



ACTION DE GALA.

ACTIVE CARE. INSPIRED BY NATURE



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ACTION DE GALA

Action de Gala stands out with its highly active beauty care line inspired by nature. Its unique blend of formulas is rich in plant extracts and ultra soft for the skin. Action de Gala is ideal for both men and women and was designed in Canada by skin care specialists in animal-free testing laboratories. It provides remarkable results and long-term effects. Action de Gala, the best for your skin, naturally...

INSPIRED BY NATURE

- High in active botanical extracts.
- Little to no perfume.
- Not tested on animals.
- Environmentally friendly (recyclable containers, documentation printed on recycled paper, etc.)

ACTIVE

- Exclusive formulas rich in highly effective ingredients.
- Ionizable products for optimal results.
- Perfect synergy with specialized beauty equipment.
- Visibly reduces signs of ageing and skin disorders.

ACCESSIBLE

- Unisex.
- Suitable for all skin types, even the most sensitive.
- Available in professional beauty clinics.

A good cleanser is the foundation of any skin care regimen. Properly exfoliating, cleansing and toning results in healthy, clean and radiant looking skin. The Action de Gala Cleansing Care line consists of ultra-refreshing natural products that meet the needs of each skin type, including yours. Formulated with proven ingredients such as aloe vera and cucumber extract, they provide your skin with impeccable maintenance from morning to night, and let your natural beauty shine through.

CLEANSING CARE

EXODERM

Purifying Exfoliating Gel

Retail – Tube 125ml (4.2 fl. oz.) (34-1311)

Professional – Tube 200ml (6.8 fl. oz.) (34-1315) | Bottle 4L (1 gal.) (34-1330)



Skin Type

All skin types. Face and body.

Main Active Ingredients

- **Algae (Japanese kombu):** invigorating, stimulant, promotes toxin elimination
- **Aloe vera:** regenerating, softening, calming, moisturizing
- **Geranium:** astringent, regenerating, cleansing
- **Comfrey:** astringent, softening
- **Elderberry flower:** anti-inflammatory
- **Cinquefoil:** antioxidant, astringent
- **Plantain:** regenerating, softening, calming, moisturizing
- **Burdock root:** anti-acne, antiseborrheic, anti-inflammatory
- **Cucumber:** astringent, refreshing, anti-inflammatory, emollient
- **Calendula:** calming, antiseptic, decongestive, regenerating
- **Sodium hyaluronate:** moisturizing, lifting, remodelling, firming
- **Allantoin:** calming, regenerating, moisturizing, protective
- **Rosehip seeds**
- **Paraben-free**

Use

Salon

Apply on damp skin in a light rotating motion. Enhance the deep-cleansing action with Toniqa lotion if necessary and rinse.

Ideal to prepare the skin for aesthetic treatments, since it eliminates dead skin cells and impurities on the skin surface. Increases effectiveness of cosmetic products and stimulates circulation.

Facilitates insertions in electroepilation. Makes hair extraction easier, for both wax depilation and electroepilation.

Home

Apply on damp skin in a light rotating motion. Enhance the deep-cleansing action with Toniqa lotion if necessary and rinse. Use once or twice a week to remove dead skin cells and impurities.

Lightens the complexion, softens the skin, stimulates cellular renewal and circulation. Ideal to prepare the skin for aesthetic treatments and hair removal since it eliminates dead skin cells and impurities on the skin surface. Improves absorption of cosmetic products.

ENZYDERM

Enzymatic Exfoliating Gel

Professional and Retail – Tube 200 ml (6.8 fl. oz.) (34-1615)
Professional – Bottle 4 L (1 gal.) (34-1630)

Skin Type

All skin types, especially very sensitive skins. Face.

Main Active Ingredients

- **Papain powder:** botanical enzyme that biologically digests dead skin cells, removing them from the skin surface
- **Aloe vera:** moisturizing, softening, regenerating
- **Essential grapefruit oil:** astringent, lightening
- **Allantoin:** anti-inflammatory
- **Paraben-free**

Use

Salon

Apply a thick coat on the skin. Leave on for 5 to 10 minutes under the vapozone or cover with a compress dampened with lotion (the product must remain damp for effective enzyme action).

Home

Apply a thick coat on the skin. Leave on for 5 to 10 minutes, keeping the face covered with a compress dampened with lotion or spraying Toniqa on a regular basis (the product must remain damp for effective enzyme action). Recommended once or twice a week.



MICELL

Micellar Water

Professionnel et détail – Bouteille-pompe 175 ml (34-1213)
Professionnel – Bouteille-pompe 500 ml (34-1220)

Skin Type

All skin types, even the most sensitives. Its use is not recommended for false eyelashes. Face.

Main Active Ingredients

- **Blueberry floral water:** moisturizing, decongestive, refreshing, soothing, immediate radiance boost.
- **PEG-6 CAPRILIC/CAPRIC GLYCERIDES:** micelles that remove impurities and makeup while maintaining the skin balance.
- **Fragrance-free, paraben-free.**

Action

Micellar water is a liquid composed of water and micelles, i.e. microscopic phospholipids that behave as oil. These are partly hydrophilic and partly hydrophobic; they have the ability to bind to impurities and dust particulates. Micell is ideal to cleanse the skin and remove makeup. It creates a sensation of freshness just as water and is appropriate for almost any skin type, even the most sensitive ones. Provides a more gentle option than pre-epilatory lotions. This is a 3 in 1 formula that replaces cleanser, lotion, and eye makeup remover.

Use

Salon

- Soak a cotton pad with micellar water by pressing on the pump. Eliminate all impurities and traces of makeup on the face, eyes and lips.
 - Apply on gauzes on the eyes for a decongestive effect.
 - No rinsing required.
 - Convenient when travelling.
- N.B. : Its use is not recommended for false eyelashes.





TONIQA

Cool Restoring Lotion

Retail – Pump 120 ml (4.05 fl. oz.) (34-1509)

Professional – Pump 500 ml (17 fl. oz.) (34-1520) | Bottle 4 L (1 gal.) (34-1530)

Skin Type

All skin types. Face and body.

Main Active Ingredients

- **Allantoin:** calming, regenerating, moisturizing, protective
- **Zinc sulphate:** regenerating, antioxidant
- **Rosemary:** antiseptic, stimulating, invigorating, regenerating
- **Thyme:** astringent, regenerating, antiseptic
- **Cucumber:** astringent, reduces redness, refreshing
- **Bisabolol:** soothing and calming (effect), relieves skin hypersensitivity
- **Calendula:** calming, antiseptic, decongestive, regenerating
- **Lemon balm:** sedative, refreshing, antiseptic

Use

Salon

Apply on gauzes after irritating treatments (electrolysis, dermabrasion, etc.) in order to refresh and soothe the skin. Promotes regeneration and restores pH level. May generate a tingling sensation due to its astringent and balancing action. Positive ionization.

Apply on the skin after cleansing milk or mask. May be used with an electric steamer (Lucas).

Home

Apply on the skin after cleansing milk or gel. Refreshes the skin and restores pH level.

Apply on gauzes on the eyes for a decongestive and invigorating effect.



DERMALISS

Gentle Cleansing Milk

Retail – Pump 120 ml (4.05 fl. oz.) (34-1109)

Professional – Pump 500 ml (17 fl. oz.) (34-1120) | Bottle 4 L (1 gal.) (34-1130)

Skin Type

All skin types. Face.

Main Active Ingredients

- **Meadowsweet oil:** soothing, antibacterial, regenerating
- **Grapeseed oil:** antioxidant, regenerating, restructuring
- **Shea butter:** revitalizing, nourishing
- **Avocado oil:** softening, regenerating
- **Ginseng:** regulating, stimulant, revitalizing
- **Linden:** calming, softening, decongestive, emollient
- **Mallow:** soothing, calming, antibacterial, emollient, softening
- **Cucumber:** astringent, reduces redness, refreshing

Use

Salon and Home

Apply on damp skin in a circular motion. Rinse and tone with Tonia lotion.

Gently cleans the face and eyes.

LIMPIDERM

Deep-Cleansing Gel

Retail – Tube 125 ml (4.2 fl. oz.) (34-1411)

Professional – Tube 200 ml (6.8 fl. oz.) (34-1415)

Skin Type

Lipidic, hyperlipidic or acne-prone skins. Face and body.

Main Active Ingredients

- **Lemon:** antiseptic, astringent, regenerating, lightening
- **Retinyl palmitate (Vit. A derivative):** moisturizing, antioxidant
- **Geranium:** astringent, regenerating, cleansing
- **Comfrey:** astringent, softening
- **Elderberry flower:** anti-inflammatory
- **Burdock root:** antiacne, antiseborrheic, anti-inflammatory
- **Cucumber:** astringent, refreshing, anti-inflammatory, emollient
- **Calendula:** calming, antiseptic, decongestive, regenerating
- **Paraben-free**

Use

Salon

To perform deep-cleansing, ionize Limpiderm in the negative polarity. Always avoid lesions. Helps saponify sebum and free the skin of impurities. Facilitates extraction of comedones and milia.

Following deep-cleansing in the negative polarity, always perform ionization in the positive polarity using an appropriate product (Libraderm, Jouven-cell or Hydraplus, see application). Helps restore the skin's pH level and yields a vasoconstrictive effect.

Home

Excellent deep-cleansing gel for acne-prone, lipidic and seborrheic skins. Apply on damp skin in a light circular motion. Rinse. Use daily to deep-clean the skin. Once a week, massage with a small brush for a few minutes and rinse. After each use, always clean the brush thoroughly and disinfect with Bactirince (soak for 15 minutes). Do not use the brush on areas with active acne or lesions.



Would you like to firm up your skin, clear up your complexion, and reduce the aspect of your wrinkles, acne or redness? The Action de Gala Specific Care line has been specifically designed and formulated to overcome these problems, giving your skin the extra help it needs to be even more beautiful. Don't let yourself be subjected to the whims of your skin.

SPECIFIC CARE

LIBRADERM

Balancing Mask-Gel

Retail – Tube 125 ml (4.2 fl. oz.) (34-3511)



Skin Type

Lipidic, seborrheic, acne-prone skins or dull complexions. Face and Body.

Main Active Ingredients

- **Ginkgo biloba:** fights free radicals, regenerating, moisturizing
- **Sugar cane and maple sugar:** moisturizing, anti-aging, pH balancing
- **Orange:** astringent, firming, lightening, smoothes out fine lines
- **Lemon and grapefruit:** antiseptic, astringent, regenerating, brightening
- **Cucumber:** astringent, refreshing, anti-inflammatory

Use

Salon

To prevent infections and folliculitis after electroepilation, apply Libraderm and use cataphoresis. To restore the pH level and regulate sebaceous secretions, apply Libraderm and ionize in the positive polarity. Balancing mask for lipidic and seborrheic

skins: apply a thick coat of Libraderm. Leave on for 20 minutes. Rinse.

Mask for acne-prone skins: combine Libraderm (2/3) with Yi-zhibaume (1/3), apply and leave on for 20 minutes. Rinse (if lesions are present, do not use Yi-zhibaume).

Libraderm gel may be combined with other products to yield specific results.

Home

Balancing mask: apply a thick coat of Libraderm. Leave on for 20 minutes. Rinse.

Mask for lipidic, seborrheic to acne-prone skins (without lesions): combine Libraderm (2/3) with Yi-zhibaume (1/3), apply and leave on for 20 minutes. Rinse.

May be used locally as a topical gel to treat papules.

DUALIFT

Eye & Lip Contour Care

Professional and Retail – Pump 30 ml (1fl. oz.) (34-3804)



Skin Type

All skin types. Face.

Main Active Ingredients

- **Arnica montana flower extract:** anti-inflammatory, stimulates blood circulation, moisturizing
- **Palmitoyl oligopeptide and palmitoyl tetrapeptide-3:** anti-wrinkle
- **Biosaccharide:** moisturizing, activity comparable to hyaluronic acid, gives the skin a silky smooth feel
- **Tocopheryl acetate (vit. E):** antioxidant, fights free radicals
- **Soy protein:** anti-aging, anti-wrinkle
- **Glycosaminoglycans:** anti-aging, inhibits enzymatic activity of matrix metalloproteinase, thereby protecting collagen in the skin, reduces

periorbital puffiness

- **Aloe vera:** regenerating, softening, calming, moisturizing
- **Green tea:** antioxidant
- **Meadowsweet:** softening, exfoliant
- **Paraben-free**

Use

Salon and Home

Dab on before the end-of-treatment cream, or morning and/or evening before the day or night cream.

May be positively ionized.

HYDRAPLUS

Soothing Moisturizing Balm-Gel

Retail – Tube 50 ml (1.7 fl. oz.) (34-3606) | Tube 125 ml (4.2 fl. oz.) (34-3611)

Professional – Tube 200 ml (6.8 fl. oz.) (34-3615) | Pump 500 ml (17 fl. oz.) (34-3620) | Bottle 4 L (1 gal.) (34-3630)

Skin Type

All skin types, especially sensitive, irritated, inflamed, congested skins.

Main Active Ingredients

- **Cucumber:** astringent, reduces redness, refreshing
- **Witch hazel:** anti-inflammatory, calming, regenerating, decongestive
- **Aloe vera:** regenerating, softening, calming, moisturizing
- **Allantoin:** calming, regenerating, moisturizing, protective
- **Paraben-free**

Use

Salon

Intense soothing, decongestive and moisturizing effect:

Apply Hydraplus and ionize in the positive polarity. Ideal to soothe and refresh the skin after electroepilation or microdermabrasion. Apply on the treated area and use cataphoresis.

Soothing and moisturizing mask: apply a thick coat on the skin and leave on for 15 minutes.

Massage remaining balm-gel into the skin.

Mask for dehydrated skins: combine Hydraplus (1/2) with Vittosoin (1/2), apply and leave on for 15 minutes. Massage remaining balm-gel into the skin.

Intense refreshment mask: combine Hydraplus (2/3) with Yi-zhibaume (1/3), apply and leave on for 15 minutes. Massage remaining balm-gel (if lesions are present, do not use Yi-zhibaume).

Eye-contour mask: recommended for tired, puffy eyes. Apply and leave on for 15 minutes. Massage remaining balm-gel into the skin.

Cryo body wrap: apply a coat of Hydraplus on the body area. Wrap with cold, damp gauzes.

Leave on for 20 minutes. Massage remaining balm-gel into the skin. Tones the skin.

Hydraplus balm-gel may be combined with other products to yield specific results.

Home

Soothing and refreshing mask: apply a thick coat on the skin and leave on for 15 minutes. Massage remaining balm-gel into the skin. Eye-contour mask: leave on for 15 minutes. Massage in remaining balm-gel. Recommended for tired, puffy eyes. Excellent after-sun balm. Calms sunburns and other burns. Apply on the affected area as often as required. Ideal to soothe and refresh the skin after electroepilation or microdermabrasion. Apply on the treated area as needed.



JOUVENCELL

Rejuvenating Complex

Retail – Tube 50 ml (1.7 fl. oz.) (34-3406)

Professional – Tube 200 ml (6.8 fl. oz.) (34-3415) | Bottle 4 L (1 gal.) (34-3430)



Skin Type

All skin types, especially dull complexions, dehydrated or mature skins. Face.

Main Active Ingredients

- **Licorice:** reduces melanin production, anti-inflammatory, brightens the complexion, antioxidant
- **Pseudoalteromonas ferment:** stimulates collagen and elastin production, lifting, moisturizing
- **Hydrolyzed wheat protein:** lifting effect, moisturizes the upper skin layer, restructures the lower skin layer
- **Hydrolyzed soy protein:** Rich in amino acids, stimulates the cellular renewal process, nourishes the skin and helps maintain the moisture level, anti-aging, anti wrinkle.
- **Aloe vera:** regenerating, softening, calming, moisturizing
- **Sodium hyaluronate:** moisturizing, lifting, remodelling, firming
- **Bitter orange (essential oil):** lightening, firming, astringent, smoothes out fine lines
- **Vitamin E:** fights free radicals, nourishing, regenerating, invigorating, firming
- **Paraben-free**

Use

Salon

Serum which may be integrated to various facial treatments: gently dab on. Tensing effect, lightening, moisturizing and regenerating.

Flash treatment: apply Jouvencell and ionize in the positive polarity.

Regenerating and moisturizing mask: combine Jouvencell (1/3) and Vittosoin (2/3). Apply and leave on for 20 minutes. Massage remaining cream. Recommended after microdermabrasion.

Post-acne mask for acne-prone skin: combine Jouvencell (2/3) and Yi-zhibaume (1/3).

Apply and leave on for 20 minutes. Rinse.

Mask for neck and cleavage area: combine Jouvencell (1/3) and Vittosoin (2/3).

Apply and leave on for 20 minutes. Massage in remaining cream into the skin.

Hand rejuvenation therapy: apply Jouvencell and allow to penetrate (positive ionization as needed).

Perform massage with Hydramass. Apply paraffin (Parapur or Parasol).

Cryo body wrap: apply a coat of Jouvencell on the body area. Wrap with cold, damp gauzes.

Leave on for 20 minutes. Massage in remaining serum. Tones the skin.

For moisturizing and regenerating effect after electroepilation: apply on the treated area and use cataphoresis.

Home

Apply as a rejuvenating serum under day and/or night cream.

Apply on the neck, cleavage area and hands, under body milk.

YI-ZHIBAUME

Soothing and Purifying Cream-Balm

Retail – Tube 50 ml (1.7 fl. oz.) (34-3106)

Professional – Tube 200 ml (6.8 fl. oz.) (34-3115) | Pump 500 ml (17 fl. oz.) (34-3120) | Bottle 4 L (1 gal.) (34-3130)

Skin Type

All skin types. Contraindicated for pregnant or nursing women.

Main Active Ingredients

- **Shea butter:** nourishing, revitalizing, protective
- **Castor oil:** emollient, softening, protective
- **Camphor:** antiseptic, decongestive, stimulates microcirculation, relaxant
- **Menthol:** refreshing, antiseptic, invigorating, cleansing, calming, decongestive
- **Allantoin:** calming, regenerating, moisturizing, protective
- **Aloe vera:** regenerating, softening, calming, moisturizing
- **Rosemary (essential oil):** antiseptic, stimulant, invigorating, regenerating
- **Cypress (essential oil):** regenerating, astringent
- **Juniper berry (essential oil):** stimulating, invigorating, astringent, regenerating, antiseptic
- **Lavender (essential oil):** calming, antiseptic, regenerating
- **Tea Tree (essential oil):** stimulating, antiseptic, antibacterial

Use

Salon

Highly soothing, antiseptic treatment: apply Yi-zhibaume and ionize in the positive polarity.

Recommended after electroepilation or wax depilation on sensitive or infection-prone areas.

For a sedative effect before electroepilation, apply Yi-zhibaume 5 minutes before treatment. Wipe off remaining cream-balm.

Mask for reactive, congested skins with circulation problems: combine Yi-zhibaume (1/2) with Hydraplus (1/2). Apply and leave on for 20 minutes. Rinse.

Rosacea: apply locally as a mask. Leave on for 20 minutes. Rinse.

Mask for acne-prone skin: combine Libraderm or Hydraplus (2/3) with Yi-zhibaume (1/3), apply and leave on for 20 minutes. Rinse (if lesions are present, do not use Yi-zhibaume).

Post-acne mask for acne-prone skin: combine Jouvencell (2/3) and Yi-zhibaume (1/3). Apply and leave on for 20 minutes. Rinse.

Relaxing massage cream and heavy legs therapy: combine Yi-zhibaume (1/2) with Vidacell (1/2).

Decongestive body wrap: apply a coat of Yi-zhibaume on the treated body area.

Cover with plastic wrap. Leave on for 20 minutes. Massage remaining cream-balm into the skin.

Home

To soothe inflammation and irritation of sensitive areas following hair removal.

To soothe burns, treat irritations and minor infections.

To relieve pain caused by muscle inflammation and heavy legs.

For more intense relief, combine with Vidacell.

To treat and prevent papules and pustules. Apply locally.



VIDACELL

Silhouette Cream

Professional and Retail – Tube 200 ml (6.8 fl. oz.) (34-3715)



Skin Type

All skin types. Contraindicated for pregnant or nursing women, thyroid disorders. Body.

Main Active Ingredients

- **Caffeine:** lipogenesis inhibitor, stimulant, promotes toxin elimination
- **Shea butter:** nourishing, revitalizing, protective
- **Rosemary (essential oil):** antiseptic, stimulant, invigorating, regenerating, relaxant
- **Sage oil:** antiseptic, astringent, calming
- **Ivy:** decongestive, antiseptic, invigorating
- **Algae (Japanese kombu):** invigorating, slimming, stimulant, promotes toxin elimination
- **Cypress (essential oil):** regenerating, astringent, stimulant, relaxant
- **Wintergreen (essential oil):** astringent, anti-rheumatism, hyperemiating
- **Paraben free**

Use

Salon

Ideal massage cream for slimming and firming therapy, to treat cellulite, heavy legs and to relieve muscle tension. Apply on affected areas and massage in. For a deeper effect, ionize in the positive polarity.

Apply before and after body wrap or after muscle stimulation (Vitaderm).

May be combined with Yi-zhibaume for a refreshing and relaxing effect.

Use locally on cases of cystic acne. Face and body.

Home

Intensive cellulite, firming, heavy legs treatment.

Apply on affected areas and massage in once or twice a day.

Massage cream. Excellent to relieve rheumatism and muscle tension. Once or twice a day.

VITAMINE

Vitamin Complex

Professional and Retail – Pump 120 ml (4.05 fl. oz.) (34-6072) | Professional and Retail-Pump 500 ml (34-6082)
Professional – Bottle 4 L (1 gal.) (34-6085)

Skin Type

All skin types. Face.

Main Active Ingredients

- **Aloe vera:** calming, regenerating, softening, moisturizing
- **Vitamin E:** fights free radicals, nourishing, regenerating, invigorating, firming
- **Retinyl palmitate (vit. A derivative – non-photo-sensitizing):** protective, regenerating, moisturizing
- **Vitamin C:** fights free radicals, antioxidant
- **Paraben free**

Use

Salon

Spray on the face and body during a beauty session, after microcurrent or oxygen therapy, etc.

Not recommended after a deep microdermabrasion.

Do not use with an electric steamer (Lucas).

Home

For instant refreshment and a daily dose of vitamins, spray on the face and body morning and evening, before the recommended moisturizer.



ALOVIVE

Aloe Vera Gel

Retail – Tube 200 ml (6.8 fl. oz.) (34-3315)
Professional – Pump 1 L (34 fl. oz.) (34-3325)

Skin Type

All skin types. Face and Body.

Main Active Ingredients

- **Aloe vera:** regenerating, soothing, calming, moisturizing.
- **Vitamin E:** regenerating, invigorating, regenerating, nourishing
- **Lemon:** antiseptic, astringent

Use

Salon

Ideal to soothe the skin after electroepilation.

Apply on the treated area and use cataphoresis as required.

Vitaderm: use to ensure proper contact between body electrodes and client's skin.

Home

Ideal to soothe the skin after electroepilation.



BIOLIFT MASK

Bio Cellulose Sheet

Sheet (1 unit) (35-01986)



Skin Type

All skin types. Face.

Main Active Ingredients

- **Bio-cellulose:** a membrane derived exclusively from plant bacteria. Its key ingredients effectively penetrate the epidermis layers.
- **Alpha-arbutine:** glucose-derived and made from the extracts of barberry leaves, cranberries, blueberries and most types of pears, is known for its whitening properties that help prevent the appearance of spots. By preventing the enzymatic oxidation of tyrosine and dopa it inhibits the production of melanine.
- **Allantoin:** made from root extracts and comfrey, is an ingredient that enhances the ability of corneocytes to retain water and strengthens the protective barrier of the skin. Its keratolytic effect encourages exfoliation of dry skin cells. Also, it promotes natural skin cell regeneration and presents special anti-irritant properties.
- **Niacinamide (Vitamin B3):** water-soluble vitamin, precursor to NAD and to NADP, which plays essential metabolic roles in carbohydrates, lipids and proteins.
- **Paraben-free**

Effects

This skin care mask offers the ultimate experience in relaxation and well-being. Your skin will feel smoother, firmer and perfectly rejuvenated while your face will be totally hydrated. Allows to treat wrinkles with maximum efficiency even on sensitive areas.

Use

Wash face and pat skin dry. Open the product package, unfold the mask and retrieve the top plastic sheet. Apply the mask over the face and remove the second plastic sheet. Leave the mask on for 20 minutes. Remove the mask and allow all excess serum to penetrate the skin by massaging it over the entire face.

COLLAMASQ

Collagen Modelling Sheets

Face: Package of 2 sheets × (35-01980)

Eyes: Package of 5 sheets × (35-01983)

Skin Type

All skin types. Face.

Main Active Ingredients

- **Natural collagen:** 50 % concentration ; moisturizing, tissue restructuring, reduces the appearance of wrinkles.
- **Soluble collagen:** moisturizing, regenerating.
- **Paraben-free**

The collagen used is very similar to the one that is naturally present in the skin. The water absorption capacity is the same as the connective tissues. This allows for an intense moisturizing of the epidermis. When soaked, the collagen mask takes on a gel-like structure, while retaining its firmness. It can thus be contoured into the smallest wrinkles.

Use

Salon

Cleanse the area and soften the skin by applying Tonia lotion. Apply the mask on the area. Soak the mask with lotion. Let stand for 20-30 minutes. Remove without rinsing.

Note: for reactive skins, soak mask with water.



LUXIAR

Caviar Sheets

Package of 5 sheets (35-01984)

Skin Type

All skin types. Face.

Main Active Ingredients

- **Native collagen:** 50% concentration: moisturizer, tissue restructuring.
- **Soluble collagen:** moisturizing and restorative.
- **Caviar:** concentration of 1.5 % hydrolyzed caviar. The caviar is naturally rich as it contains essential amino acids, proteins, essential fatty acids, trace elements and iodine. Repair and regenerate. The caviar comes from sturgeon eggs.
- **Paraben-free**

Effects

With regular use, enhances skin's elasticity and visibly reduces wrinkles and fine lines. Diminishes the appearance of dark circles and puffiness around the eyes. Smoothing and anti-wrinkle effect. Soothing, nourishing, hydrating and regenerating effect. For mature skin who require intensive nutrition and restores all the elements the skin loses with age and pollution.

***Caution:** stimulates blood circulation, can cause reddening of the skin that fade quickly. Soothe with Tonia.

Use

Salon

Clean the area, soften the skin by applying the Tonia lotion. Apply the sheet on the area. Soak the sheet with lotion. Remove it after 20-30 minutes. Apply directly the suitable skin-care products.



DIVINI-T

Revitalizing Vitamin Mask

Professional and Retail – Tube 200 ml (6.8 fl. oz.) (34-3215)



Skin Type

All skin types, particularly alipic ones. Superficial and deep dehydration. Reactive and troubled skins. Face.

Main Active Ingredients

- **Canola oil:** antioxidant, nourishing, anti-aging
- **Caprylic Capric Triglycerides:** slows water loss by forming a barrier on the skin surface
- **Titanium dioxide (1%)**
- **Citric acid:** rich in AHA, stimulates cellular renewal
- **Bilberry extract:** rich in AHA, stimulates cellular renewal
- **Allantoin:** calming, regenerating, moisturizing, protective
- **Shea butter:** nourishing
- **Grape seed extract:** antioxidant
- **Argan oil:** rich in vitamine E, repairing and antioxidant
- **Sugar cane:** rich in AHA, stimulates cellular renewal
- **Tocopherol acetate (Vitamine E):** repairing and antioxidant
- **Retinyl palmitate:** vitamine A, normalizes and increases composition of collagen
- **Orange:** rich in AHA, stimulates cellular renewal
- **Lemon:** rich in AHA, stimulates cellular renewal
- **Maple sugar:** rich in AHA, stimulates cellular renewal
- **Chamomile:** anti-inflammatory, regenerating, repairing
- **Rosemary:** anti-inflammatory, antioxidant, stimulates blood circulation
- **Saccharomyces copper ferment:** bio-active form of copper, an essential mineral

Use

Salon and Home

Revitalizing vitamin mask. Apply a thick even coat on previously washed and exfoliated face and neck.

A tonic dampened compress can be applied for a skin imbibition effect. Leave on for 15 to 20 minutes.

Rinse with a wet compress or remove excess with a tonic dampened compress.

Soothing and moisturizing mask: mix 2/3 of Divini-t with 1/2 of Hydraplus.

Regenerating and moisturizing mask: mix 2/3 of Divini-t with 1/3 of Jouvencell.

Balancing and moisturizing: mix 2/3 of Divini-t with 1/3 of Libramat.

AHA

Night Cream

Professional and Retail – Pump 50 ml (1.7 fl. oz.) (34-6024)

Skin Type

All skin types. Face.

Main Active Ingredients

- **Glycolic acid 5%:** gently exfoliates the skin and continuously stimulates cell regeneration
- **Olive oil:** regenerating and calming
- **Acétyl dipeptide-1:** tightening effect
- **Arginine:** amino acid that helps cell regeneration
- **pH:** 3.7 (the lower the pH is, the more powerful the glycolic acid is)
- **Paraben-free**

Effects

Night cream with exfoliating properties that continuously stimulates cell regeneration. It maintains skin moisture and stimulates the production of collagen and elastin. It has a radiance, anti-wrinkle and smoothing effect. It's rich and velvety texture provides comfort and suppleness to the skin during the night.

Use

At night, apply a small amount on the entire face and neck until it is completely absorbed. It is normal to feel a light tingling during the application.

Precautions

Never apply as a day cream. Avoid contact with eyes. Before sun exposure, it is recommended to apply sunscreen on the areas where the product containing AHA was applied.



The right dose of moisture is an essential part of every beauty session and it can even help mitigate the signs of aging. Your skin should remain constantly moisturized, both day and night. For maximum moisture, great protection and ultimate softness, the Action de Gala Moisturizing Care product line gives your skin a daily hug. Your skin deserves the cream of the crop!

MOISTURIZING CARE

CUTANÉ

Daily Protective Emulsion

Retail – Pump 50 ml (1.7 fl. oz.) (34-2106)

Professional – Tube 200 ml (6.8 fl. oz.) (34-2115) | Bottle 4 L (1 gal.) (34-2130)

Skin Type

Normal skins. Face.

Main Active Ingredients

- **Ethylhexyl Methoxycinnamate:** protective
- **Ethylhexyl Salicylate:** protective
- **Benzophenone-3:** protective
- **Shea butter:** nourishing, revitalizing, protective
- **Zinc oxide:** protective
- **Mint:** purifying, calming
- **Linden:** calming, softening, emollient
- **Chamomile:** calming, softening
- **Rosemary:** purifying, stimulating, invigorating, regenerating
- **Castor oil:** emollient, softening, protective
- **Aloe vera:** regenerating, softening, calming, moisturizing

- **Vitamin E:** regenerating, fights free radicals, invigorating, firming, regenerating, nourishing
- **Wheat protein:** soothes redness, regenerating, antioxidant, moisturizing
- **Hydrolyzed soy protein:** rich in amino acids, stimulates the cellular renewal process, nourishes the skin and helps maintain the moisture level, anti-aging, anti-wrinkle
- **Paraben-free**

Use

Salon and Home

Day or night emulsion for normal skin.



OMBRACRÈME

Protection Cream

Retail – Tube 50 ml (1.7 fl. oz.) (34-2206) | Tube 125 ml (4.2 fl. oz.) (34-2211)

Professional – Tube 200 ml (6.8 fl. oz.) (34-2215)

Skin Type

All skin types.

Main Active Ingredients

- **Zinc oxide:** protective, opacifier, astringent, calming, regenerating
- **Octyl methoxycinnamate:** protective
- **Benzophenone-3:** protective
- **Emu oil:** moisturizing, regenerating, protective
- **Allantoin:** calming, regenerating, moisturizing, protective
- **Vitamin E:** regenerating, fights free radicals, firming, nourishing
- **Lightly tinted**

Use

Salon and Home

Ideal protection after electroepilation, wax depilation, microdermabrasion, etc. Helps to prevent the appearance of pigment spots. Apply an even coat on the treated area. Soothes, camouflages redness.



VITTOSOIN

Nourishing Repair Cream

Retail – Pump 50 ml (1.7 fl. oz.) (34-2306)

Professional – Tube 200 ml (6.8 fl. oz.) (34-2315) | Bottle 4 L (1 gal.) (34-2330)

Skin Type

Dehydrated and alipic skins. Face.

Main Active Ingredients

- **Shea butter:** nourishing, revitalizing, protective
- **Emu oil:** moisturizing, regenerating, repairing, protective
- **Wheat germ oil and wheat protein:** soothes redness, regenerating, antioxidant, moisturizing
- **Allantoin:** calming, regenerating, moisturizing, protective
- **Vitamin E:** regenerating, fights free radicals, invigorating, firming, nourishing
- **Bisabolol:** anti-inflammatory, soothing, calming
- **Aloe vera:** regenerating, softening, calming, moisturizing
- **Ginkgo biloba:** fights free radicals, regenerating, moisturizing, stimulates microcirculation
- **Hydrolyzed soy protein:** rich in amino acids, stimulates the cellular renewal process, nourishes the skin and helps maintain the moisture level, anti-aging, anti-wrinkle.
- **Paraben-free**

Use

Salon

End-of-treatment cream.

Regenerating and moisturizing mask: combine Vittosoin (2/3) with Jouvencell (1/3).

Apply and leave on for 20 minutes. Massage remaining cream into the skin. Mask for sensitive skins: combine Vittosoin (1/2) with Hydraplus (1/2).

Apply and leave on for 20 minutes. Massage remaining cream into the skin.

Positive ionization.

Home

Day and/or night cream for dehydrated, alipic skins.

Excellent to protect the skin during winter sports.

Ideal to treat chapped hands and small dehydrated body areas. Apply once or twice a day.

Ideal to treat dehydration between hair removal sessions. Apply on the treated area once or twice a day.



LIBRAMAT

Normalizing Antioxidant Emulsion

Retail – Pump 50 ml (1.7 fl. oz.) (34-2606)

Professional – Tube 200 ml (6.8 fl. oz.) (34-2615)

Skin Type

Lipidic and hyperlipidic skins. Face.

Main Active Ingredients

- **Ethylexyl methoxycinnamate:** protective
- **Titanium dioxide:** protective
- **Olive oil:** botanical emollient
- **Tocopheryl acetate (Vitamin E):** regenerating, fights free radicals, invigorating, firming, nourishing
- **Amino acids (silk proteins):** soften and protect the stratum corneum
- **Saccharomyces copper ferment:** bio-active form of copper, an essential mineral

- **Sodium hyaluronate:** moisturizing, lifting, remodelling, firming
- **Green tea extract:** antioxidant
- **Paraben-free**

Use

Salon and Home

Day or night emulsion for lipidic or hyperlipidic skins.





HYDRAMASS

Massage Cream

Professional and Retail – Tube 200 ml (6.8 fl. oz.) (34-1815)

Skin Type

All skin types. Face.

Main Active Ingredients

- **Grape Seed Oil:** antioxidant, emollient, regenerating
- **Wheat Germ Oil:** calms redness, regenerating, antioxidant, moisturizing
- **Shea Butter:** nourishing, revitalizing, protective
- **Emu Oil:** anti-inflammatory, antibacterial
- **Complex of proteins and peptides:** anti-wrinkle, this 3 in 1 complex combination of peptides and proteins increases collagen production, improves the structure of collagen and inhibits collagen degradation
- **Hydrolyzed Wheat Protein:** lifting effect, moisturizes the upper skin layer, restructures the lower skin layer
- **Hydrolyzed silk protein:** softens and protects the stratum corneum
- **Allantoin:** calming, regenerating, moisturizing, protective

- **Tocopheryl Acetate, tocopherol (vitamin E):** regenerating, antioxidant, toning, nourishing
- **Bisabolol:** anti-inflammatory, regenerating, antibacterial
- **Aloe:** regenerating, softening, soothing, moisturizing
- **Ginkgo Biloba:** fights free radicals, regenerating, moisturizing, stimulates microcirculation
- **White Tea Fragrance**
- **Paraben free**

Use

Salon

Apply a layer of cream on the skin and proceed with the massage according to skin condition.



NUTRISENS

Nourishing body milk

Professional and Retail – 500 ml (17 fl. oz.) (34-2720)

Skin Type

All skin types. Body.

Main active ingredients

- **Vitamin E:** antioxidant, regenerating, fights free radicals, nourishing
- **Almond oil:** soothing, nourishing and moisturizing
- **Grape seed oil:** soothing, refreshing, fights free radicals, antioxidant, regenerating, nourishing
- **Chamomile:** anti-inflammatory, calming, soothing
- **Aloe Vera:** anti-inflammatory

Use

Salon

Body milk recommended after waxing or to moisturize after body treatments.

Home

Moisturizing and nourishing body milk for daily use.

Ideal for moisturizing the skin after sun exposure.

SILKA

Dry Oil

Professional and Retail – Pump 500 ml (17 fl. oz.) (34-5065)

Skin Type

All skin types. Face and Body.

Main Active Ingredients

- **Grapeseed oil** : antioxydant, hydrating, nourishing, regenerating, sebo-regulating, emollient
- **Vitamin E**: antioxydant, regenerator, firming, nourishing, hydrating

Use

Salon and Home

Apply locally on the face and body to hydrate the skin, or as part of a massage routine. Silka penetrates the skin easily and does not stain; it is also hypo-allergenic. Use Silka as a stand-alone product, or in combination with Gala essential oil blends.

Precautions

Do not ingest. Keep at a minimal temperature of 18°C. Do not refrigerate.



HYDRATIVE

Calming Body Milk

Retail – Pump 500 ml (17 fl. oz.) (34-2520)

Professional – Pump 1 L (34 fl. oz.) (34-2525)

Skin Type

All skin types. Body.

Main Active Ingredients

- **Sweet almond oil**: softening, lubricant
- **Vitamin E**: regenerating, invigorating, nourishing
- **Menthol, mint**: refreshing, antiseptic, invigorating
- **Allantoin**: calming, regenerating, moisturizing, protective

Use

Salon

Ideal to soothe the skin after wax depilation or electroepilation. Apply on the treated area.

Cryo wrap for heavy legs: massage Hydrative on the legs (may be combined with Yi-zhibaume to enhance refreshing impact). Wrap with cold, damp compresses. Leave on for 20 minutes. Massage in remaining milk.

Home

Light refreshing body milk for daily use.

Body milk for daily use to treat heavy legs. Apply from the base of the leg upwards.



The Elix line by Action de Gala offers luxurious and high-performance skin care with 4 unique anti-aging products. The line's exclusive formulation has been created with ingredients that have been proven effective, such as SWT-7™, Elix-IR™, Superox-CTM, Riboxyl™ and Exo-PTM. Elix is the choice for anyone who wants to have smoother, younger, and radiant looking skin in only 7 days!

ANTI-AGING CARE

ANTI-AGING EYES-LIPS RADIANCE SERUM

Retail – 30 ml pump (34-5904)



Skin Type

All skin types. Mature skin. Face.

Main Active Ingredients

- **Superox-C™** (Glycerine, Water, Alcohol, Terminalia Ferdinandiana Extract): Reduces the appearance of wrinkles and illuminates the skin
- **Aldavin™ 5X** (Water, Sorbitol, Ascophyllum Nodosum Extract, Asparagopsis Armata Extract): Reduces the appearance of dark circles and under-eye puffiness, maintains the integrity of micro-capillaries
- **Lanachrys™** (Chrysanthellum Indicum extract): Soothes, reduces the appearance of redness
- **Chronoline™** (Glycerine, Water, Dextran, Caprooyl-Tetrapeptide-3): Makes the skin smoother, firmer and more even

- **Riboxyl™ (Ribose)**: Firms the skin, increases elasticity and reduces signs of aging. Revitalises the skin and improves the radiance of the complexion
- **Sodium Hyaluronate**: Reduces signs of aging

Action

This radiance serum reduces the appearance of wrinkles, puffiness and dark circles, illuminates and increases skin elasticity.

Use

Home

Apply morning and/or night, before the Energy Fluid.

ANTI-AGING ENERGY FLUID

Retail – 30 ml pump (34-5908)



Skin Type

All skin types. Mature skin. Face.

Main Active Ingredients

- **Avocado oil**: Softening, protecting, and soothing
- **Riboxyl™ (Ribose)**: Increases elasticity, reduces the appearance of wrinkles, brightens the complexion.
- **Sodium Hyaluronate**: Reduces signs of aging
- **SWT-7™** (Isopropyl Palmitate, Lecithin, Water, Swertia Chirata Extract): Diminishes the appearance of wrinkles, regenerating
- **TEGO® Cosmo C 100 (Creatine)**: Moisturizing, revitalising and protecting
- **Covi-ox® T 90 C (Tocopherols)**: Anti-aging
- **Bisabolol**: Reduces the appearance of redness.

Action

This fluid for mature skin revitalises, improves skin elasticity, diminishes the appearance of wrinkles and improves the complexion.

Use

Home

Apply morning and/or night, after the Eyes/Lips Radiance Serum.

ANTI-AGING SMOOTHING OIL

Retail – 30 ml pump (34-5902)

Skin Type

All skin types. Mature skin. Face.

Main Active Ingredients

- **Coconut oil:** Nourishing, soothing, smoothing and hydrating
- **Avocado oil:** Softening, protecting and soothing
- **AmisolTrio™ (Glycine, soya oil, Phospholipids, Glycolipids, Glycine Soya Sterols):** Protects the skin's moisture barrier, lipid-restoring action
- **SWT-7™ (Isopropyl Palmitate, Lecithin, Water, Swertia Chirata Extract):** Diminishes the appearance of wrinkles, regenerating
- **TEGO® Cosmo C 100 (Creatine):** Moisturizing, revitalising, and protecting
- **Jojoba oil:** Nourishing, soothing, revitalising, and smoothing
- **Covi-ox® T 90 C (Tocopherols):** Anti-aging

- **Sea Buckthorn Oil:** Soothing and softening
- **Sacha Inchi Oil:** Soothing and protecting

Action

This smoothing oil nourishes, soothes and reduces the appearance of wrinkles. It protects the skin's natural moisture barrier and gives a younger and smoother aspect to the skin. Ideal to hydrate the skin day and night, to protect it from winter's cold or to relieve it after a summer day.

Use

Home

Apply morning and/or night, after the Eyes-Lips Radiance Serum and/or the Energy Fluid. Wait for the Energy Fluid to be completely absorbed before applying the oil to avoid creating deposits on the surface of the skin.



DEFENSE CREAM

Retail – 30 ml jar (34-5906)

Skin Type

All skin types. Mature skin. Face.

Main Active Ingredients

- **Shea Butter:** Hydrates and nourishes, regenerates, soothes
- **Sweet almond oil:** Softening, and soothing
- **Sodium Hyaluronate:** Reduces signs of aging
- **Elix-IR™ (Aqua, Glycerine, Polygonum Aviculare Extract):** Reduces signs of aging and photoaging, preserves skin elasticity, firms the skin
- **EXO-P™ (Water, Butylene glycol, Alteromaonas Ferment Extract):** Acts as a shield and increases the resistance against outside aggression.
- **Covi-ox® T 90 C (Tocopherols):** Anti-aging
- **Bisabolol:** Reduces the appearance of redness.

Action

In addition to moisturizing the skin, this defense cream firms the skin and reduces the aging and photoaging signs. It also protects against harmful external agents, all while preserving skin elasticity.

Use

Home

Apply morning and/or night after the Energy Fluid or the Smoothing Oil.



ENDOCOSMETIC CARE

By supplying the skin with “precursor” ingredients, Action de Gala Endocosmetic care line helps the epidermis and the dermis to produce the substances they need to reduce the appearance of skin imperfections. Instead of using collagen or elastin to treat mature skin, this method uses an amino acid complex that works in synergy with the body’s natural collagen and elastin synthesis, thereby improving the look and feel of your skin and minimizing the appearance of wrinkles.

ENDOCOSMETIC PRODUCTS

H₂O

Youth Serum

Professional and Retail – Pump 50 ml (2 fl. oz.) (34-6240)



Skin Type

All skin types, deshydrated and alipic skins. Face.

Main Active Ingredients

- **Ceramides:** naturally derived lipophilic substance with the ability to cement cells together and reinforce the structure of the epidermis. Ceramides are part of the complex sphingolipid group (fatty acids). They enhance the protective ability of the epidermis and help restructure it. They are also antimicrobial and are physiologically involved in the cellular growth process. Furthermore, they are rich in amino acids and form a protective film on the skin surface, thereby preventing water loss.
- **Vitamin A:** superior anti-aging vitamin, it enhances cellular division and renewal, fights dehydration, protects the skin against harmful environmental agents.
- **Hydrolyzed silk protein:** from the silk worm, contains collagen, brings softness and suppleness to the skin.
- **Vitamin E:** this antioxidant and free radicals fighter prevents skin aging. In combination

with vitamin A, it offers protective properties. Soothing and moisturizing effect.

- **Paraben-free**

Action

Ideally suited for subjects less than 30 years of age, to prevent skin aging. Improves cellular cohesion at the surface of the epidermis, increases the skin's elasticity and its ability to maintain an optimal moisture level. Fights free radicals.

Use

Salon

Apply locally or on the entire face and neck until completely absorbed. Specially designed for intra-epidermal injection (see Vital•O₂ manual). Positive ionization.

Home

Apply locally or on the entire face and neck morning and evening. Allow to penetrate until complete absorption.

PUR

Purifying Serum

Professional and Retail – Pump 50 ml (2 fl. oz.) (34-6260)



Skin Type

Normal skin with lipidic and acne-prone condition. Face.

Main Active Ingredients

- **Grapefruit:** refreshing, stimulating, antioxidant, antiradical
- **Serenoa:** mattifying and normalizing properties
- **Carnitine:** active ingredient that accelerates catabolism, a cellular reaction that breaks down fatty acids. It is a carrier involved in the transformation of fatty acids into energy inside mitochondria, thereby preventing sebum accumulations around the follicle.
- **Burdock:** botanical extract, the core component of this serum's purifying action. Also antibacterial and indispensable to restore normal sebaceous secretions. Indicated for papules and dermatosis.
- **Argan oil:** highly moisturizing, antioxidant and regenerative properties
- **Sesame oil:** regenerating, softening and antioxidant properties

- **Vitamin A, E:** antioxidant, anti-wrinkle, lightening, regenerating, free radical fighters
- **Hydrolyzed silk protein:** natural fibers are secreted by the silkworm bringing softness and suppleness to the skin
- **Paraben-free**

Action

This formula is designed to help problem skin recover a normal sebaceous balance.

Use

Salon

Apply locally or on the entire face and neck until completely absorbed. Specially designed for intra-epidermal injection (see Vital•O₂ manual). Positive ionization.

Home

Apply locally or on the entire face and neck morning and evening. Allow to penetrate until complete absorption.

LUX

Lightening Serum

Professional and Retail – Pump 50 ml (2 fl. oz) (34-6230)



Skin Type

Normal with dull complexion and age spots. Face.

Main Active Ingredients

- **Roselle kemp:** tightening, moisturizing, fights free radicals
- **Milfoil:** regenerating, tightening
- **Licorice:** reduces melanin production, anti-inflammatory, lightens the complexion, antioxidant
- **Arbutin:** inhibits production of tyrosinase and therefore blocks melanin formation.
- **Soluble Collagen:** helps hydration and skin regeneration.
- **Hydrolyzed silk protein:** from the silkworm, it contains 10% collagen and brings softness and suppleness to the skin.
- **Lactic acid:** moisturizing
- **Paraben-free**

Action

A complex of active ingredients perfected to reduce and eliminate hyperpigmentation, age spots and spots caused by sun exposure or by oral contraceptive intake.

Use

Salon

Appliquer localement ou sur toute la surface du visage et du cou. Faire pénétrer jusqu'à absorption complète. Conçu pour l'injection intra-épidermique (voir manuel Vital•O₂ Lux).

Peut être ionisé au pôle positif.

Home

Apply locally or on the entire face and neck morning and evening. Allow product to penetrate until complete absorption.

LIPO

Lipolytic Serum

Professional and Retail – Pump 200 ml (6.8 fl. oz) (34-6220)



Skin Types

Cellulite. Contraindicated for people with thyroid disorders. Body.

Main Active Ingredients

- **Guarana:** stimulates fat metabolism, tones, fights against water retention
- **Caffeine:** lipogenesis inhibitor, stimulant, promotes toxin elimination
- **Rockweed:** helps eliminate toxins, draining
- **Laminaria digitata (seaweed):** helps eliminate toxins, liposolvent
- **Cocoa:** vasomotor, stimulating, moisturizing
- **Paraben-free**

the blood micro-circulation.

Increases lipolysis in the hypertrophied fat cells.

Stops the formation of cellulitic micro-nodules while preserving the tissues health.

Reduces the orange peel skin effect.

Use

Salon

Apply locally on the area affected by cellulite. Allow to penetrate until complete absorption. Also designed for Vital•O₂.

Home

Apply locally on the area affected by cellulite. Allow to penetrate until complete absorption.

Action

Its intensive reductive action inhibates the formation of new fat cells in the tissues and facilitates the elimination of existing fat lumps.

Facilitates the micro-circulation and oxygen supply of the areas affected by adiposity and cellulite.

Increases the metabolism of the adipocytes.

Opposes the maturation of new fat cells.

Slows and stops stocking of excess adiposity in

ESSENTIAL OILS

The Gala line of essential oils is now within your reach! In response to the growing interest for aromatherapy, Gala offers a selection of four combinations of 100% pure oils, each with specific properties.

Aromatherapy – The Art of Pampering, the Science of Regenerating...

Both an art and a science, aromatherapy aims to promote health and well-being through the use of essential oils extracted from aromatic plants. Each essential oil is a natural product formed of a complex mixture of chemical compounds with wide-ranging therapeutic effects. They have a global effect on the organism, since their impact is felt both physically and mentally. Aromatic plants and their extracts have been used to promote spiritual and physical well-being since the before the time of recorded history. Egyptians had already mastered the application of botanical oils to embalm their mummies. With the ancient Greeks, it became a medical science. Hippocrates, who earned the title of "Father of Medicine", praised the regenerating and preventive virtues of aromatic plants, and recommended daily baths and massages with essential oils, to guarantee health and happiness.

What's an Essential Oil?

An essential oil is a concentrate that collects a plant's active ingredients from its flowers, leaves, seeds, roots or herbs. A considerable amount of raw matter is required to produce essential oil. For example, the aromatic content of a rose is so scarce that it takes sixty thousand flowers to produce 30ml (1 fl. oz.) of essential oil. It then comes as no surprise that essential oils are a very expensive commodity.

How Are Essential Oils Absorbed?

Essential oils are absorbed either through the skin or through the olfactory system (inhalation). The most effective applications such as massages or baths, combine the two modes of absorption. Essential oil molecules are so small that they rapidly enter the bloodstream and are carried throughout the body, thereby stimulating its natural regenerating power. They reach the body's vital organs via the bloodstream. Olfactory absorption, on the other hand, carries the essential oil's perfumed molecules to the limbic system, which is the part of the brain related to instincts. Since odours have a direct impact on this part of the organism, essential oils can trigger emotions, sensations or feelings. They have the ability to relieve pain, or awaken the senses, including libido. They can also stimulate or relax.

The Use of Essential Oils

Pure essential oils are extremely concentrated and should not be used directly on the skin. It is preferable to dilute them in an oil base (ex: grape seed oil). Essential oils take six to eight hours to be completely absorbed; it is therefore recommended to avoid showering after a massage. You can add essential oils to bath water, but remember to dilute them with an oil base beforehand, and to mix them in with the water. They can also be applied by friction with a skincare cream, by modelling with a massage cream or massage oil, in body wraps, by inhalation or in an aromatherapy diffuser.

ESSENTIAL OILS

SUGGESTED APPLICATIONS

Oxygen Inhalation with Vital•O2

Apply a drop of essential oil on a cotton ball and insert it in the inhalation mask. Place the mask on the client's face and start the oxygen inhalation process.

Inhalation at Home

Add 3 to 5 drops of pure essential oil in a large bowl of hot water. Cover your head with a towel and deeply breathe in the wholesome vapours for 5 minutes. This process yields positive results instantly.

Aromatic Bath

Dilute 6 to 10 drops of pure essential oil in 15 ml (1 tablespoon) of neutral base oil (grape seed oil) and incorporate the mixture to your bath water.

Body Massage

Mix 6 to 9 drops of pure essential oil with 15 ml (1 tablespoon) of neutral massage oil (ex: grape seed oil), gel or cream.

Body Wrap

Mix 6 to 9 drops of pure essential oil with 15 ml (1 tablespoon) of the body wrap of your choice (Do not use products that contain already essential 0.75).

Facial Massage

Mix 4 to 6 drops of pure essential oil with 15 ml (1 tablespoon) of neutral massage oil (ex: grape seed oil), gel or cream.

Facial Mask

Mix 2 to 3 drops of pure essential oil with 15 ml (1 tablespoon) of the mask of your choice (Do not use products that contain already essential 0.75).

Spray or Mist

Add 6 drops of pure essential oil per 30 ml (2 tablespoons) of warm distilled water.

Diffuser

Dilute 6 to 10 drops of pure essential oil in 30 ml (2 tablespoons) of water. Light the candle.

Compress

Add 4 drops of pure essential oil per 250 ml (1 cup) of hot or cold water. Recommended to relieve cramps or rheumatism.

Perfume

To create an eau de toilette, dilute 12 drops of pure essential oil in 15 ml (1 tablespoon) of ethanol.

A Few Useful Tips

Diffuse essential oils to perfume your home or beauty institute.

Diffuse Lib decongestive essential oil to disinfect after a bout of illness.

Add a few drops of essential oil in the humidifier, the dryer, the vacuum cleaner or on an electric light bulb, to allow the heat to diffuse the aroma. To promote better sleep, apply a few drops of Wa relaxing essential oil on your pillow.

PRECAUTIONS

The use of essential oils is safe, pleasant and extremely beneficial, provided certain precautions are taken into account. When used in high concentrations, many essential oils can cause skin irritations. Make sure the oil is properly diluted. As a rule of thumb, a mixture designed for adults should contain roughly 2 to 3% essential oil. It is advisable to prepare the mixture before each treatment to maximize results.

Here is a table of equivalents to help you maintain the proper proportions:

10 ml (0.34 fl. oz.) bottle

1 drop = 0.5%

2 drop = 1%

4 drop = 2%

6 drop = 3%

A 10 ml (0.34 fl. oz.) bottle contains about 200 drops.

For sensitive skins, perform a skin test by applying one drops of pure undiluted oil on the wrist, and cover with a compress for 8 hours. Check the wrist frequently to detect early signs of redness or irritation. If the skin becomes irritated, rinse thoroughly with cool water and do not use the tested oil.

The essential oil of certain citrus fruit may be phototoxic (skin pigmentation) if applied before sun exposure. Thus, it is advisable to avoid essential oil of lemon, lime, orange and grapefruit six hours before sun exposure.

The skin of children and infants is much more sensitive than adult skin. Certain essential oils (lavender, orange, camomile) are known for their gentleness and may be suitable for infants and young children, provided they are properly diluted. The percentage should not exceed 0.5% (ex: 1 drop in 10 ml/2 teaspoons of grape seed oil). Do not administer orally.

As for pregnant women, certain oils are too strong to be used, since they could stimulate the production of hormones likely to trigger bleeding. It is advisable to altogether avoid using essential oils during pregnancy.



LIB

Decongestive Essential Oil

Dropper bottle 10 ml (0.34 fl. oz.) (34-5050)

Composition

Essential oil of fir, cedar leaf and eucalyptus. 100 % pure.

Properties

Decongestive, antiseptic, antiviral, fortifying.

Indications

Nasal and respiratory tract problems, overwork, aches and pains, rheumatism, arthritis.

Ô

Purifying Essential Oil

Dropper bottle 10 ml (0.34 fl. oz.) (34-5020)

Composition

100 % pure essential oil of lemon, bergamot and petitgrain.

Properties

Purifying, antiseptic, lightening, astringent, invigorating.

Indications

Acne, cellulite, wrinkles, dull complexion, mental fatigue, purification.



UP

Energizing Essentials Oil

Dropper bottle 10 ml (0.34 fl. oz.) (34-5030)

Composition

100% pure essential oil of rosemary, cinnamon and lemongrass.

Properties

Stimulating, revitalizing, antiseptic, invigorating, antirheumatism, aphrodisiac.

Indications

Drawn or tired features, pale complexion, circulation problems, physical fatigue, loss of vitality.

Contraindications

Epilepsy, hypertension.



WA

Relaxing Essential Oil

Dropper bottle 10 ml (0.34 fl. oz.) (34-5040)

Composition

100% pure essential oil of orange, marjoram and lavender.

Properties

Soothing, antistress, antiseptic, anti-inflammatory.

Indications

Soothing, antistress, antiseptic, anti-inflammatory.



MAS

Neutral Base Massage Oil

Bottle 500 ml (17 fl. oz.) (34-5060)

Composition

100 % pure grape seed oil.

Properties

Antioxidant, softening, regenerating.

Indications

facial or body massages, aromatic baths.

*use on its own or in combination with Gala essential oils.



RECOMMENDED / HOME CARE PRODUCTS – SUMMARY

According to Skin Type (Face)

	ALIPIC	DEHYDRATED	NORMAL	CONGESTED	LIPIDIC	SEBORRHEIC	ACNE-PRONE	SENSITIVE	DELL /HYPERPIG-MENTED	MATURE
EXODERM	•	•	•		•	•			•	•
ENZYDERM	•	•	•	•	•	•	•	•	•	•
DERMALISS	•	•	•	•				•	•	•
MICELL	•	•	•	•	•	•	•	•	•	•
TONIQA	•	•	•	•	•	•	•	•		•
LIMPIDERM				• (T-Zone)	•	•	•		•	
LIBRADERM				•	•	•	•			
HYDRAPLUS	•	•	•	•	•	•	•	•		•
JOUVENCELL	•	•	•		•	•	• (post-acne)		•	•
YI-ZHIBAUME				•	•	•	• (lesion-free)	• (couperose)		
VITAMINE	•	•	•	•	•	•	•		•	•
COLLAMASK	•	•	•	•	•	•		•	•	•
LUXIAR	•	•	•	•	•	•		•	•	•
MASQUE BIOLIFT	•	•	•	•	•	•	•	•	•	•
DUALIFT	•	•	•	•	•	•	•	•		•
DIVINIT	•	•	•	•	•	•			•	•
CRÈME AHA			•		•				•	•
CUTANÉ		• (day)	•	•	•	•	•			
VITTOSOIN	•	• (night)	•	•				•		•
OMBRACRÈME	•	•	•	•	•	•	•	•	•	•
LIBRAMAT					•		•		•	
HYDRAMASS	•	•	•	•	•	•		•	•	•
H ₂ O SERUM	•	•	•	•	•	•		•	•	•
PUR SERUM					•		•			
LUX SERUM			•						•	•
ELIXA EYE & LIP SERUM	•	•	•	•	•	•	•	•	•	•
ELIXA SMOOTHING OIL	•	•	•	•				•	•	•
ELIXA ENERGY FLUID	•	•	•	•	•			•	•	•
ELIXA DEFENSE CREAM	•	•	•	•				•	•	•

RECOMMENDED HOMECARE PRODUCTS- DETAILED

According to Skin Type (Face)

ALIPIC

Recommended Cleansing Care

- **Micell**
Micellar water for daily use.
- **Dermaliss**
Cleansing milk for daily use.
- **Enzyderm or Exoderm**
Cleansing milk for daily use.

Recommended Lotion

- **Tonika**
Restoring lotion for daily use.

Recommended Masks

- **Hydraplus**
Moisturizing, soothing and regenerating mask for weekly use
- **Divini-t**
Rejuvenating and regenerating mask for weekly use.

Specific Care

- **Jouvencell or H2O Youth Serum**
Serum for daily use.
- **Vitamine**
Vitamin complex for daily use.
- **Dualift**
Eye & lip contour care for daily use.
- **Elixia Smoothing Oil**
Anti-aging oil for daily use.
- **Energy Fluid**
Anti-aging fluid for daily use.
- **Elixia Eyes and Lips Radiance Serum**
Anti-aging serum for daily use.
- **Ombracrème**
Total protection cream (sunscreen).

Recommended Day/Night Emulsion

- **Vittosoin**
Nourishing cream for daily use (day/night).
- **Elixia Defense Cream**
Anti-aging cream for daily use (day/night).

DEHYDRATED

Recommended Cleansing Care

- **Micell**
Micellar water for daily use.
- **Dermaliss**
Cleansing milk for daily use.
- **Enzyderm or Exoderm**
Exfoliating gel for bi-weekly use.

Recommended Lotion

- **Tonika**
Restoring lotion for daily use.
- **Biolift**
Brightening mask.

Recommended Masks

- **Hydraplus**
Moisturizing, soothing and regenerating mask for weekly use.
- **Divini-t**
Moisturizing, soothing and regenerating mask for weekly use.

Specific Care

- **Jouvencell or H2O Youth Serum**
Serum for daily use.
- **Elixia Energy Fluid**
Anti-Aging fluid anti-âge for daily use.
- **Vitamine**
Vitamin complex for daily use.
- **Dualift**
Eye & lip contour care for daily use.
- **Elixia Eyes and Lips Radiance Serum**
Anti-aging serum for daily use.
- **Ombracrème**
Total protection cream (sunscreen).

Recommended Day/Night Emulsion

- **Cutané**
Protective emulsion for daily use (day).
- **Vittosoin**
Nourishing cream for daily use (day/night).
- **Elixia Defense Cream**
Anti-aging cream for daily use (day/night).

NORMAL

Recommended Cleansing Care

- **Micell**
Micellar water for daily use.
- **Dermaliss**
Cleansing milk for daily use.
- **Enzyderm or Exoderm**
Exfoliating gel for bi-weekly use.

Recommended Lotion

- **Toniqa**
Restoring lotion for daily use.

Recommended Masks

- **Hydraplus**
Soothing and moisturizing balm-gel for weekly use.
- **Divini-t**
Revitalizing Mask

Specific Care

- **Jouvencell or H₂O serum**
According to skin type. Serum for daily use.
- **Vitamine**
Vitamin complex for daily use.
- **Dualift**
Eye & lip contour care for daily use.
- **Elixa Eyes and Lips Radiance Serum**
Anti-aging serum for daily use..

Recommended Day/Night Emulsion

- **Cutané**
Protective emulsion for daily use (day).
- **Vittosoin**
Nourishing cream for daily use (day/night).
- **AHA Cream**
Regenerating cream for daily use (night).
- **Ombracrème**
Protection cream (sunscreen).

CONGESTED

Recommended Cleansing Care

- **Micell**
Micellar water for daily use.
- **Dermaliss**
Cleansing milk for daily use OR
- **Limpiderm**
Deep-cleansing gel for daily use (T-zone).
- **Enzyderm or Exoderm**
Exfoliating gel for weekly use.

Recommended Lotion

- **Toniqa**
Restoring lotion for daily use.

Recommended Masks

- **Hydraplus**
Soothing and moisturizing balm-gel for weekly use.

Specific Care

- **Jouvencell or Lux Serum**
Serum for daily use.
- **Yi-zhibaume**
Regenerating cream-balm for weekly use.
- **Vitamine**
Vitamin complex for daily use.
- **Dualift**
Eye & lip contour care for daily use.
- **Elixa Eyes and Lips Radiance Serum**
Anti-aging serum for daily use.

Recommended Day/Night Emulsion

- **Cutané**
Protective emulsion for daily use (day).
- **Vittosoin**
Nourishing cream for daily use (day/night).
- **Ombracrème**
Protection cream (sunscreen).

LIPIDIC AND SEBORRHEIC

Recommended Cleansing Care

- **Micell**
Micellar water for daily use.
- **Limpiderm**
Deep-cleansing gel for daily use.
- **Enzyderm or Exoderm**
Exfoliating gel for bi-weekly use.

Recommended Lotion

- **Toniqua**
Restoring lotion for daily use.

Recommended Masks

- **Libraderm**
Balancing mask-gel for weekly use.

Specific Care

- **Jouvencell**
Rejuvenating complex for daily use.
- **Libraderm or Pur Serum**
Application on T-zone.
- **Vitamine**
Vitamin complex for daily use.
- **Dualift**
Eye & lip contour care for daily use.
- **Elixa Eyes and Lips Radiance Serum**
Anti-aging serum for daily use.

Recommended Day/Night Emulsion

- **Cutané**
Protective emulsion (day/night).
- **Libramat**
Normalizing antioxidant emulsion for daily use.
- **Energy Fluid**
Anti-aging fluid for daily use.
- **Ombracrème**
Protection cream

ACNE-PRONE

Recommended Cleansing Care

- **Micell**
Micellar water for daily use.
- **Limpiderm**
Deep-cleansing gel for daily use.
- **Enzyderm or Exoderm**
Exfoliating gel for bi-weekly use (without lesions).

Recommended Lotion

- **Toniqua**
Restoring lotion for daily use.

Recommended Masks

- **Libraderm**
Balancing mask-gel for weekly use.

Specific Care

- **Yi-zhibaume**
Local application to treat papules and pustules.
- **Vidacell or Lipo Serum**
Local application in the case of cystic acne.
- **Jouvencell or Pur Serum**
Serum for daily use.
- **Vitamine**
Vitamin complex for daily use.
- **Dualift**
Eye & lip contour care for daily use.
- **Elixa Eyes and Lips Radiance Serum**
Anti-aging serum for daily use.

Recommended Day/Night Emulsion

- **Cutané**
Protective emulsion (day/night).
- **Libramat**
Normalizing antioxidant emulsion (day/night).
- **Ombracrème**
Protection cream

SENSITIVE

Recommended Cleansing Care

- **Micell**
Micellar water for daily use.
- **Dermaliss**
Cleansing milk for daily use.
- **Enzyderm or Exoderm**
Exfoliating gel for weekly use.

Recommended Lotion

- **Toniqua**
Restoring lotion for daily use.

Recommended Masks

- **Hydraplus**
Soothing and moisturizing balm-gel for weekly use.

Specific Care

- **Jouvencell**
Serum for daily use.
- **Yi-zhibaume**
Local application to treat rosacea.
- **Vitamine**
Vitamin complex for daily use.
- **Dualift**
Eye & lip contour care for daily use.
- **Elixa Eyes and Lips Radiance Serum**
Anti-aging serum for daily use.

Recommended Day/Night Emulsion

- **Cutané**
Protective emulsion for daily use (day).
- **Vittosoin**
Nourishing cream for daily use (night).
- **Ombracrème**
Protection cream

DULL

Recommended Cleansing Care

- **Micell**
Micellar water for daily use.
- **Dermaliss**
Cleansing milk for daily use.
- **Limpiderm**
Deep-cleansing gel for daily use.
- **Exoderm**
Exfoliating gel. Use 3 times a week.

Recommended Lotion

- **Toniqua**
Restoring lotion for daily use.

Recommended Masks

- **Biolift**
Brightening mask.
- **Divini-t**
Revitalizing Vitamin Mask for weekly use.

Specific Care

- **Jouvencell, Lux Serum**
Serum for daily use.
- **Vitamine**
Vitamin complex for daily use.
- **Dualift**
Eye & lip contour care for daily use.
- **Elixa Eyes and Lips Radiance Serum**
Anti-aging serum for daily use.

Recommended Day/Night Emulsion

- **Cutané or Vittosoin** (Depending on skin type).
- **AHA Cream**
Regenerating cream for daily use (night).
- **Defense Cream**
Anti-aging cream for daily use (day/night).
- **Ombracrème**
Protection cream

MATURE

Recommended Cleansing Care

- **Micell**
Micellar water for daily use.
- **Dermaliss**
Cleansing milk for daily use.
- **Enzyderm or Exoderm**
Exfoliating gel for bi-weekly use.

Recommended Lotion

- **Toniga**
Restoring lotion for daily use.

Recommended Masks

- **Biolift**
Brightening mask.
- **Jouvencell**
Rejuvenating and regenerating mask for weekly use.

Specific Care

- **Jouvencell**
Serum for daily use.
- **Vitamine**
Vitamin complex for daily use.
- **Elixa Eyes and Lips Radiance Serum**
Anti-aging serum for daily use.
- **Elixa Smoothing Oil**
Anti-aging oil for daily use.
- **Elixa Energy Fluid**
Anti-aging fluide for daily use.

Recommended Day/Night Emulsion

- **Cutané**
Protective emulsion for daily use (day).
- **Vittosoin**
Nourishing cream for daily use (night).
- **AHA Cream**
Regenerating cream for daily use (night).
- **Elixa Defense Cream**
Anti-aging cream for daily use (day/night).
- **Ombracrème**
Protection cream

RECOMMENDED PRODUCTS FOR EACH BODY CONDITION.

Cellulite

- Exoderm (exfoliant)
- Nutrisens (body milk)
- Toniqa (restoring lotion)
- Up Energizing Essential Oil
- Vidacell
- Lipo Serum

Body Firming

- Exoderm
- Toniqa
- Vidacell
- Up Energizing Essential Oil
- Jouvencell
- Vittosoin

Heavy Legs

- Vidacell
- Essential oil
- Yi-zhibaume (wrap)
- Hydravive
- Toniqa

Hand Care

- Vittosoin
- Lux Serum
- Paraffin wrap

Stretch Marks

- Jouvencell
- Vittosoin
- Up Energizing Essential Oil

Moisturizing

- Nutrisens

IONIZATION TABLE

	Intensity	Duration
Cataphoresis +	About 0,50 mA*	5 to 8 minutes
Anaphoresis -	About 0,50 mA*	2 to 3 minutes

*Respect the client's tolerance

ACTION DE GALA FACIAL TREATMENT

ALL SKIN TYPES

1. Gently remove eye make-up with Dermaliss cleansing milk.
2. Remove make-up from the face and neck with Dermaliss cleansing milk or Limpiderm deep-cleansing gel.
3. Tone the face and neck with a cotton ball moistened with Toniqa lotion, or with an electric steamer (Lucas).
4. Exfoliate the face and neck with Enzyderm or Exoderm exfoliating gel (depending on client sensitivity) using a gauze dampened with Toniqa lotion.
5. To facilitate comedo extraction: perform a deep-cleansing session with Limpiderm deep-cleansing gel. Ionize in the negative polarity (0.50 mA for 2-3 minutes, or according to client sensitivity).
6. Proceed with extraction. Apply high-frequency, or tone with Toniqa lotion.
7. Apply an appropriate serum (To customize, see below).
8. Perform a massage with Hydramass nourishing cream.
To customize your massage, see instructions below.
9. Apply a mask (several combinations may be used, see below).
Apply on the entire face and neck area. Leave on for 15 minutes.
Rinse.
10. Spray the face and neck with Vitamine vitamin complex.
11. Apply Jouvencell rejuvenating complex and ionize in the positive polarity (0.50 mA for 3-5 minutes, or according to client sensitivity).
12. Apply Dualift eye and lip contour or Libramat emulsion (lipidic skin)
13. End treatment by applying Cutané protective emulsion (all skin types) or Ombracrème protection cream (skin with pigment spots) or Vittosoin nourishing cream (dehydrated skin), or Libramat emulsion or Elixia defense cream (mature skin)

TO CUSTOMIZE THE SERUM

- Normal / alipic / dehydrated / sensitive: H₂O Youth Serum or Elixia energy fluid.
- Lipidic and acne-prone: Pur Serum
- Normal with dull complexion and age spots: Lux Serum
- Mature / all types: Elixia Energy fluid

TO CUSTOMIZE THE MASSAGE

- Combine 3/4 massage creme (Hydramass) with :
 - **For sensitive or dehydrated skin** (1/4) Hydraplus soothing moisture balm-gel.
 - **For dull or mature skin**: (1/4) Jouvencell rejuvenating complex Jouvencell.
 - **For lipidic skin**: (1/4) Libraderm balancing mask/gel.

To customize the mask

- **All skin types**: Divini-t mask
- For dehydrated skin: combine Hydraplus soothing and moisturizing balm-gel (1/2) with Vittosoin nourishing cream (1/2).
- **For sensitive or congested skin**: use Hydraplus soothing and moisturizing balm-gel on its own, or (2/3) combined with Yi-zhibaume regenerating cream-balm (1/3) or use Biolift mask.
- **For dull complexion**: combine Jouvencell rejuvenating complex (2/3) with Libraderm balancing mask-gel (1/3) or use Biolift mask.
- **For lipidic skin**: Libraderm balancing mask-gel.
- **For acne-prone skin**: combine Libraderm balancing mask-gel (3/4) with Yi-zhibaume regenerating cream-balm (1/4).
- **For mature skin**: combine Jouvencell rejuvenating complex (1/2) with Vittosoin nourishing cream (1/2) or use Biolift mask.
- **Collagen mask**: combine Collamasq or Luxiar modelling sheets with Toniqa lotion (do not massage skin and do not rinse after removing the sheet)

ESSENTIAL OIL FACIAL TREATMENT

AROMATHERAPY

Create the perfect ambience by adding essential oil (depending on your client's state of mind) in an electric diffuser or a burner, and let the oil diffuse for about 10 minutes.

1. Gently remove eye make-up with some Dermaliss cleansing milk.
2. Remove make-up on the face and neck with Dermaliss cleansing milk or Limpiderm deep-cleansing gel.
3. Tone the face and neck with some gauze dampened with Toniqa lotion.
4. Exfoliate the face and neck with Exoderm or Enzyderm exfoliating gel.
5. To facilitate comedo extraction, perform a deep-cleansing session with Limpiderm deep-cleansing gel. Negatively ionize (about 0.50 mA for 2-3 minutes, or according to client sensitivity).
6. Proceed with extraction. Apply high-frequency or tone with Toniqa lotion.
7. Perform massage with Hydramass massage cream. To customize your massage, see below.
8. Apply on the face and neck the appropriate mask according to the skin type (see list below).
Leave on for 15 minutes. Rinse.
9. Spray the face and neck with Vitamine vitamin complex, or with a Lucas-type electric sprayer.
10. Apply the appropriate serum and positively ionize (about 0.50 mA for 3-5 minutes or according to client sensitivity).
11. Finish off the session by applying Cutané protective emulsion (all skin types) or Ombracrème total protection cream (skin with pigment spots) or Vittosoin nourishing cream (dehydrated skin), or Elixia defense cream (mature skin).

TO CUSTOMIZE THE FACIAL MASSAGE

Add to your massage cream (15 ml):

- **Sensitive or dehydrated skin:** 3 to 5 drops of Wa relaxing essential oil.
- **Dull complexion or mature skin:** 4 to 6 drops of Up energizing essential oil.
- **Lipidic skin:** 4 to 6 drops of Ô purifying essential oil.

HOW TO CUSTOMIZE YOUR FACIAL MASK

If you have used essential oils for the massage, do not add them in your mask. In this case, refer to the suggested masks for Action de Gala traditional facial treatment.

- **Mask for dehydrated skin:** add 2 to 3 drops of Wa relaxing essential oil to Vittosoin nourishing repair creme (15ml).
- **Mask for sensitive or congested skin:** add 2 drops of Lib decongestive essential oil to Hydraplus soothing moisture balm-gel (15ml).
- **Mask for dull complexion:** add 2 drops of Up energizing essential oil to Jouvencell rejuvenating complex (15ml).
- **Mask for lipidic and acne-prone skin:** add 2 drops of Ô purifying essential oil to Libraderm balancing mask-gel (15ml)
- **Mask for mature skin:** : add 2 to 3 drops of Up energizing essential oil to Vittosoin nourishing repair creme (15ml)

ESSENTIAL OIL BODY TREATMENT

CREATE AN OASIS OF PEACE...

1. Proceed with an introductory massage on the shoulders and the nape with Mas massage oil combined with 3 to 5 drops of Wa relaxing essential oil.
2. Exfoliate the body area to be treated with Exoderm purifying exfoliating gel in a circular and upward motion. Rinse thoroughly using a terry cloth mitt.
3. Locally apply Lipo Serum on areas affected by cellulite. Allow to penetrate until complete absorption. May also be ionized in the positive polarity.
4. Perform a massage with Mas massage oil combined with an essential oil of your choice (see list below).
5. Proceed with body wrap (see list below). Cover the treated body area with a plastic film, and leave on for 20 minutes. Remove the plastic film and massage in any remaining cream.
6. Finish off by applying Vidacell, Hydravive (heavy legs) calming milk or Nutrisens (hydration) revitalizing milk in an upward smoothing motion.

TO CUSTOMIZE YOUR BODY MASSAGE (15 ML OF NEUTRAL MASSAGE OIL)

- **Cellulite:** add 6 to 9 drops of Ô purifying essential oil.
- **Heavy legs:** add 6 to 9 drops of Lib decongestive essential oil.
- **Muscle pain:** add 6 to 9 drops of Wa relaxing essential oil.
- **Firming:** add 6 to 9 drops of Up energizing essential oil.

To customize your body wrap

- **Cellulite:** Vidacell silhouette cream (15 ml).
- **Heavy legs and muscle pain:** mix Vidacell Silhouette cream with Yi-zhibaume regenerating cream-balm (15 ml), then apply on area to be treated.
- **Moisturizing:** Nutrisens nourishing milk. Apply Parasol apricot paraffin or Parapur natural paraffin and wrap the body area.
- **Firming:** Vidacell silhouette cream (15 ml).

Recommendations

Treatments with paraffin and essential oils can be highly beneficial, but it is very important to check for contraindications before any treatment is performed. Contraindications to paraffin include hypersensitive skin, dermatitis with lesions, solar erythema, telangiectasia on the legs, high blood pressure, phlebitis, thrombosis, iodine allergy.

Avoid using acidic soap in the hours following treatment to take advantage of the full effects of the seaweed and essential oils, which can extend for several hours after application.

