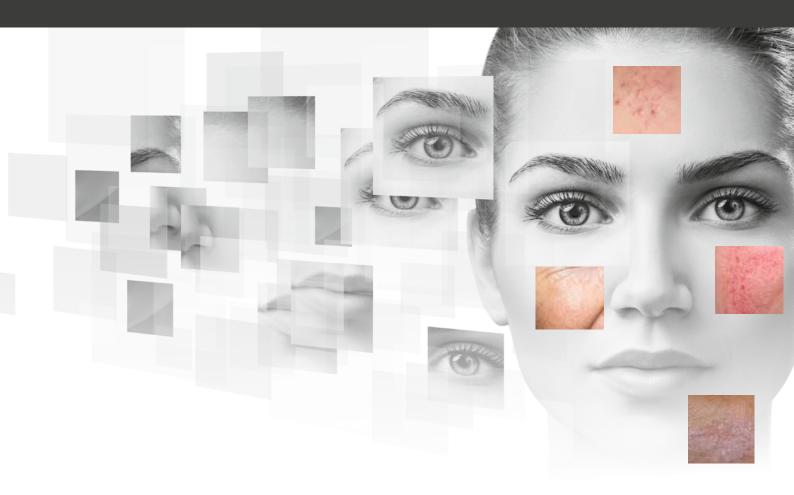


CNC Treatment Guide



Pre-Aging

Barrier-damaged skin

Hyperpigmented, sun damaged skin

Anti-Aging

Vascularly labile skin

Skin prone to impurities

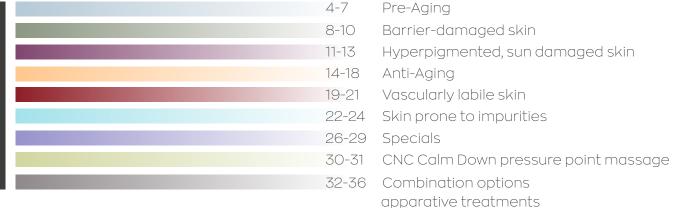
Specials

CNC Calm Down pressure point massage

Combination options apparative treatments

CNC Treatment Guide

With this **guide**, we would like to show you how you can **treat a wide variety** of **skin situations** and improve them in the **long term** together with **your customers**.





Pre-Aging

Pre-aging covers all treatments that are designed to delay premature skin ageing. These treatments provide intensive hydration, supply the skin with valuable, cell-protecting active ingredients and thus prevent the formation of wrinkles and loss of elasticity. They are ideal for supporting the skin and can be integrated into any spa treatment.



Prevention, preparation and support | Dehydrated skin

Hydra Boost | Treatment duration approx. 45 minutes

Treatment step	Product	Application
Intensive cleaning (double cleaning)	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
	aesthetic world Clearing Foam	Apply 2-3 pumps of foam and gently cleanse. Then remove with a sponge and/or compress. Repeat if necessary.
Peeling	MicroSilver BG™ Peeling	Apply the enzyme peeling evenly with your hands or a brush. After 10 minutes, moisten your hands and emulsify the peeling with massage movements. Then carefully remove with a sponge and/or warm compress.
Toning	aesthetic world Facial Tonic	Soak cotton pads with tonic and tone the skin.
Active ingredient phase + Ultrasonic	aesthetic world Hyaluron Forte Serum	Apply serum to the skin, moisturise with tonic and work in completely with ultrasound. If possible, LED light can also be switched on.
Mask	aesthetic world Fleece mask moisturising treatment (light green)	Cut the collagen fleece mask to size, apply and activate with skin2derm® tonic. Remove the mask after approx. 10-15 minutes.
		The CNC Calm Down pressure point massage can be performed on the Kollagen VliesMask. (Page 30/31)
Eye care	DiHyal Eye correction Serum or moments of pearls eye like	Apply selected eye care around the eyes and work in gently.
Final care	DiHyal Cremegel, DiHyal Soft Creme or moments of pearls stay fresh	Apply selected final care and gently work in.
Light protection	SUN Drops SPF 50	Depending on the time of day, apply 4-6 drops over your skincare product.

Treatment step	Day	Night
Cleaning	Suitable for skin type cleaning	Suitable for skin type cleaning
Peeling		e.g. MicroSilver BG™ Peeling
Serum	aesthetic world Hyaluron Forte Serum	aesthetic world Hyaluron Forte Serum
Eye care	according to skin condition	according to skin condition
Care	suitable for skin type Care	suitable for skin type Care
	Recommendation: DiHyal Hydro Cremegel, DiHyal Soft Creme, moments of pearls stay fresh	Recommendation: DiHyal Hydro Cremegel, DiHyal Soft Creme, moments of pearls stay fresh
Light protection	Light protection SPF 50 of your choice	
Additional care	1-2 x weekly BIO-CELLULOSE MASH	K with Hyaluron & Aloe Vera, moments of pearls time out

Cleansing, hydration and maximum cell protection

multi face one - anti-ox | Treatment duration approx. 75 minutes

Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
		Repeat this process if necessary.
Toning	Purifying Face Tonic	Soak cotton pads with face tonic and tone the skin.
	multi face	one
Suction pump massage		According to instructions
Cleaning phase	multi face one deep clean	According to instructions
Peeling phase	multi face one deep peel	According to instructions
Active ingredient phase	multi face one anti-ox	According to instructions
Mask	aesthetic pharm mask hydro+	Mix the mask according to the instructions and apply. Remove the mask after 15-20 minutes. Remove any mask residue with a damp cotton pad. Note: NO post-cleaning with water is necessary.
Eye care	moments of pearls eye like	Apply the eye cream evenly around the eyes and work in gently.
Barrier protection	aesthetic world Laminar Protection Shield	Gently apply 1 to max. 2 pump strokes.
Final care	moments of pearls feel good	Apply evenly and gently.
Light protection	SUN Drops SPF 50	Depending on the time of day, apply 4-6 drops over your skincare product.

Treatment step	Day	Night
Cleaning	Suitable for skin type cleaning	Suitable for skin type cleaning
Peeling		e.g. fruit appeel SkinSolution AHA & BHA Peeling Liquid
Serum	aesthetic world Power Hyaluron 5	aesthetic world Vitamin C Serum
Eye care	moments of pearls eye like	moments of pearls eye like
Care	moments of pearls feel good	moments of pearls sleep well
Light protection	Light protection SPF 50 of your choice	
Additional care	1-2 x weekly SLOW AGING MASK with Adenosine & Ginseng or moments of pearls keep calm & relax	

OXYmize your skin - Active against fine dust, skin ageing and impurities

Skin OXYmizer - Renovate | Treatment duration approx. 60 min.

Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
		Repeat this process if necessary.
Toning	Purifying Face Tonic	Soak cotton pads with face tonic and tone the skin.
	Skin OXYmizer 1	reatment
· Oxygen enrichment		According to instructions
· Vibro-Peeling	Skin OXYmizer Cap/Gel Renovate	
Active ingredient phase 1 with vibro massage		
Active ingredient phase 2 with vibro massage	aesthetic world Vitamin C Serum	Clean any gel residue from the Vibro Massage attachment. Then apply the selected active ingredient serum/concentrate all over and work in until completely absorbed. First the right, then the left side of the face.
Mask phase	Collagen fleece mask (yellow) Vitalising treatment	Cut the Collagen fleece mask to size, apply and activate with aesthetic world Facial Tonic.
	aesthetic world Facial Tonic	Optionally, the CNC Calm Down pressure point massage can be performed on the Collagen fleece mask. (S.30/31)
		Remove the mask after 15-20 minutes.
Barrier protection	aesthetic world Laminar Protection Shield	Gently apply 1 to max. 2 pump strokes.
Final care	aesthetic world 24h Whitening Cream	Apply final care.
Light protection	SUN Drops SPF 50	Depending on the time of day, apply 4-6 drops over your skincare product.

Treatment step	- Day	Night	
Cleaning	Suitable for skin type cleaning	Suitable for skin type cleaning	
Peeling		e.g. MicroSilver BG™ Peeling	
Serum	aesthetic word Vitamin C Serum	aesthetic world Vitamin C Serum	
Eye care	aesthetic world Eye Lift Serum	aesthetic world Eye Lift Serum	
Care	aesthetic world 24h Whitening Cream	aesthetic world 24h Whitening Cream	
Light protection	SUN Drops SPF 50		
Additional care	1-2 x weekly REFRESHING EYE ZONE MASK or F	1-2 x weekly REFRESHING EYE ZONE MASK or PEEL & GLOW MASK with PHA & Centella Asiatica	

Barrier-damaged, stressed skin

In the case of an epidermal barrier disorder, the skin's hydrolipid mantle is imbalanced. The skin's own lipids are missing and the skin's moisture loss is increased. Barrier-strengthening and balancing treatments can help the skin to rebuild its barrier function.

Possible signs

- · Tendency to blemishes
- · Tendency to redness, inflammation and eczema
- Strong feeling of tension and cracked skin itching
- · Dehydrated skin due to increased moisture loss
- Dull complexion
- Increased tendency to pigmentation disorders
- Rather flabby and wrinkled



Diamond microdermabrasion with skin2derm® 3D Barrier structure | Treatment duration approx. 60 minutes

Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
Peeling	Diamond microdermabrasion	Perform diamond microdermabrasion according to instructions.
	skin2derm® enzyme peeling	Apply evenly and rinse with lukewarm water after 15 minutes. Carefully remove the sponge and/or compress.
Toning	skin2derm® cleansing tonic	Soak cotton pads with skin2derm® cleansing tonic and tone the skin.
Active ingredient phase	skin2derm® mimic elixir alternative MED HYAL serum	Apply and work in completely.
Mask phase	Collagen fleece mask Regenerating treatment (light blue)	Cut the collagen fleece mask to size, apply and activate with skin2derm® cleansing tonic. Remove the mask after approx. 15-20 minutes.
		The CNC Calm down pressure point massage can be performed on the Collagen fleece mask. (Page 30/31)
Eye care	skin2derm® eye cream	Apply Eye care evenly around the eyes and work in gently.
Barrier protection	aesthetic world Laminar Protection Shield	Gently apply 1 to max. 2 pump strokes.
Final care	skin2derm® structure day care	Apply evenly and gently.
Light protection	SUN Drops SPF 50	Depending on the time of day, apply 4-6 drops over your skincare product.

Treatment step	Day	Night
Cleaning	skin2derm® cleansing lotion	skin2derm® cleansing lotion
	skin2derm® cleansing tonic	skin2derm® cleansing tonic
Peeling 1-2 x weekly		skin2derm® enzyme peeling
Serum	skin2derm® mimic elixir	skin2derm® mimic elixir
	alternative MED HYAL serum	alternativ MED HYAL serum
Care	skin2derm® structure day care	skin2derm® structure day care or skin2derm® intensive protector
Light protection	SUN Drops SPF 50	
Additional care	1-2 x weekly skin2derm® straight mask	

Barrier-damaged, stressed skin

Strengthen, regenerate and build up the barrier

Treatment duration approx. 75 minutes

	B 1 4	A D of
Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
Peeling	Diamond microdermabrasion	Perform diamond microdermabrasion according to instructions.
	skin2derm® enzyme peeling	Apply evenly and rinse with lukewarm water after 15 minutes. Carefully remove the sponge and/or compress.
Toning	skin2derm® cleansing tonic	Soak cotton pads with skin2derm® cleansing tonic and tone the skin.
Active ingredient phase	Mesoporation with Age Defense Vita Concentrate	Carry out mesoporation according to the instructions.
Mask phase	aesthetic world Mask powder medium	Mix the mask according to instructions and apply. Remove after approx. 15-20 minutes. Remove any residue with a damp cotton pad.
Eye care	aesthetic world Visible Eye Contour Lift	Apply the eye cream evenly around the eyes and work in gently.
Barrier protection	aesthetic world Laminar Protection Shield	Gently apply 1 to max. 2 pump strokes.
Final care	aesthetic world NGF Matrix Cream Rich	Apply evenly and gently.
Light protection	Light protection SPF 50 of your choice	Apply over the final care.

Treatment step	Day	Night
Cleaning	Suitable for skin type Cleaning e.g. aesthetic world Clearing Foam and Facial Tonic	Suitable for skin type Cleaning e.g. aesthetic world Clearing Foam and Facial Tonic
Peeling		1-2 x weekly skin2derm® enzyme peeling
Serum	aesthetic world Hyaluron Forte Serum	aesthetic world Hyaluron Forte Serum
Care	aesthetic world NGF Matrix Cream Rich	aesthetic world NGF Matrix Cream Rich
Light protection	SUN Drops SPF 50	
Additional care	1-2 x weekly aesthetic world Overnight Mask	

Hyperpigmented and sun-damaged skin

Hyperpigmentation is caused by excessive melanin production. It is triggered by UV rays, oxidative stress, hormonal fluctuations and a disturbed skin barrier. Professional treatments and continuous home care can reduce existing pigmentation and delay or prevent the formation of new pigmentation.

Possible signs

- · Over-pigmented areas of skin, especially in sun-exposed areas
- Flat, light brown to black patches in various shapes and sizes
- Age spots

Note:

For unclear skin changes and pigmentation, we recommend a visit to a dermatologist in advance.



Intens-Bright with diamond microdermabrasion and 2-phase needling for hyperpigmentation

Intens-Bright | Treatment duration approx. 60 minutes

Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
		Repeat this process if necessary.
Toning	Purifying Face Tonic	Soak cotton pads with the Purifying Face Tonic and tone the skin.
Peeling phase with diamond microdermabrasion	Coarse attachment Localised pigmentation Complete fine attachment	Carry out according to the instructions.
	(if necessary)	
Disinfect	Alcohol swab or Octenisept	Disinfect the skin for safe and hygienic working.
	(optional coldPLASMA)	
2 Phase Needling	MED HYAL sterile (36-piece set)	Perform 2 phases of needling according to instructions.
	MED HYAL glow & brightening (Nano round)	
Barrier protection	aesthetic world Laminar Protection Shield	Gently apply 1 to max. 2 pump strokes.
Final care	MED HYAL cream	Apply evenly and gently.
Light protection	SUN Drops SPF 50	Depending on the time of day, apply 4-6 drops over your skincare product.

Treatment step	- Day	Night
Cleaning	Suitable for skin type cleaning	Suitable for skin type cleaning
Peeling		1-2 x weekly fruit appeel SkinSolution AHA & BHA Peeling Liquid
Active ingredient	MED HYAL glow & brightening	MED HYAL glow & brightening
Care	MED HYAL cream	MED HYAL cream
Light protection	Light protection SPF 50 of your choice	
Additional care	1-2 x weekly aesthetic world Overnight Mask	

Intensive Bright with Skin OXYmizer Bright for hyperpigmentation

OXY-Bright | Treatment duration approx. 60 minutes

Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
		Repeat this process if necessary.
Toning	Purifying Face Tonic	Soak cotton pads with face tonic and tone the skin.
	Skin OXYmizer T	reatment
· Oxygen enrichment		According to instructions durchführen.
· Vibro-Peeling		
Active ingredient phase 1 with vibro-massage	Skin OXYmizer Cap/Gel Bright	
Active ingredient phase 2 with vibro-massage	aesthetic world Vitamin C Serum	Clean any gel residue from the Vibro Massage attachment. Then apply the selected active ingredient serum/concentrate all over and work in until completely absorbed. First the right, then the left side of the face.
Mask phase	Collagen fleece mask Vitalising treatment (yellow)	Cut the Collagen fleece mask to size, apply and activate with aesthetic world Facial Tonic.
	aesthetic world Facial Tonic	Optionally, the CNC Calm Down pressure point massage can be performed on the Collagen fleece mask. (S 30/31)
		Remove the mask after 15-20 minutes.
Barrier protection	aesthetic world Laminar Protection Shield	Gently apply 1 to max. 2 pump strokes.
Final care	aesthetic world 24h Whitening Cream	Final care auftragen.
Light protection	SUN Drops SPF 50	Depending on the time of day, apply 4-6 drops over your skincare product.

Treatment step	Day	Night
Cleaning	Suitable for skin type cleaning	Suitable for skin type cleaning
Peeling		1-2 x weekly fruit appeel SkinSolution AHA & BHA Peeling Liquid
Active ingredient	aesthetic world Vitamin C Serum	aesthetic world Niacin Transform Serum
Care	aesthetic world 24h Whitening Cream	aesthetic world 24h Whitening Cream
Light protection	Light protection SPF 50 of your choice	
Additional care	1-2 x weekly aesthetic world Overnight Mask	

Anti Aging Wrinkles and loss of contours

Wrinkles and loss of contour are caused by the breakdown of collagen fibres and the extracellular matrix. The skin is less able to retain moisture and loses elasticity and resilience. Contours sag and wrinkles become more pronounced.

Possible signs

- · Visible expression lines around the eyes (crow's feet), nasolabial folds, forehead wrinkles
- Loss of elasticity
- sagging of the contours



Plannable beauty

Activation treatment - edition lift treatment

Treatment duration approx. 30 - 45 minutes

Treatment step	Product	Application
Intensive cleaning (double cleaning)	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
	aesthetic world Clearing Foam	Apply 2-3 pumps of foam and gently cleanse. Then remove with a sponge and/or compress. Repeat if necessary.
Peeling	MicroSilver BG™ Peeling	Apply the enzyme peeling evenly with your hands or a brush. After 10 minutes, moisten your hands and emulsify the peeling with massage movements. Then carefully remove with a sponge and/or warm compress. The CNC Calm Down pressure point massage can optionally be applied to the peeling.
Toning	aesthetic world Facial Tonic	Soak cotton pads with tonic and tone the skin.
Active ingredient phase	edition lift essence	Apply the ampoule and work in completely. Ultrasound and LED red light can be used as an option.
Eye care	aesthetic world TriHyal Age Resist Eye Cream	Apply the eye cream evenly around the eyes and work in gently.
Final care	edition 3.5	Apply evenly and gently.
Light protection	SUN Drops SPF 50	Depending on the time of day, apply 4-6 drops over your skincare product.

TIP: Offer the activation treatment together with the edition lift treatment at a special price. Open the treatment for the customer exclusively in the cabin and then give it to her to take home.

Treatment step	- Day	Night
Cleaning	Suitable for skin type cleaning	Suitable for skin type cleaning
Peeling 1-2 times a week		e.g. fruit appeel SkinSolution AHA & BHA Peeling Liquid
Active ingredient	edition lift essence (1/2 ampoule)	edition lift essence (1/2 ampoule)
Eye care	aesthetic world TriHyal Age Resist Eye Cream	aesthetic world TriHyal Age Resist Eye Cream
Care	edition 3.5	edition 3.5
Light protection	Light protection SPF 50 of your choice	
Additional care	1-2 x weekly aesthetic world TriHyal Leave on Mask	

Collagen Management - Micro Needling PRO

(ideal as a CURE: 4-6 treatments; interval: 4 weeks)

Treatment duration approx. 45 minutes

Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
Toning	Purifying Face Tonic	Soak cotton pads with tonic and tone the skin.
Disinfect	Alcohol swabs or Octenisept (optional coldPLASMA)	Disinfect the skin for safe and hygienic working.
Micro Needling PRO	MED HYAL sterile (16-piece attachment) optimal 0.5 mm	Perform micro needling according to instructions.
Barrier protection	aesthetic world Laminar Protection Shield	Gently apply 1 to max. 2 pump strokes.
Final care	MED HYAL cream	Apply evenly and gently.
Light protection	SUN Drops SPF 50	Depending on the time of day, apply 4-6 drops over your skincare product.

Treatment step	- Day	Night
Cleaning	Suitable for skin type Cleaning	Suitable for skin type Cleaning
Peeling 1 x weekly		skin2derm® enzyme peeling
Serum	MED HYAL collagen manager	MED HYAL collagen manager
Care	MED HYAL cream	MED HYAL cream
Light protection	Light protection SPF 50 of your choice	
Additional care	1-2 x weekly aesthetic world sheet mask prostructure	

Hyaluronic acid wrinkle killer

Intensive treatment diamond microdermabrasion and mesoporation Treatment duration approx. 75 minutes

Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
		Repeat this process if necessary.
Peeling	Diamond Microdermabrasion	Carry out according to instructions
	MicroSilver BG™ Peeling	After diamond microdermabrasion, apply the enzyme peeling evenly with your hands or a brush. After 7-10 minutes, moisten your hands and emulsify the peeling with massage movements. Then carefully remove with a sponge and/or warm compress.
Toning	Purifying Face Tonic	Soak cotton pads with tonic and tone the skin.
Active ingredient phase	Mesoporation with Age Defense Hyaluron/Gatuline or Age Defense Mimik Concentrate	Carry out mesoporation according to the instructions.
Mask phase	aesthetic world sheet mask prostructure	Apply the mask and spread any remaining serum over the neck and décolleté.
		Optionally, the CNC Calm Down pressure point massage can be performed on the mask. (S. 30/31)
		Remove the mask after 15-20 minutes. It is not necessary to cleanse the skin afterwards.
Eye care	aesthetic world TriHyal Age Resist Eye Cream	Apply evenly and gently.
Final care	aesthetic world TriHyal Age Resist Cream	Apply evenly and gently.
Light protection	SUN Drops SPF 50	Depending on the time of day, apply 4-6 drops over your skincare product.

Treatment step	Day	Night
Cleaning	Suitable for skin type Cleaning	Suitable for skin type Cleaning
Peeling 1-2 x weekly		fruit appeel SkinSolution AHA & BHA Peeling Liquid
Serum	aesthetic world Mimik Lift / aesthetic world Effect Hyal ⁸	aesthetic world Mimik Lift / aesthetic world Effect Hyal ⁸
Eye care	aesthetic world TriHyal Age Resist Eye Cream	aesthetic world TriHyal Age Resist Eye Cream
Care	aesthetic world TriHyal Age Resist Cream	aesthetic world TriHyal Age Resist Cream
Light protection	Light protection SPF 50 of your choice	
Additional care	1-2 x weekly TriHyal Leave on Mask or aesthetic world sheet mask prostructure.	

Thermo Lift - firming and modelling contours

Treatment duration approx. 75 minutes

Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
Pooling	antional	Repeat this process if necessary.
Peeling	optional Diamond Microdermabrasion	Carry out according to instructions
	MicroSilver BG [™] Peeling	After diamond microdermabrasion, apply the enzyme peeling evenly with your hands or a brush. After 7-10 minutes, moisten your hands and emulsify the peeling with massage movements. Then carefully remove with a sponge and/or warm compress.
Toning	Purifying Face Tonic	Soak cotton pads with tonic and tone the skin.
Active ingredient phase	Radio frequency Age Minus Face	Perform radio frequency according to instructions.
Mask phase	aesthetic world Hydro Gel Face & Neck Mask	Apply the mask and remove after 15-20 minutes. There is no need to cleanse afterwards.
		Optionally, the CNC Calm Down pressure point massage can be performed on the mask.
Barrier protection (after Diamond Microdermabrasion)	aesthetic world Laminar Protection Shield	Gently apply 1 to max. 2 pump strokes.
Eye care	aesthetic world Visible Eye Contour Lift	Apply the eye cream evenly around the eyes and work in gently.
Final care	aesthetic world TriCollagen Booster	Apply evenly and gently.
Light protection	Light protection SPF 50 of your choice	Apply over the final care.

Treatment step	- Day	Night
Cleaning	Suitable for skin type Cleaning	Suitable for skin type Cleaning
Peeling 1-2 x weekly		fruit appeel SkinSolution AHA & BHA Peeling Liquid
Serum	aesthetic world TriCollagen Serum	aesthetic world TriCollagen Serum
Eye care	aesthetic world Visible Eye Contour Lift	aesthetic world Visible Eye Contour Lift
Care	aesthetic world TriCollagen Booster	aesthetic world TriCollagen Booster
Light protection	Light protection SPF 50 of your choice	
Additional care	skin2derm® straight mask/aesthetic world Hydrogel KinnMask V-Line	

Vascularly labile skin

Vascularly labile skin can be genetically determined. However, the fine capillaries can also be weakened by environmental influences, smoking, poor nutrition and hormonal fluctuations. are weakened.

Possible signs

- Visibly dilated veins
- · Redness mainly on cheeks and nose
- Skin reacts sensitively to stimuli
- Tends to be dry



Couperose Reducing Decongest and strengthen with coldPLASMA

Treatment duration approx. 60 minutes

Treatment step	Product	Application
Intensive cleaning	skin2derm® cleansing lotion	Apply skin2derm® cleansing lotion evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Repeat this process if necessary.
Peeling	skin2derm® enzyme peeling	skin2derm® enzyme peeling with 2 fan brushes evenly and thinly. Leave on for 10 minutes and then carefully remove with a sponge and/or compress and lukewarm water.
Toning	skin2derm® cleansing tonic	Soak a cotton pad with the skin2derm® cleansing tonic and tone the skin.
coldPLASMA	decongestdisinfectstrengthen	According to instructions anwenden.
Active ingredient phase	Couperose Reducing Concentrate	Apply 5-6 drops and gently pat in (local application also possible).
Mask	Fleece mask white, pure collagen	Cut the mask according to instructions and activate with the skin2derm® tonic.
		Remove the mask after 15 - 20 minutes.
		Note: NO post-cleaning with water is necessary.
		The CNC Calm Down pressure point massage can be performed on the mask. (Page 30/31).
Eye care	skin2derm® eye cream	Apply evenly around the eyes and gently pat in.
Final care	Couperose Reducing Cream	Apply evenly and gently.
Light protection	Couperose Reducing Cover & Care	Apply a thin layer over the skin care product depending on the time of day. Conceals any existing redness even after treatment.

Treatment step	Day	Night
Cleaning	Suitable for skin type Cleaning	Suitable for skin type Cleaning
	Recommendation: skin2derm® cleansing lotion	Recommendation: skin2derm® cleansing lotion
Peeling 1-2 x weekly		skin2derm® enzyme peeling
Serum	Couperose Reducing Serum	Couperose Reducing Serum
Eye care	aesthetic world Visible Eye Contour Lift	aesthetic world Visible Eye Contour Lift
Care	Couperose Reducing Cream	Couperose Reducing Cream
Light protection	Couperose Reducing Cover & Care	
Additional care	1-2 x weekly Couperose Reducing I	Mask

REDIess -Reduce redness and strengthen blood vessels Mesoporation for couperose | Treatment duration approx. 60 minutes

Treatment step	Product	Application
Intensive cleaning	aesthetic world Clearing Foam	Apply foam evenly to the skin, moisten hands with water and cleanse the skin thoroughly.
		Repeat this process if necessary.
Preparatory mask and ultra-gentle peeling	aesthetic world Recovery Earth Mask	Mix a cherry stone-sized amount of the mask in a bowl with the skin2derm® cleansing tonic to form a creamy paste and apply thinly with a brush from the neck upwards. After 5 minutes, moisten the mask with your hands, mas-
		sage gently and then carefully remove with a sponge and/ or compress.
Toning	skin2derm® cleansing tonic	Soak a cotton pad with the skin2derm® cleansing tonic and tone the skin.
Active ingredient phase with Mesoporation	Age Defense Liposome and Age Defense Couperose	Carry out according to the instructions.
Mask	aesthetic world Mask Powder Couperose	Mix the mask according to instructions and apply. After approx 15-20 minutes remove any residue with a damp cotton pad.
		Note: NO post-cleaning with water is necessary.
Eye care	aesthetic world Visible Eye Contour Lift	Apply evenly around the eyes and gently pat in.
Final care	aesthetic world NGF Matrix Cream Rich	Apply evenly and work in gently.
Light protection	Couperose Reducing Cover & Care	Apply a thin layer over the skin care product depending on the time of day. Conceals any existing redness even after treatment.

Treatment step	- Day	Night
Cleaning	Suitable for skin type Cleaning	Suitable for skin type Cleaning
Peeling 1-2 x weekly		skin2derm® enzyme peeling
Serum	Couperose Reducing Concentrate	Couperose Reducing Concentrate
Eye care	aesthetic world Visible Eye Contour Lift	aesthetic world Visible Eye Contour Lift
Care	aesthetic world Martix Cream Rich	aesthetic world Martix Cream Rich
Light protection	Light protection SPF 50 of your choice	
Additional care	1-2 x weekly Couperose Reducing Mask	

Skin prone to impurities prone skin

Excessive sebum production can lead to skin blemishes. Therefore, treatments that balance sebum production and regular cleansing are essential for a clear complexion.

Possible signs

- Comedones
- Tendency to papules and pustules
- Inflammations
- · Large-pored skin
- Shiny skin



Effective against impurities - MicroSilver BG™

Treatment duration approx. 60 - 75 minutes

Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
		Repeat this process if necessary.
Peeling	optional Diamond Microdermabrasion	Carry out according to the instructions.
	MicroSilver BG™ Peeling	(After diamond microdermabrasion) Apply the enzyme peeling evenly with your hands or a brush. After 7-10 minutes, moisten your hands and emulsify the peeling with massage movements. Then carefully remove with a sponge and/or warm compress.
Toning	Purifying Face Tonic	Soak cotton pads with tonic and tone the skin.
coldPLASMA	Cleanse as required. Then coldPLASMA, according to instructions.	Disinfection, soothing, anti-inflammatory.
Active ingredient phase	aesthetic world Hyaluron Forte Serum with MicroSilver BG™ Face & Bodyspray	Moisten the serum with the spray and work it in completely.
Mask phase	aesthetic world sheet mask sebubalance	Apply the mask and apply any remaining serum to the neck and décolleté.
		The CNC Calm Down pressure point massage can be performed on the mask.
		Remove after 15-20 minutes.
		NO post-cleaning with water necessary.
Eye care	DiHyal Eye Correction Serum	Apply evenly around the eyes and gently work in completely.
Final care	MicroSilver BG™ Face Cream Soft	Apply evenly and gently.
Light protection	SUN Drops SPF 50	Depending on the time of day, apply 4-6 drops over your skincare product.

Treatment step	Day	Night	
Cleaning	MicroSilver BG™ Face Wash/Face & Body Spray	MicroSilver BG [™] Face Wash/Face & Body Spray	
Peeling 1-2 x weekly		MicroSilver BG™ Peeling	
Serum optional	MED HYAL clear & refine	MED HYAL clear & refine	
Care	MicroSilver BG [™] Face Cream Soft oder MicroSilver BG [™] Face Cream	MicroSilver BG [™] Face Cream Soft or MicroSilver BG [™] Face Cream	
Light protection	SUN Drops SPF 50		
Additional care		1-2 x weekly MicroSilver BG [™] Cream Mask or PEEL & GLOW MASK If necessary: MicroSilver BG [™] S.O.S. Gel	

Clarify and minimise pores -Fruit acid and nano needling combination

Treatment duration approx. 60 minutes

Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress.
		Repeat this process if necessary.
Toning	Purifying Face Tonic	Soak cotton pads with tonic and tone the skin.
Peeling phase	fruit appeel SkinSolution AHA & BHA Peeling Liquid	Apply SkinSolution AHA & BHA to a textured cotton pad and carefully exfoliate the skin in a chessboard.
	additional fruit appeel PROFESSIONAL bis 20%	With fruit appeel PROFESSIONAL training, you can then work with the high-dose acids.
Nano Needling	MED HYAL clear & refine (Nano round)	Perform NANO needling according to instructions.
Mask phase	aesthetic world Mask powder soft	Mix the mask according to instructions and apply. After approx 15-20 minutes remove any residue with a damp cotton pad. It does not need to be re-cleaned.
Barrier protection	aesthetic world Laminar Protection Shield	Gently apply 1 to max. 2 pump strokes.
Final care if required	MED HYAL cream	Apply evenly and gently.
Light protection	SUN Drops SPF 50	Depending on the time of day, apply 4-6 drops over your skincare product.

Treatment step	- Day	Night
Cleaning	aesthetic world Clearing Foam Basic Tonic or MicroSilver BG™ Face & Body Spray	aesthetic world Clearing Foam Basic Tonic or MicroSilver BG TM Face & Body Spray
Peeling 1-2 x weekly		fruit appeel SkinSolution AHA & BHA Peeling Liquid
Serum	MED HYAL clear & refine MicroSilver BG™ Face & Body Spray can be used as anadditional active ingredient in the	MED HYAL clear & refine MicroSilver BG™ Face & Body Spray can be used as an additional active ingredient in the mixed into the serum
Care	MicroSilver BG [™] Face Cream Soft or MicroSilver BG [™] Face Cream	MicroSilver BG [™] Face Cream Soft or MicroSilver BG [™] Face Cream
Light protection	SUN Drops SPF 50	
Additional care	1-2 x weekly MicroSilver BG™ Cream Mask or PEEL & GLOW MASK if required: MicroSilver BG™ S.O.S. Gel	



Specials

These treatments can stand alone or be integrated into an existing treatment programme. Additional treatments can be used to treat and improve specific areas.



The delicate eye area in particular needs special attention. Stress, too little sleep and prolonged use of the PC/mobile phone make them appear tired and favour the formation of sagging eyelids and wrinkles.

open your eyes -MESO with Eye Ball and Age Defense

Treatment duration approx. 30 minutes

Treatment step	Product	Application
Intensive cleaning	aesthetic world Eye Make-up Remover	Remove eye make-up with aesthetic world Eye Make-up Remover and a damp cotton pad.
		For waterproof eye make-up, skin2derm® cleansing lotion is recommended.
Peeling	skin2derm® enzyme peeling	Apply to the eye area and remove carefully and completely after 10 minutes with a damp sponge or cotton pads.
Toning	skin2derm® cleansing lotion	Soak cotton pads with tonic and tone the eye area.
Active ingredient phase	Mesoporation with Eye Ball and Age Defense Eye Concentrate	Carry out the meso eye treatment according to instructions.
Mask phase	aesthetic world Hydro Gel Eye Pads	Place the eye pads under the eyes. To relax the eye area can be additionally covered with a cooling gel eye mask to relax the eye area.
Eye care	aesthetic world Visible Eye Contour Lift	Apply the eye cream evenly around the eyes and work in gently.
Light protection	Light protection SPF 50 of your choice	Apply over the care.

Treatment step	- Day	Night
Cleaning		aesthetic world Eye Make-up Remover
Peeling 1 x weekly		skin2derm® enzyme peeling
Care	Eye care according to skin condi-	Eye care according to skin condition
Light protection	SUN Drops SPF 50	
Additional care	1-2 x weekly Refreshing Eye Zone Mask	

Lips

The lips also lose volume and fine pleated lines form around the mouth. Targeted lip care and restorative treatments have a positive effect on lip contours and volume.

Boost your Lips - NANO Needling

Treatment duration approx. 30 minutes

Treatment step	Product	Application
Intensive cleaning	Basic Cleanser	Remove any lipstick or carer residue with the Basic Cleanser and a damp sponge.
Peeling	skin2derm® enzyme peeling Optionally, a gentle diamond microdermabrasion can be performed over the lip contours before the peel.	Apply to the lips and lip contours and remove carefully and completely after 10 minutes with a damp sponge.
Toning	skin2derm® cleansing lotion	Soak cotton pads with tonic and tone the mouth area.
Active ingredient phase	NANO Needling mit MED HYAL collagen manager	MED HYAL collagen manager großzügig auf die Lippenpartie auftragen und vollständig einarbeiten.
Mask phase	aesthetic world Hydrogel Gold Lip Mask	Apply the mask to the lips and remove after 10-15 minutes.
Lip Care	Lip Volume or after Diamond Microdermabrasion MicroSilver BG™ Lip Balm SPF30	Apply Lip Volume to the lips.

Treatment step	- Day	Night
Peeling 1 x weekly		skin2derm® enzyme peeling
Care	Lip Volume and/or MicroSilver BG [™] Lip Balm SPF30	Lip Volume
Additional care	1-2 x weekly aesthetic world Hydrogel Gold Lip Mask	

Neck and décolleté

True age is most easily recognised in the skin of the neck and décolleté. From the age of 40 at the latest, wrinkles and decreasing elasticity become visible 'overnight' due to the special anatomy. Specialised care and treatments can help to firm the neck and décolleté.

Neck & Bust Up - Radio frequency

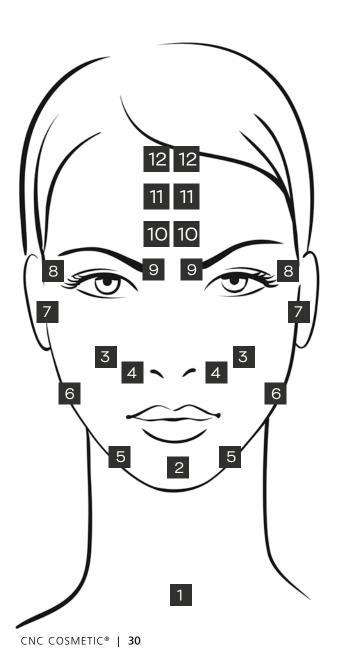
Treatment duration approx. 45 minutes

Treatment step	Product	Application
Intensive cleaning	Purifying Gel Cleanser	Apply Purifying Gel Cleanser evenly to the skin, moisten hands with water and cleanse the skin thoroughly. Carefully remove any residue with a sponge and/or a lukewarm compress. Repeat this process if necessary.
Peeling	MicroSilver BG [™] Peeling	Apply the enzyme peeling evenly with your hands or a brush. After 7-10 minutes, moisten your hands and emulsify the peeling with massage movements. Then carefully remove with a sponge and/or warm compress.
Toning	Purifying Face Tonic	Soak cotton pads with tonic and tone the skin.
Active ingredient phase	Radio frequency Age Minus Body	Perform radiofrequency on neck and décolleté according to instructions.
Mask phase	aesthetic world Hydro Gel Decolleté Mask	Apply the mask and remove after 15 minutes. There is no need to cleanse afterwards.
Neck and décolleté care	bust UP	Apply the care evenly to the neck and décolleté.
Light protection	Light protection SPF 50 of your choice	Apply over the care.

Treatment step	- Day	Night
Cleaning	suitable for skin type Cleaning	suitable for skin type Cleaning
Peeling 1 x weekly		skin2derm® enzyme peeling
Care	bust UP	bust UP
Light protection	Light protection SPF 50	
Additional care	1-2 x aesthetic world Hydro Gel Dekolleté Mask	

CNC Calm Down pressure point massage

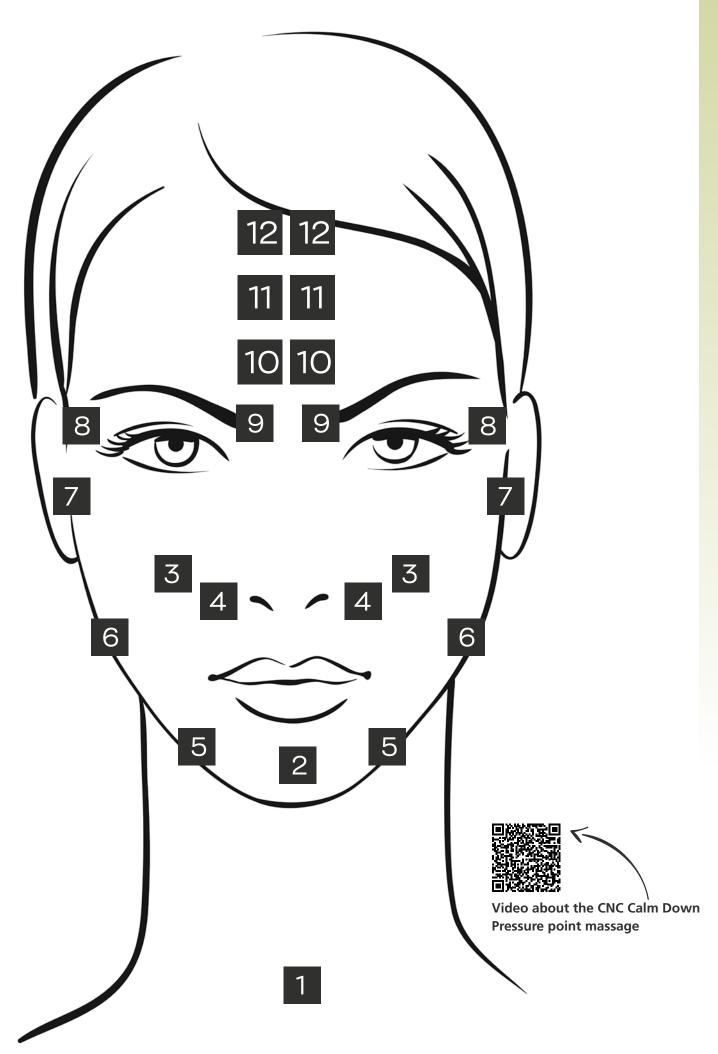
The CNC Calm Down pressure point massage is the ideal complement to the CNC treatments and not only offers relaxation for the skin, but also for the client. It supports cell growth and strengthens the facial muscles. With regular treatment, wrinkles can even be smoothed out. The face takes on a relaxed and rejuvenated appearance.



The CNC Calm Down pressure point massage can be integrated into the Active ingredient phase, e.g. when manually working in ampoules and serums, or into the Mask phase, e.g. using a fleece mask, to turn the treatment into a relaxing experience. Note: Activate the lymphatic points above the collarbone during skin cleansing. Each point is stimulated 3 times with light pressure. 3-5 passes.

- 1 Sternum, below the clavicle depression
- 2 Depression in the centre of the chin
- Below the cheek bone bone, centre of eye
- 4 Next to the nostril
- 5 Lower jaw, at the root end of the canines
- 6 Angle of the lower jaw
- 7 In front of the ear, in the centre
- 8 Temple point
- Inner end of the eyebrows above the inner corner of the eye
- 10 Above the inner end of the eye
- 11 brows, upwards to the hairline

12



Contraindications, social distanc

Contraindications must be clarified before treatment, documented and retained

	DMD	US 1MHz	US 3MHz
Systematic			
Acute infections or inflammations, feverish conditions*	Х	X	X
Scleroderma			
Epilepsy			
Taking medications that are photosensitising, blood-thinning, or immunosuppressive*	X CO	X CO	X CO
Pregnancy/Breastfeeding		X CO	X CO
Pathological skin conditions during inflammatory flare-ups and/or uncontrollable reactions*	Х	X	X
Tendency to develop keloids	Χ		
Vitiligo, Psoriasis	Χ	X	X
Systemic tumour or chemotherapy*	Х	X	X
Herpes	Χ	X	X
In the treatment area			
Skin cancer or suspected skin cancer*	Х	X	Х
Acute inflammation or infection of the skin*	Χ	X	X
Open skin areas*	Χ	X CO	X CO
Fresh (surgical) scars*	Dis	Dis	Dis
Pacemaker*		X	X
Metal implants			
Vaccination	Dis	Dis	Dis
Piercing			
Tattoo or permanent make-up	Х		

^{*}See also explanation on the following page.

CO Consultation with the doctor

Dis Distance time

D Day/s
W Week/s
M Month/s

TD Treatment day

SPM Suction pump massage

ing & rules of conduct



by the responsible person at the institute.

MESO	RF	cold PLASMA	MN PRO	multi face one	fruit appeel PRO	OXYmizer
X	X	X	Χ	X	Χ	X
	X			X		
Х	X	Х		X		
X CO	X CO	X CO	X CO	X CO	X	ХСО
X CO	X CO	X CO	X CO	X CO	Χ	X
Χ	X		X	Х	Χ	X
			Χ		Χ	
Х	X		Χ	X	Χ	X
Х	Х	Х	Х	Х	Х	X
Х	X		Х	X	Х	X
Х	Х	Х	Х	Х	Х	X
Χ	Х		Х	Х	Х	X
Χ	Х	X CO	Χ	Х	Х	X
Dis	Х	X CO	Dis	Dis	Dis	Dis
Х	Х					
Х	Х					
Dis	Dis	Dis	Dis	Dis	Dis	Dis
Х	X	Х				
				X	Χ	X

Diamond Microdermabrasion **DMD**

Ultrasound/Ultrasonic Beauty Light US

Mesoporation **MESO** RF Radio frequency

coldPLASMA/PLASMASolution coldPLASMA

Micro Needling PRO MN

FA Fruit acid

Contraindications, social distanc

Rules of conduct after treatment	DMD	US 1MHz	US 3MHz
POST			
High sun protection even with low UV radiation	2-3 D		
Fruit acid products	2-3 D		
Products with a high lipid content (>25%)	2-3 D		
Sunbathing, solarium	2-3 D		
Heavy sweating (e.g. sports)	2-3 D	1 D	1 D
Hot showers, sauna, steam baths	2-3 D	1 D	1 D
Bathing in chlorinated or sea water	2-3 D		
Extreme dust and dirt work	2-3 D		
Cream or liquid make-up	TD		

Please note:

The general application of UV protection protects the skin from light-induced skin ageing!

Recommendation Device combination options	DMD	US 1MHz	US 3MHz
Can be combined in one treatment			
Diamond Microdermabrasion		✓	✓
US 1MHz	~		
US 3MHz	~		
Mesoporation	~		
Radio frequency	~		
coldPLASMA	~	✓	✓
Micro Needling PRO	~		
multi face one			
Fruit acid peel	10-20%		
OXYmizer		✓	✓

ing & rules of conduct



MESO	RF	cold PLASMA	MN PRO	multi face one	fruit appeel PRO	OXYmizer
			mind. 2-3 D	mind. 2-3 D	2-4 W	2-3 D
			3 D	3 D	3 D	2-3 D
			3 D	2-3 D	2-3 D	2-3 D
			3 D	2-3 D	2-4 W	2-3 D
1-2 D	1-2 D		2-3 D	2 D	2-3 D	1 D
1-2 D	1-2 D		2-3 D	2 D	2-3 D	1 D
			2-3 D	2 D	2-3 D	1 D
			2-3 D	2 D	2-3 D	1 D
			TD	TD	TD	

CO Consultation with the doctor

Dis Distance time

Day/s D W Week/s Month/s Μ

Treatment day TD

Suction pump massage SPM

MESO	RF	cold PLASMA	MN PRO	multi face one	fruit appeel PRO	OXYmizer
✓	✓	✓	✓	SPM	10-20%	Vibro Ma.
		✓		SPM		✓
		✓		SPM		~
		✓		SPM		✓
		V		SPM		✓
✓	✓		V	SPM		✓
		✓		SPM		NANO
			NANO			SPM
			NANO	SPM		
✓	✓	✓	NANO	SPM		

Device concept solutions & active ingredient cosmetics













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