



Try Beauty – You will like it!

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TREATMENT  
RECOMMENDATIONS  
FOR

*pro*  
FESSIONALS

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**ALEX**  
COSMETIC  
WE DESIGN THE SCIENCE OF BEAUTY





*Quick.*  
CLEARSKIN  
FACIAL



# QUICK CLEAR SKIN FACIAL

Seborrhoeic, impure skin and acne

## CLEANSE/OPEN

- Cleanse the skin with **Mild Cleansing Milk**
- Perform deep cleansing using **Deep Gel**. Massage gently for 3 minutes and rinse thoroughly with lukewarm water
- Mix one teaspoon of **Enzyme Peeling** with lukewarm water into a paste consistency and apply a thin layer with a brush
- To let **Enzyme Peeling's** enzymatic action unfold, use a steam treatment or a warm towel compress and allow enzymes to penetrate and activate into the skin for 10 minutes. Then massage gently into skin using circular movements. Rinse with lukewarm water or warm compresses
- Remove impurities. Apply alcohol to affected areas

## TONE

- Refresh the skin with **Herbal Super Lotion** to bring the skin back into balance

## PROVIDE/ SHIELD

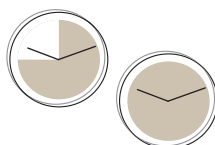
- Apply a thin layer of **Clear Gel** to add moisture, reduce irritation and redness, followed by **Clear Mask** on top. The **Clear Mask's** antibacterial, soothing properties will penetrate into the skin. Leave on for 10 minutes and rinse with lukewarm water
- Remove any remaining traces of product and tone the skin with **Herbal Super Lotion**
- Apply **Clear Cream** to lightly moisturize and normalize the skin
- Finish with skin type appropriate **BB Cream** as a protective cover and to restore balance to the skin

### Cabin products required for this treatment

- Mild Cleansing Milk
- Deep Gel
- Enzyme Peeling
- Herbal Super Lotion
- Clear Gel
- Clear Mask
- Clear Cream
- BB Cream [according to skin type]

### Expected treatment time

- 45 – 60 minutes



### Recommended home care

- Mild Cleansing Milk
  - Deep Gel
  - Ultimate 2+
  - Herbal Super Lotion
  - Clear Gel
  - Clear Cream
  - BB Cream [according to skin type]
- Extras:** Clear Mask, Eye Contour Cream





WITH  
*Handle care*  
TREATMENT

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# HANDLE WITH CARE TREATMENT

Sensitive, oily skin

## CLEANSE/OPEN

- Cleanse the skin with **Mild Cleansing Milk**
- Take the prepared **Enzyme Peeling** mixture and mix with a teaspoon of **Vitamin Cream**. Apply and use a steam treatment or with very sensitive skin, keep moist with a warm towel compress. Leave **Enzyme Peeling** on for 10 minutes. Rinse thoroughly with lukewarm water
- When needed, perform light extractions. Apply alcohol to affected areas

## TONE

- Refresh the skin with **Herbal Super Lotion**

## PROVIDE/SHIELD

- Apply a thin layer of **Clear Gel** followed by a thin layer of **Clear Mask**. The product's antibacterial, soothing properties will penetrate into the skin. Follow by applying the **Cool Mask** on top with a spatula. Leave on for 15 – 20 minutes. Starting at neck area, gently peel model-mask off in an upward motion
- Tone the skin and remove any remaining traces of mask with **Herbal Super Lotion**
- Finish with skin type appropriate **BB Cream** as needed. **BB Cream** can be used as a spot treatment, worn under or over make up

### Cabin products required for this treatment

- Mild Cleansing Milk
- Enzyme Peeling
- Vitamin Cream
- Herbal Super Lotion
- Clear Gel
- Clear Mask
- Cool Mask
- BB Cream [according to skin type]

### Expected treatment time

- 60 minutes



### Recommended home care

- Mild Cleansing Milk
- Nourishing Exfoliator
- Herbal Super Lotion
- Clear Gel
- Clear Cream or Vitamin Cream
- Clear Mask
- BB Cream [according to skin type]

**Extras:** Hyaluron Ampoule, Eye Contour Cream



# LIGHT TOUCH TREATMENT

Sensitive skin

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## CLEANSE/OPEN

- Cleanse the skin with **Mild Cleansing Milk**
- Apply **Nourishing Exfoliator** onto face, neck and décolleté to gently remove dead skin cells and support the natural renewal process of the skin. Apply steam and let Beta Hydroxy Acid and enzymes penetrate into the skin. Leave on for 5 minutes and keep moist with steam or warm compresses. Thoroughly rinse with lukewarm water
- When needed, perform light extractions. Apply alcohol to affected areas

## STONE

- Refresh the skin with **Herbal Super Lotion**

## PROVIDE/SHIELD

- Apply a few drops of **Vitamin Ampoule** and then **Elixir** and perform a massage for ca. 15 minutes
- Apply a thin layer of **Hydrating Leave-On Mask** with a brush. This gentle, moisturizing cream mask can be applied very close to the eye area to treat dark circles and on the lips
- For deeper penetration, follow by applying **Cool Mask** on top with a spatula. Leave on for 15 – 20 minutes. Starting at neck area, gently peel mask off in an upward motion
- Remains of the mask left on the face can be removed with **Herbal Super Lotion**
- Apply a thin layer of **Total Calm Cream**
- Finish with skin **Pure BB Cream** as needed. This will soothe and protect red, irritated skin. **Pure BB Cream** can be used as a spot treatment, worn under or over make-up

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### Cabin products required for this treatment

- Mild Cleansing Milk
- Nourishing Exfoliator
- Herbal Super Lotion
- Vitamin Ampoule
- Elixir
- Hydrating Leave-On Mask
- Cool Mask
- Total Calm Cream
- Pure BB Cream

### Expected treatment time

- **60 minutes**



### Recommended home care

- Mild Cleansing Milk
  - Nourishing Exfoliator
  - Herbal Super Lotion
  - Vitamin Cream or Total Calm Cream or Elixir
  - Pure BB Cream
- Extras:** Hyaluron Ampoule, Extreme Eye Cream





LIGHT *touch*  
TREATMENT

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# ILLUMINATING GLOW

All skin types with hyperpigmentation

## CLEANSE/OPEN

- Cleanse the skin with **Cleansing Gel**
- Apply a thin layer of **Nourishing Exfoliator** onto face, neck and dé-colleté. Apply steam and let Beta Hydroxy Acid and enzymes penetrate into the skin. For sensitive skin, leave on for 5 minutes. For normal, demanding and atrophic skin, let penetrate for 10 – 15 minutes. Gently massage off the skin with damp hands and thoroughly rinse with lukewarm water

## STONE

- Refresh and hydrate the skin with **Green Tonic**

## PROVIDE/SHIELD

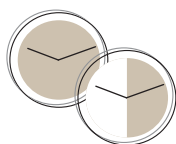
- Perform a facial massage with few drops with **Corrector Serum + Vitamin C** and **Intensive Corrector Mask**
- Perform a 10 minute massage to face, neck and décolleté. Add a drop of **Elixir** to ease massaging the skin, if necessary
- Apply an even, thin layer of **Intensive Corrector Mask** and let activate for another 15 – 20 minutes. Rinse thoroughly with lukewarm water
- Refresh the skin with **Green Tonic**
- Apply **Natural Corrector No. 3 + Vitamin C** to naturally provide and brighten
- Finish with skin type appropriate **BB Cream**

### Cabin products required for this treatmentg

- Cleansing Gel
- Nourishing Exfoliator
- Green Tonic
- Corrector Serum + Vitamin C
- Elixir
- Intensive Corrector Mask
- Natural Corrector No. 3 + Vitamin C
- BB Cream [according to skin type]

### Expected treatment time

- 60 – 90 minutes



### Recommended home care

- Cleansing Gel
- Nourishing Exfoliator
- Green Tonic
- Corrector Serum + Vitamin C
- Advanced Corrector No. 1  
4 – 6 weeks, after  
Intensive Corrector No. 2
- BB Cream [according to skin type]

**Extras:** Firming Ampoule,  
Extreme Eye Cream, BB Eye Mousse



A close-up, high-angle portrait of a woman's face, focusing on her eyes and skin. She has light blue eyes and a soft, glowing complexion. Her hair is pulled back, and her expression is serene. The lighting is soft and directional, highlighting the texture of her skin and the intensity of her gaze. The background is a solid, dark color, making the subject stand out.

ILLU*minating*  
GLOW

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# BRIGHT FUTURE

For dry, mature skin and age-related hyperpigmentation

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## CLEANSE/OPEN

- Cleanse the skin with **Lily Hydra Cleansing Milk**
- Apply a thin layer of **Nourishing Exfoliator** onto face, neck and décolleté. Apply steam and let Beta Hydroxy Acid and enzymes penetrate into the skin. For sensitive skin, leave on for 5 minutes. For normal, demanding and atrophic skin, let work for 10 – 15 minutes. Gently massage off the skin with damp hands and thoroughly rinse with lukewarm water

## TONE

- Refresh the skin with **Lily Hydra Tonic**

## PROVIDE/SHIELD

- Perform a facial massage with **Corrector Serum + Vitamin C** and **Elixir**. Perform a 10 minute massage to face, neck and décolleté
- Apply an even layer of **Intensive Corrector Mask** with a brush. Follow with a thin layer of **Nutri-Seal Beauty Mask** to soothe, firm and allow active ingredients to deeply penetrate. Let activate for 20 minutes. When dry, carefully remove the peel-off mask by gently rolling up
- Any remains of the mask left on the skin can be removed with **Lily Hydra Tonic**
- Apply **Natural Corrector No. 3 + Vitamin C**
- Finish with skin type appropriate **BB Cream** to cover and protect

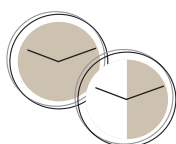
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### Cabin products required for this treatment

- Lily Hydra Cleansing Milk
- Nourishing Exfoliator
- Lily Hydra Tonic
- Corrector Serum + Vitamin C
- Elixir
- Intensive Corrector Mask
- Nutri-Seal Beauty Mask
- Natural Corrector No. 3 + Vitamin C
- BB Cream [according to skin type]

### Expected treatment time

- 60 – 90 minutes



### Recommended home care

- Lily Hydra Cleansing Milk
- Nourishing Exfoliator
- Lily Hydra Tonic
- Corrector Serum + Vitamin C
- Natural Corrector No. 3 + Vitamin C or Elixir
- BB Cream [according to skin type]

**Extras:** Vitamin Ampoule, Extreme Eye Cream, BB Eye Mousse



A black and white close-up portrait of a woman with light-colored hair, looking down and slightly to the right. Her expression is contemplative. The lighting is soft, highlighting her facial features. A dark, textured object is visible on the left side of the frame.

*bright*  
FUTURE

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# CLASSIC BEAUTY

## Anti-aging treatment

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### CLEANSE/OPEN

- Cleanse the skin with **Lily Hydra Cleansing Milk**
- Mix one teaspoon of **Enzyme Peeling** with lukewarm water and apply with a brush. To optimally remove devitalized cells with **Enzyme Peeling**, use a steam treatment or a warm towel compress to keep moist and allow enzymes to penetrate and activate into the skin for 10 minutes. After, massage gently into skin using circular movements. Rinse thoroughly with lukewarm water

### TONE

- Refresh the skin with **Lily Hydra Tonic**

### PROVIDE/SHIELD

- Apply a few drops of **Firming Ampoule** and apply together with **Elixir** for a ca. 15 minute massage
- Apply thin layer of **Hydrating Leave-On Mask** and follow with **Nutri-Seal Beauty Mask** on top with an applicator brush
- Effectively tighten and lift facial contours by wrapping the face in a gauze wrap. Leave on for 15 – 20 minutes and remove by rolling from the neck up
- Refresh the skin and remove any remaining traces of mask with **Lily Hydra Tonic**
- Because the skin has already been penetrated with the prior essential moisture, there is no need to apply additional moisturizer to the face. Apply a small amount of **Extreme Eye Cream** on the eye area to care for the eye area
- If needed, finish with skin type appropriate **BB Cream** to cover and protect

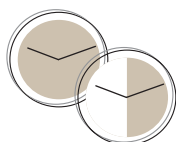
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#### Cabin products required for this treatment

- Lily Hydra Cleansing Milk
- Enzyme Peeling
- Lily Hydra Tonic
- Firming Ampoule
- Elixir
- Hydrating Leave-On Mask
- Nutri-Seal Beauty Mask
- Extreme Eye Cream
- BB Cream [according to skin type]

#### Expected treatment time

- 60 – 90 minutes



#### Recommended home care

- Lily Hydra Cleansing Milk
- Nourishing Exfoliator
- Lily Hydra Tonic
- Absolute Hyaluron Essence
- Activital Cream
- BB Cream [according to skin type]

**Extras:** Firming Ampoule, High Performance Mask, Extreme Eye Cream, BB Eye Mousse



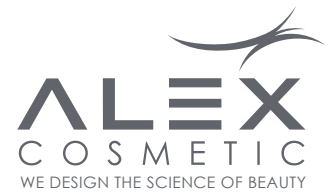
CLASSIC *beauty*  
TREATMENT

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# HIGH PERFORMANCE TREATMENT

Advanced anti-aging treatment



## CLEANSE/OPEN

- Cleanse the skin with **Lily Hydra Cleansing Milk**
- Remove skin impurities and devitalized cells with **Ultimate 2+**. Use a steam treatment or a very warm towel compress. Allow 10 minutes for the enzymes to work in and activate into the skin. For sensitive skin, rinse off after activation. All other skin types massage gently into the skin, using circular movements for a double peeling effect. Rinse with lukewarm water

## STONE

- Refresh the skin with **Lily Hydra Tonic**

## PROVIDE/SHIELD

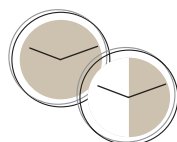
- Gently smooth a few drops of **Absolute Hyaluron Essence** onto the face and neck. Add **Elixir** to assist in an anti-aging massage. Its active ingredients will improve skin's moisture retention, while soothing any skin irritation
- Generously apply **High Performance Mask** to the face and neck. Relax for 15 minutes and let its moisture complex work in. Skin will be activated, firmed and visibly revitalized
- Remove remains with **Lily Hydra Tonic** or alternatively finish with a cold compress. This will lock in the beneficial ingredients, close the pores and refresh the skin. Afterwards, tone the skin with **Lily Hydra Tonic**, this will soothe, refresh and maximize the benefits of the following care products
- Gently smooth a few drops of **Absolute Hyaluron Essence** hydrating serum over the face and neck
- Once the serum has absorbed into the skin completely, follow with **Activital Cream**. Its potent antioxidants will protect the skin. Marine collagen, phytohormones and ceramides supply an intensive dose of hydration, firmness and radiance
- Apply **Extreme Eye Cream** gently to the area around the eyes and lightly tap in the cream with fingertips
- If needed, finish with skin type appropriate **BB Cream** to cover and protect

### Cabin products required for this treatment

- Lily Hydra Cleansing Milk
- Ultimate 2+
- Lily Hydra Tonic
- Absolute Hyaluron Essence
- Elixir
- High Performance Mask
- Activital Cream
- Extreme Eye Cream
- BB Cream [according to skin type]

### Expected treatment time

- **60 – 90 minutes**



### Recommended home care

- Lily Hydra Cleansing Milk
- Ultimate 2+
- Lily Hydra Tonic
- Absolute Hyaluron Essence
- Activital Cream or Elixir
- BB Cream [according to skin type]

**Extras:** Firming Ampoule, Vitamin Ampoule, High Performance Mask, Extreme Eye Cream, BB Eye Mousse



A close-up photograph of a woman lying on her side, eyes closed, with her head resting on her hands. Her hair is pulled back with a white flower. A person's hands are visible, one resting on her shoulder and another near her head, suggesting a massage or spa treatment. The background is a soft, out-of-focus white and beige.

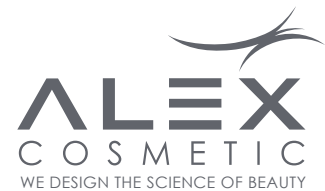
HIGH  
*Performance*  
TREATMENT

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# CELLULAR RENEW FACIAL

Phyto stem cell actives facial – for every skin type



## CLEANSE/OPEN

- Cleanse the skin with **Cleansing Gel**
- Apply a thin layer of **Nourishing Exfoliator** onto face, neck and décolleté. Apply steam and let Beta Hydroxy Acid and enzymes penetrate into the skin. For sensitive skin, leave on for 5 minutes. For normal, demanding and atrophic skin, let penetrate for 10 – 15 minutes. Gently massage the skin with damp hands for 2 – 3 minutes and thoroughly rinse with lukewarm water
- When needed, perform light extractions. Apply alcohol to affected areas

## TONE

- Refresh the skin with **Green Tonic**

## PROVIDE/SHIELD

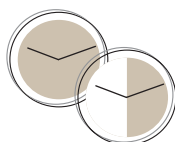
- Lightly apply a few drops of **Stem Cell Activator +** by gently tapping into the skin. This Apple Stem Cell concentrate activates skin's own stem cells while Tetrapeptides and Hyaluronic Acid improve skin's moisture content, elasticity and resilience
- Apply a teaspoon of **Optimal Repair Cream** and a generous amount of **Elixir** and mix together for the massage. Perform a 10 – 15 minute massage to face, neck and décolleté. (Leave this step out in the case of oily, impure skin)
- Apply a thin layer of **Revive Active Lifting Mask** and let activate for 15 minutes. The effective firming can be seen after the first application; the skin is enlivened and regenerated
- At the same time, for the sensitive eye area, apply a thin layer of **Extreme Eye Cream** around the eyes and let it penetrate for 15 minutes. Use **Green Tonic** for compresses over the eyes
- For sensitive skin, rinse off with lukewarm water. For normal, demanding and atrophic skin, lightly tissue off
- Refresh the skin with **Green Tonic**
- Apply a few drops of **Stem Cell Activator +** and let penetrate. Follow with **Optimal Repair Cream**
- Finish with skin type appropriate **BB Cream**

### Cabin products required for this treatment

- Cleansing Gel
- Nourishing Exfoliator
- Green Tonic
- Stem Cell Activator +
- Optimal Repair Cream
- Elixir
- Revive Active Lifting Mask
- Extreme Eye Cream
- BB Cream [according to skin type]

### Expected treatment time

- **60 – 90 minutes**




### Recommended home care

- Cleansing Gel
- Nourishing Exfoliator
- Green Tonic
- Stem Cell Activator +
- Optimal Repair Cream
- Revive Active Lifting Mask
- BB Cream [according to skin type]

**Extras:** Elixir, Revive Active Lifting Mask, Extreme Eye Cream, BB Eye Mousse





CELLULAR  
*REnew*  
FACIAL

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# FOR YOUR EYES ONLY

## Anti-aging eye treatment

- Carefully cleanse the skin with **Lily Hydra Cleansing Milk**
- Prepare and refresh the eye area with **Green Tonic**
- Apply a few drops of **Absolute Hyaluron Essence** together with **Extreme Eye Cream**. Perform a special massage on the eye area
- Apply a layer of **Extreme Eye Cream** around the eyes as a pack. Complement with cooling **Green Tonic** eye compresses and let work for 15 minutes
- Remove remaining traces with **Green Tonic** eye compresses
- For a radiant appearance, finish with **BB Eye Mousse**

### Cabin products required for this treatment

- Lily Hydra Cleansing Milk
- Green Tonic
- Absolute Hyaluron Essence
- Extreme Eye Cream
- BB Eye Mousse

### Expected treatment time

•45 minutes



### Recommended home care

- Green Tonic
- Eye Contour Cream or Extreme Eye Cream
- BB Eye Mousse

**Extras:** Hydrating Leave-On Mask

# FORGIVEN BUT NOT FORGOTTEN

## Special treatment for hands

- Cleanse the skin with **Mild Cleansing Milk**
- Apply **Ultimate 2 +** and let it work for 10 minutes. Keep hands moist with warm compresses. Afterwards, gently massage for 1-2 minutes and rinse thoroughly with lukewarm water
- Apply a few drops of **Firming Ampoule** and mix with **Elixir** to perform massage
- Apply a thin layer of **Hydrating Leave-On Mask**
- Cover with plastic gloves. Leave on for 10-15 minutes. The remaining mask can be massaged in or removed with warm compresses

### Cabin products required for this treatment

- Mild Cleansing Milk
- Ultimate 2+
- Firming Ampoule
- Elixir
- Hydrating Leave-On Mask

### Expected treatment time

•45 minutes



### Recommended home care

- Elixir
- Hydrating Leave-On Mask





FOR YOUR  
*Eyes only*

FORGIVEN  
*but not*  
FORGOTTEN



# INTENSE BODY SHAPE TREATMENT

Body treatment for firming  
and treating cellulite

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The concept behind this treatment is to help restructure the skin's connective tissue, stimulate blood and lymph circulation and facilitate the elimination of toxins. Through triggering the body's mechanism for excess fat elimination, this process tones, firms and smoothes the skin

- Begin with a dry body brushing to stimulate the lymphatic and circulatory systems
- Apply **so smooth peel** by massaging onto the skin and let Papaya and Ivy penetrate into the skin for 10 minutes. Remove by washing off with warm water or warm compresses
- Apply a small amount of **so slim express ampoule** to problem areas (behind, thighs, arms or stomach) and massage gently into the skin
- Apply **sculpt cream gel** to the skin
- Apply **thermo contour mask** on top. Bandage over firmly with plastic film in order to create an occlusive dressing for deeper penetration. Then bandage the problem area in the direction of lymph flow in order to enhance the effect. Allow to activate for 15 minutes then remove bandage and plastic wrap and any remaining traces of product with a warm towel compress
- Finish with **so fresh lotion**

This treatment can be repeated every week  
and works most effectively as a series

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## Cabin products required for this treatment

- so smooth peel
- so slim express ampoule
- sculpt cream gel
- thermo contour mask
- so fresh lotion

## Expected treatment time

- 60 minutes



## Recommended home care

- **so smooth peel**  
2 – 3 times per week
- **so slim express ampoule**  
(mornings and evenings)
- **so fresh lotion** as entire body care
- **sculpt cream gel**  
for targeted areas

**Extras:** thermo contour mask





INTENSE  
*Body* *Shape*  
TREATMENT

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# herbs2peel

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## The most natural treatments for the cabin

A select blend of herbs are combined with specially developed products and massaged into the skin. Microparticles from the herbs will penetrate deep into the skin where their nutritive properties remain active for a longer time period. Vitamins, carbohydrates, enzymes, phytohormones, proteins, trace elements and minerals release their positive impact here. Skin circulation is increased, regeneration is stimulated.

*beauty  
peel*

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THE NATURAL ALTERNATIVE  
FAST

EASY

AVAILABLE ONLY THROUGH PROFESSIONALS

BEAUTY-BOOST  
BEFORE BIG EVENTS

PERFECT AS AN INTENSIVE  
TREATMENT SERIES

One method **2** treatments

*corrective  
peel*

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THE PROBLEM SOLVER  
DEEP-SET SKIN PROBLEMS

CORRECTIVE

AVAILABLE ONLY THROUGH PROFESSIONALS

REGENERATING  
SMOOTHING AND FIRMING

A SUCCESSFULLY PROVEN METHOD

Ask about the herbs2peel  
certification seminars







*power of*

NATURE