

LIGHT LEGS



ALGOTHERM  
cosmétique marine

PROFESSIONNEL

# LIGHT LEGS CIRCULATORY & DRAINING CARE

Duration: 55 mn

With shower

Prepare the working area  
Cover the treatment bed with plastic film and a sheet of paper.

STEP 1

## EXFOLIATION (Optional)

**Duration:** 10 mn

- 10 ml of Gentle Marine Body Scrub



1

- Ask the client to lie down on back and slightly raise legs.
- Apply the Gentle Marine Body Scrub on the legs and leave for 2 to 3 minutes.
- Scrub the legs starting with the ankles and working upwards.
- Remove the dead skin with a soft brush.

STEP 2

## MANUAL CIRCULATORY & DRAINING MASSAGE

**Duration:** 20 mn

- 15 ml of Body Activating Serum-Gel
- 1 Silhouette Shaper



### BACK PART



1

- 1 Apply the Body Activating Serum-Gel and smooth in gently starting at the ankles and working upwards.

### BUTTOKS



2

- 2 Alternative effleurage in circles using both hands.



3

- 3 Deep movements using both fists, alternatively and continuously.



## THIGHS



**4** Deep movements using both fists, alternatively then continuously.



**5** Effleurage in a V movement, alternatively.



**6** Petrissage using one hand, downwards.



**7** Petrissage with both hands.



**8** Twist the thigh.



## CALF



**9** Effleurage in V alternatively.



**10** Petrissage using one hand.



**11** Petrissage with both hands.



**12** Twist the calf.



**13** Apply the foot on your shoulder: palms are crossed, apply spiral movements on the calf.



**14** Same movement but straight.



**15** Alternative rolling movements using the forearms on the whole thigh.



**16** Stimulation of the inner, middle and outer meridians, starting from the ankle to the thigh.

**FOOT**



**17** Using 1 hand, apply a smoothing movement under the foot, starting from the heel to the toes.



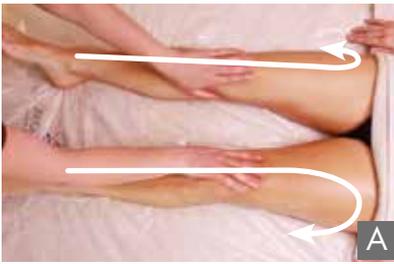
**18** «Lift up» the skin by using the vacuum, then apply linear or circular movements from the calf to the buttock. Apply soft and superficial pressure.



**19** Finish by applying an effleurage from the foot to the buttocks.

Ask the guest to turn over.

## FRONT PART

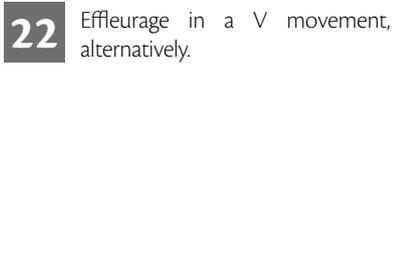


**20** Apply the Body Activating Serum-Gel on both legs, then start the movements:

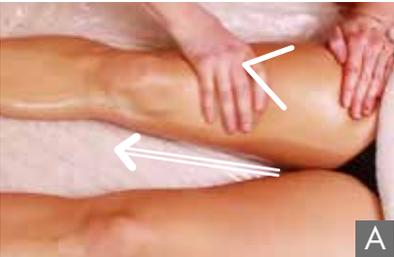
## THIGH



**21** Deep movements using both fists, alternatively then continuously.



**22** Effleurage in a V movement, alternatively.



**23** Petrissage using one hand, downwards.



**24** Petrissage with both hands.

**25** Twist the thigh.

## LEG



**26** Alternative effleurage in a 8 movement, one hand is going to the inner part, pass around the knee, the other one starts on the outer part.



**27** Petrissage using one hand.

**FOOT**



**28** Effleurage on the top of the foot using one hand.



**29** Apply a deep effleurage using the fist on the hollow starting from the toes to the heel.



**30** «Lift up» the skin by using the vacuum, then apply linear or circular movements especially on the thigh. Apply soft and superficial pressure.



**31** Finish by applying a final deep long effleurage from the foot to the thigh.

**LEG**



**32** Manually, apply a deep effleurage on both legs and finish by a light stretching movement.

STEP 3

# WRAP

**Duration:** 20 mn

- 100g of Silhouette Powder Wrap
- 1 pipette of Toning Complex
- 5 g of Aqua Dose + cold water



Mix the Silhouette Powder Wrap with the Aqua Dose, the Toning Complex and desired cold water.

Apply the mixture on the legs directly on the Body Activating Serum-Gel.

**This wrap mixture is ideal for people with circulatory problems (when we see veins on the surface of the skin). It is ideal for a guest after a long travel for example or in just in 1 course.**

5g ≈ 1 spatula  
100g = 2 doses

Wrap the legs in the plastic then cover with a towel or a polar blanket. Leave for 20 min then ask the guest to take a shower.

*(It is possible to remove the wrap without shower: in that case, it will be necessary to remove the maximum quantity of the product using i.e a spatula, and rinse the excess using warm towels, cosmetic mitts, etc.)*

**NOTICE:** It is possible to use the **Silhouette Gel Wrap** (100ml) mixed with the Toning Complex as well (1 pipette), especially for strong water retention problems.

In case of, do not hesitate to **put beforehand the wrap into the fridge** to have a strong cooling effect.

As well: for any kind of wrap, you can use a **towel** to cover the plastic sheet, **beforehand soaked in cold water**.

STEP 4

# EMBELLISHMENT

**Duration:** 5 mn

- 5 ml of Soothing Refreshing Gel for Legs



Apply the Soothing Refreshing Gel for Legs and make it penetrate starting at the ankles and working upwards. Insist around the ankles, the calf and under the knee.

STEP 1 - EXFOLIATION

STEP 2 - MANUAL CIRCULATORY MASSAGE

BACK PART

Manual

- 1 Application of the Body Activating Serum-Gel on both legs

BUTTOCK

- 2 Circular effleurage
- 3 Fist alternate and continuous

THIGH

- 4 Fist, alternate and continuous
- 5 V alternate
- 6 Petrissage with 1 hand
- 7 Petrissage with both hands
- 8 Twist

CALF

- 9 V alternate
- 10 Petrissage with 1 hand
- 11 Petrissage with both hands
- 12 Twist
- 13 Spirals calf
- 14 Smoothing movement calf
- 15 Rolling mov. on leg
- 16 Meridians: in / middle / out

FOOT

- 17 Effleurage on the foot
- 18 Vaccum lifting-up the skin
- 19 Effleurage on the leg

FRONT PART

Manual

- 20 Application of the Body Activating Serum-Gel on both legs

THIGH

- 21 Fist, alternate and continuous
- 22 V, alternate
- 23 Petrissage with 1 hand
- 24 Petrissage with both hands
- 25 Twist

LEG

- 26 8 on the half leg
- 27 Petrissage with 1 hand

FOOT

- 28 Effleurage on the top foot
- 29 Fist on the hollow
- 30 Vaccum lifting-up the skin
- 31 Effleurage on the leg

LEG

- 32 Manual effleurage and stretching

STEP 3 - WRAP

STEP 4 - EMBELLISHMENT

To sustain the benefits of the care at home, recommend the **ALGOSILHOUETTE** line.



SOOTHING REFRESHING GEL FOR LEGS  
Refreshing Action  
TREAT

\* Hydration of the upper layers of the epidermis