Apocalypsis Therapy

Exfoliation & Rejuvenation

100% natural treatment for medium exfoliation (phytopeeling) and rapid skin cell renewal and rejuvenation.
Professional beauty treatment combining exfoliation (hyperaemia and peeling of graduated intensity) and skin rejuvenation, smoothing wrinkles, scars, acne marks and reducing dyschromias and freckles. The treatment is based on the exfoliating and regenerating action of Spongilla dry powder enhanced with the synergistic action of specific regeneratives (Kelifluo and growth promoters) and a cocktail of calming ingredients.
It may also be optionally combined with alpha hydroxy acids, as well as followed by targeted anti-aging & brightening treatment protocols.

The treatment comprises of two sessions at the beauty clinic over the course of 5 days plus a skin care regimen to be followed at home between the sessions. It is not necessary to stay at home, however special skin care and strict sun protection is required.

Main action
Exfoliation, renewal and rejuvenation of the skin.

Secondary action
Toning and regulating skin oil levels.

Indications
Wrinkles, scars, acne marks, dyschromias, freckles, stretch marks, reduced skin elasticity.

Skin types
Normal, oily, combination and dry skin.

Counterindications
Thin and sensitive skin with telangiectasias, melanoma, hypertrichosis, skin conditions, active inflammatory acne, allergies, wounds, dark coloured people with dyschromias, pregnancy, herpes labialis and herpes zoster.

Sun exposure is strictly forbidden following the application of the protocol.

Active ingredients
PHYTOPEELING, KELIFLUO, METHYL SALICYLATE, BIO-PLACENTA, DRIELINE, PENTAVITIN, DERMONECTIN

Recommended sessions
Depending on the clinical presentation of the skin.

Session duration
50 minutes for the first session (without sebum extraction) and 55
minutes for the recuperation session.

Repeatability
Depending on the clinical presentation and the type of skin; in any case, no sooner than after 28 days.

Treatment Protocol

Exfoliation & Rejuvenation

Step 1: Cleansing

Use Elements Hydra Cleansing Milk to cleanse face and neck thoroughly and remove excess oil, dirt and make-up. Remove with a damp cotton pad. Then, apply Elements Cleansing Tonic Lotion to a cotton pad and use to tone the skin.
Depending on the skin's clinical presentation, this may be preceded by sebum extraction if deemed necessary.

(Total duration: 5 minutes)

Step 2: Preparation

For protection, use the Elements Eye Shine Mask to cover the eyes and for lips contour area, use the Elements Nourishing Cream to cover the entrance to the nose and any spots.

(Total duration: 1 minute)

Step 3: Phytopeeling

Mix 5g of Phytopeeling Pure powder with 7ml Phyto-AHA Lotion, until the mixture turns into a paste. Wearing gloves, apply the paste all over the face, like a mask, and massage gently with light circular motions. Wet your fingertips with Phyto-AHA Lotion and continue massaging in light circular motions until a mild erythema develops due to hyperaemia. At this point stop the friction, apply steam for 10 minutes and carefully remove the mask (very gently) from the face using cold water.
During treatment, the skin will feel hot and there will be a prickling sensation. This varies depending on the friction intensity and the skin.
The duration of each treatment depends on the type, the condition and the sensitivity of the skin, the desired depth of exfoliation and the area of application. The maximum time of application (rubbing) should not exceed 5 minutes.

(Total duration: 20 minutes)

Step 4: AHA Enhanced Action (optional)

Apply 2ml of 20% AHA Fruit Gel topically or all over the face in gentle motions, without massaging or rubbing in. Leave the gel for a little while and then remove it gently using a cotton pad saturated in Ameson Post Peel Lotion. The maximum application time of the 20% AHA Fruit Gel should not exceed 1 minute. In case of skin "blanching", remove immediately using Ameson Post Peel Lotion.

(Total duration: 2 minutes)

Treatment Protocol

Exfoliation & Rejuvenation

Step 5: Calming

Apply 5ml of Elements Clarifying Active Mask to the face and neck and leave for 20 minutes to sooth the irritated skin. Remove gently with water.

(Total duration: 22 minutes)

Step 6: Sun Protection

Apply 2ml of Sunfilm Face Gel SPF 30.

(Total duration: 1 minute)

Home Daily Regimen: After Therapy Nonstop Action

Clear and accurate instructions of specific skin care should be provided throughout the protocol. In the first 2 days, due to the hyperaemia, there will be erythema and a tingling sensation; these will gradually diminish. Over the next 3 days the skin will peel.
During these 5 days, it is essential to use only Sunfilm Face Gel SPF30, a gel with a non-oily texture which offers wide protection from the sun enhanced with a soothing and antioxidant action.

Caution!
Until skin exfoliation is completed, any activities that might cause adverse effects or even reduce the efficacy of the treatment should be avoided. **The following actions are prohibited:**

- Washing your face with water.
- Sun exposure (mountain or seaside)
- Swimming (pool – sea)
- Anything that causes perspiration
- Make-up
- Contact with detergents and dust
- Touching your face with your hands, rubbing of your face and any peeling of the layer of dead cells that has been formed.

On the 5th day after the treatment, when facial exfoliation is usually complete, the recuperation session should take place.

Recuperation Protocol

(5 days later)

Step 1: Cleansing

Clean the face and the neck thoroughly and gently with Elements Hydra Cleansing Milk, applying light massage with steam. Continue with Elements Cacao Exfoliating Cream in order to gently remove any exfoliation residues, and remove with a wet cotton pad.

(Total duration: 5 minutes)

Step 2: Calming

Apply 5ml of Elements Clarifying Active Mask to the face and neck and leave for 20 minutes to sooth the irritated skin. Remove gently with water.

(Total duration: 22 minutes)

Step 3: Repairing

Apply 2ml of Elements Bioplacenta Serum, massaging lightly all over the face and neck until it is absorbed. Continue with 5ml of Elements Repairing Mask, leave it to partially dry, massage gently and remove it gently with water, thereby enhancing the skin's natural renewal and cohesion functions.

(Total duration: 25 minutes)

Step 4: Rejuvenating

Apply 1ml of Apocalypsis Rejuvenating Gel to the face and neck and massage lightly until it is absorbed, boosting skin rejuvenation even further.

(Total duration: 1 minute)

Step 5: Sun Protection

Apply 2ml of Sunfilm Face Gel SPF 30.

(Total duration: 1 minute)

Home Daily Regimen: After Therapy Nonstop Action

The treatment is completed with two products
for daily skin care, to be applied in the morning and in the evening (please apply them exclusively and use at least one unit of each):

- **Apocalypsis Rejuvenating Gel** (for oily & combination skins)
- **Apocalypsis Rejuvenating Gel and Apocalypsis Rejuvenating Cream** (for normal & dry skins)

In combination with applying Sunfilm Face Gel SPF 30 every day in the morning.

Apocalypsis Therapy

Acne & Regulation of Oiliness

100% natural facial treatment (Spongilla dry powder) for addressing acne symptoms and regulating skin oil levels.
Professional beauty treatment effectively reducing acne symptoms and balancing sebum excretion. The treatment is based on the rejuvenating action and oiliness regulating effects on acneic skin of Spongilla dry powder, enhanced with powerful calming and specialized active ingredients (Canadian Willowherb) for addressing acne.

Main action
Addressing acne symptoms, regulating oiliness.

Secondary action
Tightening dilated pores, acne marks.

Indications
Acne, sebum hypersecretion, dilated pores.

Skin types
Acneic, oily, combination.

Counterindications
Thin and sensitive skin, melanoma, skin conditions, allergies, wounds, pregnancy, herpes labialis and herpes zoster.

Sun exposure is strictly forbidden following the application of the protocol.

Active ingredients
PHYTOPEELING, CANADIAN WILLOWHERB, METHYL SALICYLATE, VITAMIN B9 (FOLIC ACID), LACTIC ACID, AZELAIC ACID-GLYCINE COMPLEX, MULTI B COMPLEX

Recommended sessions
Depending on the clinical presentation of the skin.

Session duration
80-85 minutes.

Repeatability
Up to 2 times a week.

Treatment Protocol

Acne & Regulation of Oiliness

Step 1: Cleansing

Use Elements Clarifying Cleanser Gel to clean face and neck thoroughly from oiliness, dirt and make-up, and remove with a wet cotton pad. Continue by drenching a cotton pad in Elements Clarifying Active Lotion and applying it all over the face and neck. ***(Duration: 3 minutes)***

At this stage, sebum extraction may be be performed if necessary. Apply the steamer for 20 minutes. Continue by opening blackheads and extracting sebum for 10-15 minutes. Then, apply high frequency currents for 2 minutes to disinfect. ***(Duration: 32- 37 minutes)***

(Total duration: 35-40 minutes)

Step 2: Phytopeeling

Mix 5g of Phytopeeling Pure powder with 7ml of Phyto-AHA Lotion, until the mixture turns into a paste. Apply the paste all over the face, like a mask, and leave it for 15 minutes, **without rubbing in.** Then, remove it carefully and gently, using water and avoiding any friction.

(Total duration: 20 minutes)

Step 3: Calming

On dry skin free of oil traces, apply 1ml of Elements Folic Acid (B9) Serum all over the face and leave it to be absorbed. Continue by applying 5ml of Elements Clarifying Active Mask all over the face and neck for 20 minutes and then carefully remove with water.

(Total duration: 22 minutes)

Step 4: Hydra Mattifying

Apply 2ml of Elements Hydra Mattifying Gel all over the face until it is absorbed. Continue by gently massaging 1ml of Elements Clarifying Active Cream or Elements Clarifying Tinted Cream until it is absorbed.

(Total duration: 2 minutes)

Step 5: Sun Protection

Apply 2ml of Sunfilm Face Gel SPF 30 depending on the season and the time of day at which the session takes place.

(Total duration: 1 minute)

Home Daily Regimen:

The treatment is completed with the following Elements line products for daily skin care, to be applied in the morning and in the evening (please apply them exclusively and use at least one unit of each):

For acne symptoms:

- **Clarifying Face Foam or Clarifying Cleanser Gel**
- **Clarifying Active Lotion**
- **Folic Acid (B9) Serum**
- **Clarifying Active Cream or Clarifying Tinted Cream**

For regulation of oiliness:

- **Clarifying Face Foam or Clarifying Cleanser Gel**
- **Hydra Clarifying Serum**
- **Hydra Mattifying Gel**