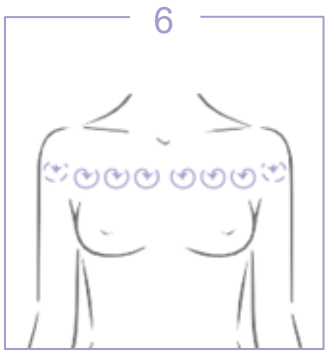
Cream application using smoothing strokes over the entire face, neck, and décolleté.X3

5



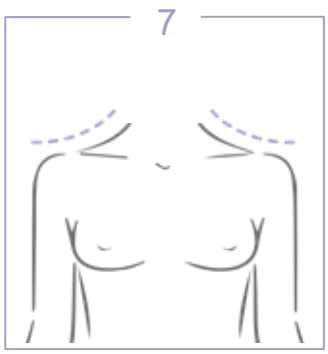
Alternating pressures on one shoulder, then the other and smoothing strokes on the arms, trapezius, and neck. X3

6



Circular pressures on 4 areas of the decolletage. X3

7



Alternating trapezius smoothing strokes, from the inside outward. X3

8



Neck rotation stretch using the pads of the fingers, from the base of the neck toward the occiput.X3

9



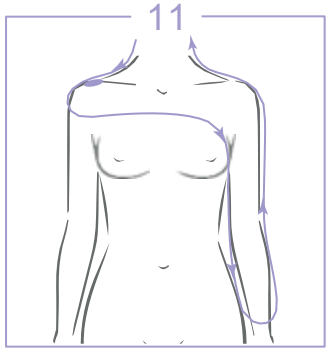
Neck and throat smoothing strokes. X3

10



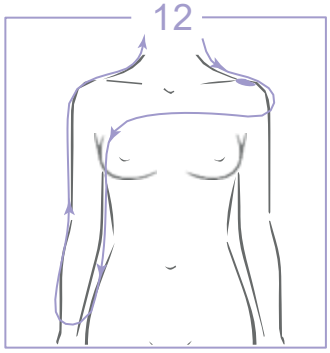
Back-and-forth smoothing strokes on the sternocleidomastoid muscles.X3

11



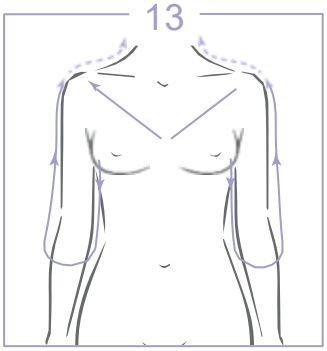
Left side smoothing stroke with a neck-shoulder stretch. Repeat the movements on the right side.X3

12



Smoothing the right side with a neck-and-shoulder stretch. X3

13



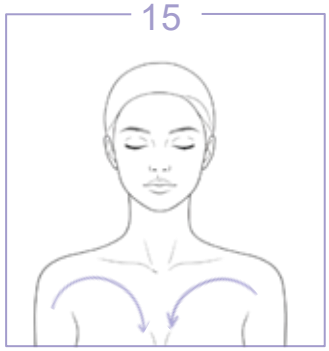
Full body smoothing. X3

14



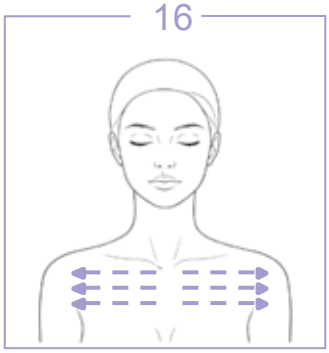
Décolleté knuckling.X6

15



Sculpting smoothing of the chest using the edge of the thumbs.X6

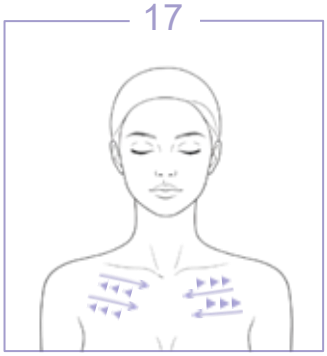
16



Walking movements with the fingertips on décolleté wrinkles.X6

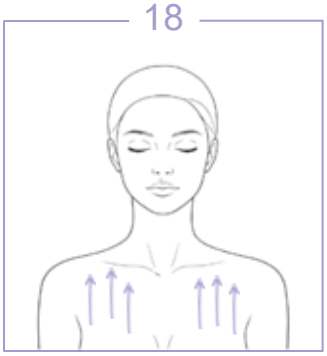
LONGEVITY ENERGY MASSAGE

17



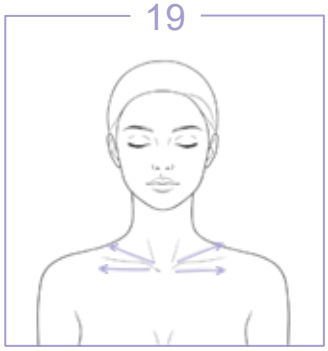
One side rolling and pinching on décolleté wrinkles, from the inside outward.X6

18



Rolling with the ring fingers on the décolleté.X6

19



Lift the scapular area using the middle and ring fingers formed in a V-shape. X6

20



Stimulate the scapular area by performing toning pinchings between the middle and ring fingers.X6

21



Shape (or cup) the scapular area by performing a pinch followed by a stretch.X6

22



Walking movements with the fingertips on neck wrinkles.X6

23



One side rolling and pinching on neck wrinkles, from the inside outward.X6

24



Rolling with the ring fingers on the neck and facial contour.X6

25



Lift the jawline forming a V shape with the middle and ring finger. X6

26



Stimulate the facial contour by pinching the skin firmly between middle and ring fingers, forming a V shape.X6

27



Sculpt the facial contour by pinching the skin followed by a gentle stretch.X6

28



Smooth out the nasolabial folds with your thumbs up to your eyebrows, then stretch the face.X6

29



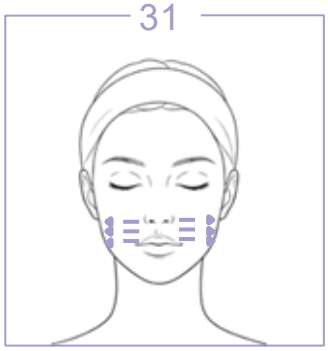
Smooth out one side of the face at a time, then stretch the face.X6

30



Light, alternating circular movements around the face.X6

31



Walking movements with the fingertips on the nasolabial folds.X6

32



Rolling and pinching on nasolabial folds.X6

LONGEVITY ENERGY MASSAGE

33



Vibrations along the nasolabial folds.X6

34



Alternating walk around the upper and lower lips with your index finger.X6

35



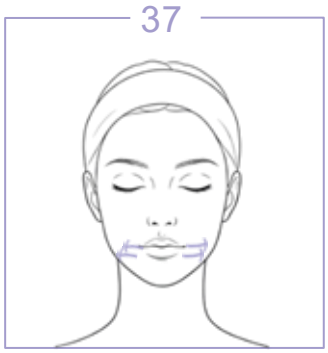
Plump out the lips between your thumb and index fingers.X6

36



Toning pinches the nasolabial folds.X6

37



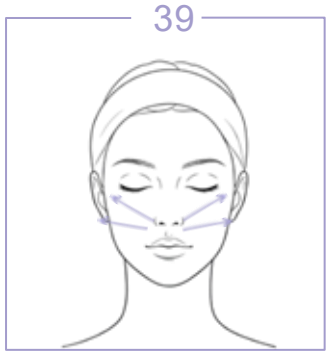
Smooth the marionette lines outward with your index and middle fingers.X6

38



Circular pressure with your index fingers above the upper lip, then stretch toward the sides of the nose.X6

39



Lift the cheeks using your middle and ring fingers formed in a V shape.X6

40



Stimulate the cheeks with toning pinches between your middle and ring fingers formed into a V shape.X6

41



Sculpt the cheeks by pinching followed by a stretch.X6

42



Smoothing cicles around the eyes, from the inside out. Use your fingertips under the cheekbones.X6

43



Wave-like drainage of dark circles using your fingertips.X6

44



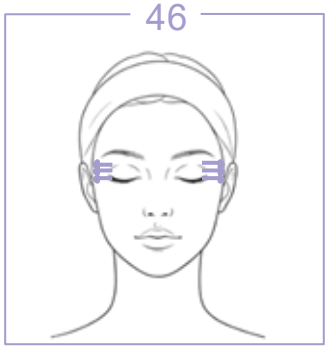
Pinch the eyebrows.X6

45



Smoothing motions with pinches on the eyebrows.X6

46



Walk on the crow's feet with your fingertips.X6

47



Pinching and rolling on the crow's feet.X6

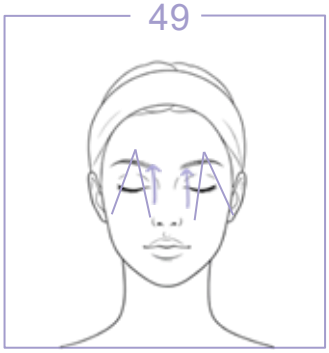
LONGEVITY ENERGY MASSAGE

48



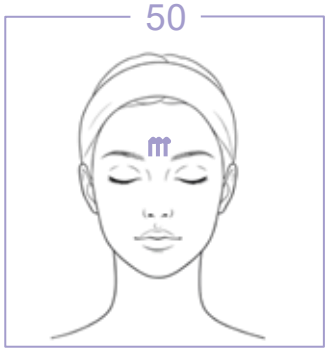
Vibrations to the crow's feet.X6

49



Alternate smoothing strokes with your index finger on the inner corners, then use your index and middle fingers to form a “V” shape around the eyes, first on one side, then the other.X6

50



Walk with your fingertips on the 3rd eye wrinkles.X6

51



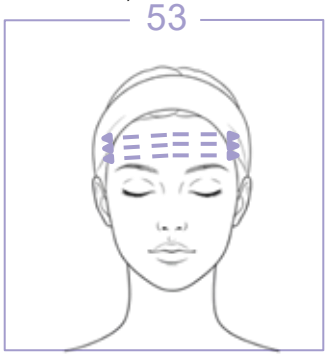
Rolling and pinching on the 3rd eye wrinkles.X6

52



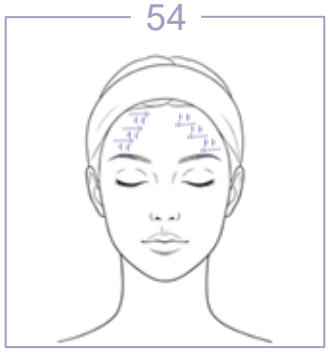
Vibration on the 3rd eye wrinkles.X6

53



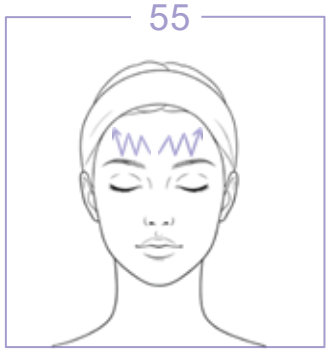
Walk with your fingertips on the forehead wrinkles.X6

54



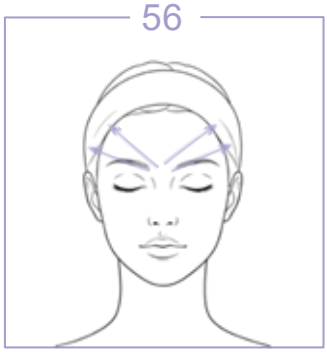
Use a half-face lifting technique, moving from the inside out along the forehead wrinkles.X6

55



Vibrations on the forehead wrinkles.X6

56



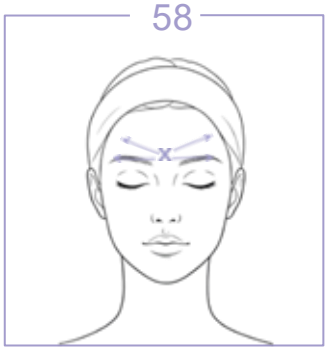
Lift the forehead area using your middle and ring fingers held in a V shape.X6

57



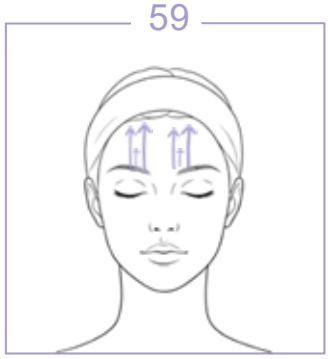
Stimulate the forehead by pinching firmly with your middle and ring fingers held into a V shape.X6

58



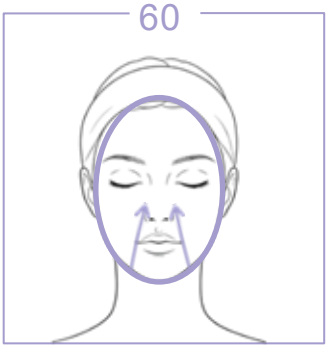
Sculpt the forehead by pinching and then stretching.X6

59



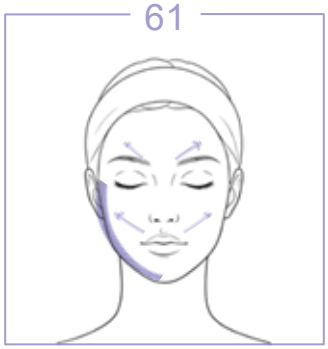
Alternate light strokes on the forehead.X6

60



Smooth out the nasolabial folds with your thumbs up to your eyebrows, then stretch the face.X6

61



Smooth out the jawline on one side of the face, then stretch the face.X6

62



Alternating smoothing strokes on one side of the face using the middle finger.X6

63

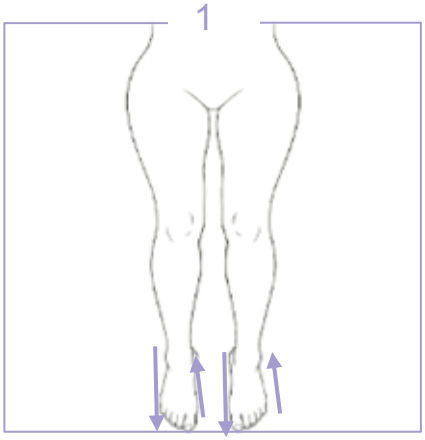


Cool-hand pressures over the entire face.X1

THE ABSOLUTE LEG MASSAGE

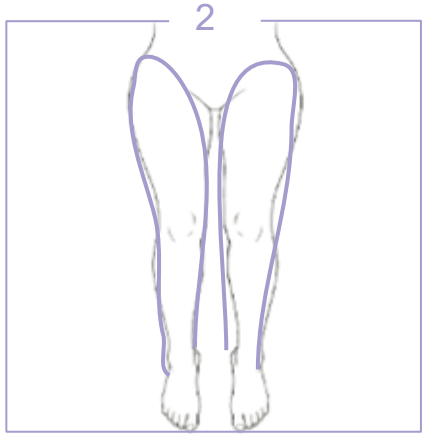
On the top of the towel during the mask

1



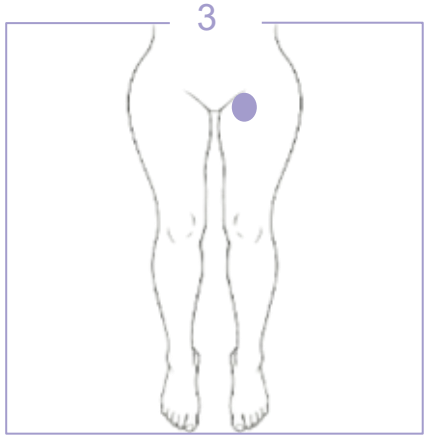
Begin with an extension of the insteps, followed by a flexion.

2



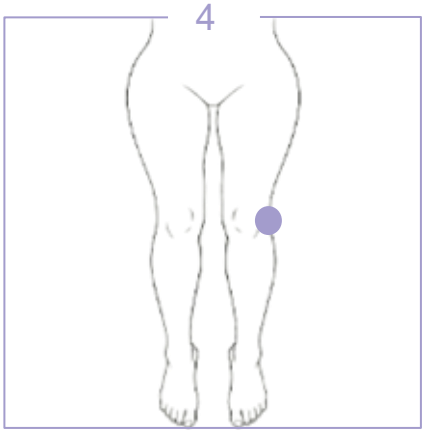
Perform a sweeping smoothing effleurage over both legs simultaneously.

3



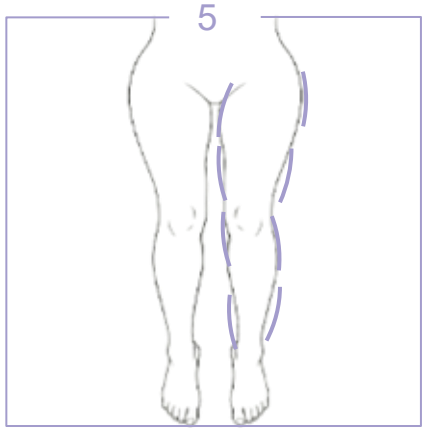
Place your fingertips on the groin area of the leg and perform 7 pumping movements on the lymph nodes.

4



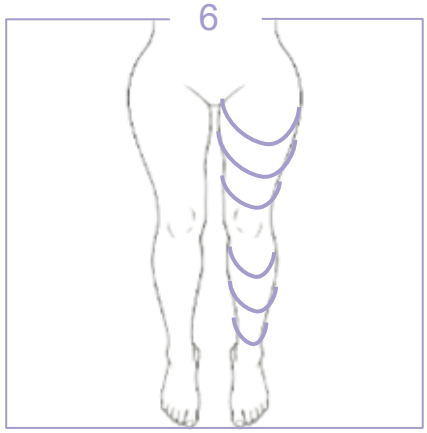
Place one hand under the towel, then perform 7 pumping movements behind the knee using your fingertips.

5



Apply palm pressures along the entire leg. Begin at the foot and move upward toward the hip by placing your hands flat, one after the other.

6

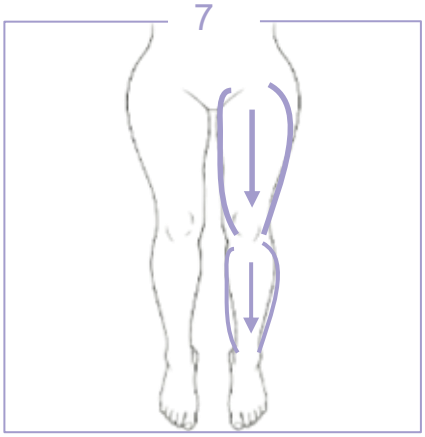


Encircle the ankle with both hands (forming a bracelet). Press firmly, hold for 2 seconds, release, then move your hands up one after the other.

THE ABSOLUTE LEG MASSAGE

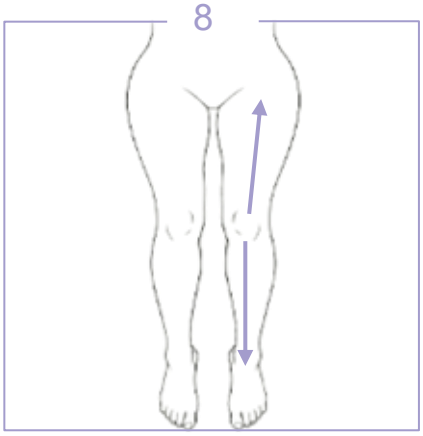
On the top of the towel during the mask

7



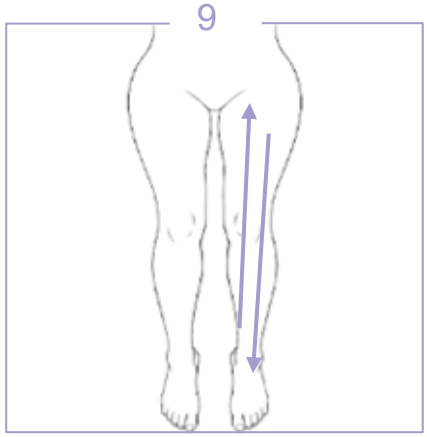
Perform large, rapid, ascending smoothing effleurage to stimulate microcirculation. Begin from the ankle to the knees 6 times, then from the knees to the hip 6 times.

8



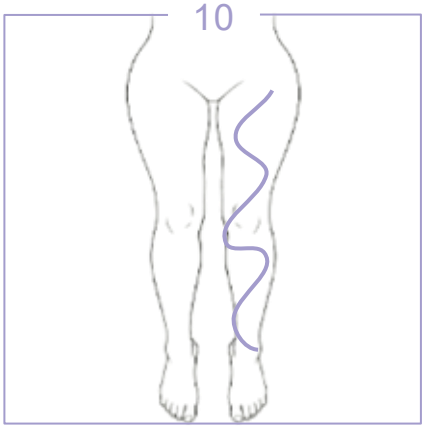
Place your hands in a prayer position on the knee, then stretch the leg by pushing on the hip and the ankle simultaneously. Hold the stretch for a few seconds.

9



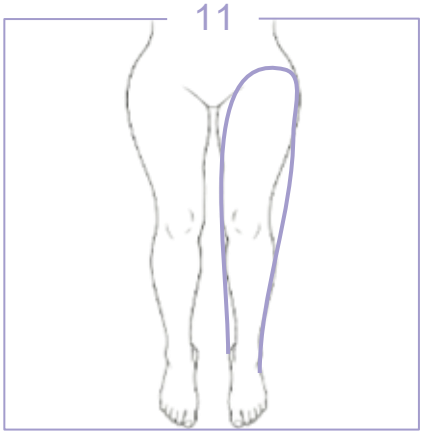
Place your hands next to each other on the knee, then perform a leg stretch by pushing the ankle and the hip in opposite directions with crossed arms. Complete 3 sets.

10



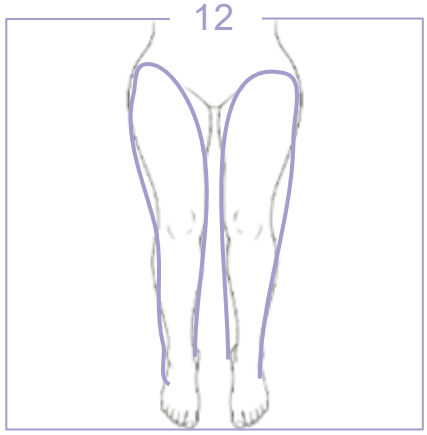
Hold the ankle and perform a vibration movement throughout the entire leg.

11



Perform a large, full smoothing effleurage over the entire leg.

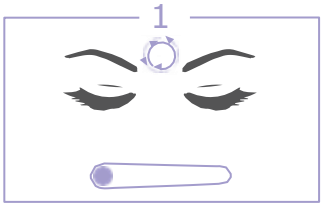
12



Perform a large, full smoothing effleurage over both legs simultaneously, then repeat the same movements on the right leg.

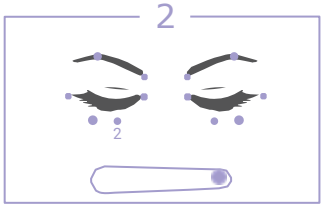
END-OF-TREATMENT COLD CRYSTALS TECHNIQUES

1



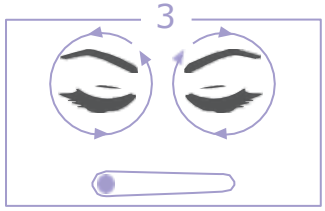
Circular movements on the third eye, 3 times in one direction and 3 times in the other, using the thick side of the CRYSTAL.

2



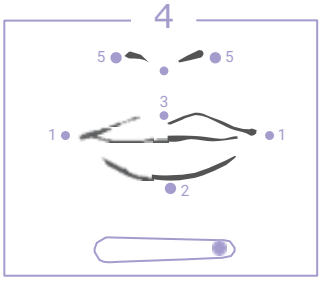
Pressures on the energetic pressure points around the eye contour, 2 x 3 seconds, using the thin side of the CRYSTAL.

3



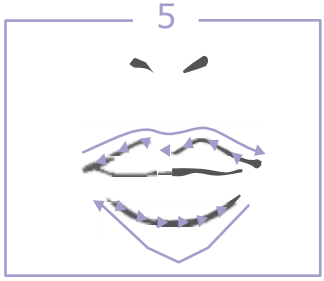
Circular smoothing effleurages around the eyes in the opposite direction of dark circles, 2 times on each eye, using the thick side of the CRYSTAL.

4



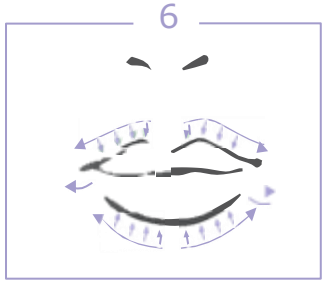
Pressures on the energetic pressure points around the mouth contour, 2 x 3 seconds, using the thin side of the CRYSTAL.

5



Perform small pinching movements using the thin side of your CRYSTAL all around the mouth contour. X2

6



Perform light rotations using the thin side of your CRYSTAL all around the mouth contour. X2

7



Perform light smoothing effleurages with your CRYSTAL over the facial contour (jawline), the zygomatic bone (cheekbones), and the forehead. X1