

VINOTHERAPY – WINE THERAPY • SPA TREATMENT



Anubis combines facial and body care in the Spa, immersing our customers in a world of sensations, while their skin benefits from the properties of the active elements. Vinotherapy provides numerous properties for skin, especially rejuvenating properties. Wine contains a high level of active components and polyphenols that make it an essential ingredient in antioxidant and anti-aging Spa programmes. It prevents the formation of free radicals and delays the appearance of aging signs. Grapes were already used in ancient Rome as a rejuvenating component which was also a symbol of the gods. This treatment recovers the ancient Mediterranean tradition for grapes and transforms it in a unique treatment: It is an extremely powerful antioxidant, it moisturises and nourishes, improves circulation and stimulates collagen and elastin formation. This treatments uses products with a high content of premium quality wine, grape extract and grape seed oil, with flavonoids, catequins and tannins, phytoestrogens, alpha-hydroxy acids, vitamins E and B, linoleic and linolenic acid, essential fatty acids, and minerals.

OBJECTIVES

- In-depth regeneration and nourishment
- Antioxidant and rejuvenating properties
- Circulation activation and stimulation
- Well-being and revitalisation. Feeling of self-confidence

DURATION AND PERIODICITY

- Time per session: 90 mins. approx. This time can be reduced shortening the duration of the mask and the final massage.
- Complete programme: Minimum of 6 sessions, one per week
- Maintenance: 1 or 2 monthly sessions

REQUIRED PRODUCTS

THERMAL AQUA or EAU VERT	Moisturisation and soothing action
VITAL LINE MAKE-UP REMOVER or AQUA MOUSSE	In-depth skin cleansing
SALTS PEELING (Lemon)	Exfoliation, oxygenation, remineralisation
RICE PEELING	Purification, cleansing, decongestion, oxygenation
VINOTHERAPY MASK	Nourishment and regeneration. Antioxidant properties
VINOTHERAPY CREAM	Nourishment and regeneration. Antioxidant properties
THERAPY NATUR OIL	Nourishment
SWEET NECTAR or YOGURT CREAM	Nourishment
BERGAMOT EO	Regeneration
LAVENDER EO	Relaxation
ROSEMARY EO (optional)	Circulation stimulation
GERANIUM EO (optional)	Activation of lymphatic system and soothing effect
ORANGE EO (optional)	Revitalising action
FLOWER MASK (optional in facial treatment)	Regeneration

STEP BY STEP

1 WELCOME

Before starting the treatment, it is recommended to give an atmosphere to the cabin with the aroma diffuser and a few drops of a relaxing essential oil or 8 drops of LAVENDER EO. Use indirect light or candlelight, and play soft ambient music. To receive the customer, a welcome tea or coffee can be offered.

2 TONING AND SKIN PREPARATION

With the customer in supine position, spray the entire body with Thermal Aqua and perform a gentle unblocking of legs and arms. Apply a warm wet cloth with 3 drops of BERGAMOT EO on the face for 5 mins.
c: 10 mins.

3 EXFOLIATION

According to the customer needs, the most appropriate salts and oils peeling can be applied. For this treatment, Lemon Peeling Salt is recommended. Place 3 spatulas of product in a bowl and stir to mix the salts well with the oil. Apply the peeling over the entire body, directly with your hand, starting to work on the feet. Work alternating both hands, with frictions and digital movements, encouraging the activation of microcirculation and to increase cellular oxygenation.

It is necessary to work on the product until maximum absorption is achieved. Salt excess needs to be removed using a dry towel without eliminating the oil to allow the penetration of the active principles and their absorption in the skin.

Perform the same operation (toning+exfoliation) in prone position. Exfoliation total time: 20 minutes.

4 MASK APPLICATION

Mix 250g of Vinotherapy Mask in a bowl with 5ml of Therapy Natur Oil until a homogeneous paste is obtained. Heat up this paste in the microwave for 2 minutes at low temperature.

Spread the mixture with your hands over the entire body. Start on the back and move on towards the legs and arms using relaxing massage strokes.

The singularity of this mask is its elasticity and texture that allows its application as a massage. Heating it up before its application further elastifies its texture. Always check before application that it is warm but not burning hot.

If aromatherapy is often used in treatments, instead of mixing the mask with Therapy Natur Oil, it should be mixed with 4 drops of Rosemary EO, 4 drops of Orange and 4 drops of Geranium, once the mask has been heated up.

After the 20 minutes of massage, leave to rest a further 15 minutes, covering the customer with Raisa paper or a sweating cloth. The mask provides a deep feeling of warmth and relaxation, while the active principles penetrate the skin and work on it. Total application and mask exposition time: 30 minutes.

While the mask penetrates the skin, 15 mins., the facial treatment can be performed.

a.-Cleanse the skin applying a thin layer of Aqua Mousse or Vital Line make-up remover gel on the face and neck using a brush. Spread employing circular movements and remove with sponges or towels wet in water. If necessary, remove make-up on eyes and lips with Vital Line Make-up Remover for Eyes and Lips.

b.- Tone with Thermal Aqua or Eau Vert, using a sprayer or soaking some cotton disks with the product.

c.- Perform a gentle exfoliation with Rice Peeling. Apply the product and work on it with digital movements. Optionally, we can leave to dry for a few minutes and, due to its special texture, it can be worked on with frictions such as gommage, in order to obtain a second exfoliation. Remove with sponges or towels wet in water.

d.- Apply the mask. Two options are available: We can go on with the integral wine treatment using the Vinotherapy Mask or we can apply the plastic mask Flower Mask.

OPTION 1.- WINE MASK

If this option is desired for an integral rejuvenating wine treatment, heat the mask up slightly, apply it and work on it gently. Leave to rest for about 10 minutes and remove with lukewarm water.

OPTION 2.- FLOWER MASK

If you wish to use this plastic mask, empty the mask container and fill it to the indicated mark with Eau Vert or Thermal Aqua. Mix this amount of lotion with the powder and beat it up vigorously using a spatula until a homogeneous and fluid mixture is obtained. Apply the mixture using a spatula. A slightly thick layer should be applied to facilitate its removal. Leave to rest for 15-20 mins. and carefully remove in an upwards direction.

e.- Remove the facial mask and tone skin with Thermal Aqua.



5.- TREATMENT CONCLUSION

Once the facial treatment has been completed, open up the wrapping and remove the body mask using towels wet in water. Start with the customer in supine position. If a shower is available, it is now time to clean up the cabin, change the sheets and set the cabin up to finish the treatment.

Perform a deep and tension-relieving massage with Vinotherapy Cream. 2 drops of ROSEMARY EO and 2 drops of LAVENDER EO can be added to the cream. On the face, neck and chest, the Yogurt Cream or the Honey Cream (Sweet Nectar) can be used for this massage.

It is important to perform a head and hair massage to ensure complete relaxation. Massage time: 30 mins.



MAINTENANCE: SPA AT HOME

Once the treatment is finished, we say goodbye to the customer while explaining the importance of the Spa products to be used at home. We can recommend the rice peeling, the facial Yogurt Cream, the Yogurt body milk or the most adequate Anubis product for the customer.



RICE PEELING



YOGURT MASK



YOGURT CREAM



YOGURT BODY MILK