

Ma douce primousse

1st organic face massage for children

Taking care of yourself is above all taking care of your skin. A healthy glow, supple and moisturized skin: this is how well-being begins. To teach the children to take care of their skin : this was always the wish of TOOFRUIT. This is why, after having developed Mon soin relax: the 1st organic massage for children, we wanted to create a unique moment combining well-being and the discovery of hygiene and skin care. Sylvie Figuet is a socio-aesthetician. She has worked with major cosmetic brands as well as in hospitals. For TOOFRUIT, she has developed the 1st organic face care for children : Ma douce primousse.

What is it?

A complete protocol, in 4 steps, for a 30-minute treatment :

- **Self-massage** : to discover face,
- **Facial gymnastics** : to relax facial muscles.
- Facial care : with a cleansing, massage and mask, with moisturizing and relaxing virtues,
- A piece of advice on how to take care of yourself and your skin on a daily basis.



This treatment allows to :

- Promote the concentration, tranquility and well-being of the child,
- Maintain the vitality, the hydration and the comfort of the skin,
- While respecting the child's morphology, through digito-pressure maneuvers,
- To teach them how and why to take care of their skin.

With which products?

Associated with this protocol, we have developed a range of masks adapted to :

- The sensitive and fine skin of children,
- Their need for hydration and nutrition,
- The different skin types of each age.



Our 2 masks, **Mon Masque Crème** and **Mon Masque Gel**, meet the needs of the protocol: maintaining skin suppleness and providing hydration. Specifically developed for children, the formulas contain up to 100% natural ingredients, are certified organic and tested on sensitive skin under dermatological control. The 2 references are each adapted to the specificities of the 2 main age groups of the child : early childhood for the need of hydration and nutrition, and pre-teen for the need of regulation.

Mon soin relax

1st organic body massage for children

Taking care of oneself is not only about skin, but also about well-being. Rest and relaxation are notions that are often forgotten at this age, since the numerous activities take precedence over an often-busy daily life. However, in our current lifestyles, it is important to know how to take time. Teaching this notion to a child early on will enable to anchor it in his daily life for the future.

We wanted to develop a specific relaxation protocol for children. We joined forces with Sylvie Figuet, a socio-aesthetician who has worked with major cosmetic brands as well as in hospitals, to develop the first specific treatment protocol for children : Mon soin relax.

What is it?

A complete protocol, in 4 steps, for a 30minute treatment :

- **Playful exercises** : to relax the child's body before the massage,
- **Breathing exercises** : to calm the heartbeat and promote relaxation,
- **Body massage** : through thoughtful maneuvers adapted to children and their intimacy,
- **Advice** on how to take care of yourself and relax even on a daily basis.



This care meets the needs of children and their lifestyle, while respecting their privacy.

Each step, each maneuver and each piece of advice has been designed to allow the child to gain confidence, relaxation and rest.

With which product?

Associated with this protocol, we wanted professionals to perform their maneuvers with a formula that respects the dry and fragile skin of children. We have therefore developed Douces Papouilles : a certified organic massage balm, 100% of natural origin and enriched with soothing chamomile and nourishing apricot oil for a melting texture!



Which tools ?

The TOOFRUIT organic cotton headband: so that long hair does not interfere with the massage.

The advice booklet "My first care with Toofruit": so that the child leaves with your advice to take care of him at home!

The care protocols

Course of treatment for hands and feet

Mes Jolies Mimines – *My beautiful hands*
or Mes Jolis Petons – *My beautiful feet*

20 minutes

Complete hand or foot care: Filing, modeling & varnish application with Jolies Mimines.

CLEANING 3 min

Ask the child to wash his/her hands.
Remove the varnish if there is any (preferably with an organic or natural nail polish remover).

FILING 3 min

File the free edge of the nails into the desired shape.

For the old ones

SOAK AND WORK ON SKIN AND CUTICLES

Soak each hand/foot one after the other in a bath of warm water with a few drops of soap (Toofruit Sensibulle for example).

Dry with a clean towel.

Push back the cuticles with a stick.

MODELLING 4 min / hand or foot

Moisturize hands/foot with the massage balm.

Warm the mixture in your hands.

Massage hands/foot.

VARNISH APPLICATION 6 min / hand or foot

Degrease nails.

Apply JOLIES MIMINES nail polish of desired color in 2 coats, letting dry 2-3 minutes between each coat.

Duo Mimines & Petons
Duo hands and feet

40 minutes

Complete hand & foot care: Filing, modeling & varnish application.

Follow the steps on the left

Explain to the child the different parts of the nail (cuticle, free edge, lunula...)



Explain the importance of hand/foot hydration.



Tips

Offer **duo cares** : **face + nails** or **body + nails**

For a beautiful moment of complicity, offer these nail treatments as a **mother-daughter duo!**

The care protocols

Technical Formats :



My massage balm, Douces Papouilles : Apricot-Camomille. 100% natural origin, it turns into a creamy oil during the massage.



The 2 masks Mon Masque Crème and Mon Masque Gel : Adapted to the needs of hydration and nutrition. They meet the purpose of the protocol: to maintain the skin's suppleness and provide hydration.