

ANESI
LAB



TREATMENT PROTOCOL TRAINING MANUAL

Beauty Science



Welcome to your ANESI Treatment Protocol Training Manual



ANESI is a Greek word meaning 'comfort or pleasure' to evoke a sense of beauty and well-being that is still at the heart of the brand philosophy today. But today, our cosmeceutical skincare products are designed to not only enhance the appearance of the skin but also to have a positive physiological effect at a cellular level.

Our beauty rituals combine the most potent actives with wellness massage protocols to visibly renew and improve the appearance of the skin. Treatments can also be combined with different electro-therapies to further enhance results.

Our wide range of products allows you to create bespoke facial treatments adapting to specific skin concerns, and our signature treatments, created by experts, can be combined in a personalised plan to ensure whatever the concern, Anesi has the answer.

ANESI LAB products are developed with the highest percentage of active ingredients chosen for their potency and efficacy, and blended with unique fragrances to create luxurious cutting-edge formulas. We work with biotechnological and botanical actives, encapsulated for a time-release action to ensure maximum benefits for visible and long-lasting changes in the skin.

Enjoy your journey into the home of Advanced Cosmeceutical Beauty.



CONTENTS

TREATMENT PROTOCOLS

AQUA VITAL Hydra-Detox	8
AQUA VITAL Hydra-Nutrition	9
AQUA VITAL Hydra-Thermal Vitality	11
DERMO CONTROL Deep Cleansing	13
HARMONY Microbiotic	15
DERMO PEEL No.1 Expert (treatment kit)	21
DERMO PEEL No.2 Corrector (treatment kit)	23
DERMO PEEL No.3 Renewal (treatment kit)	25
CELLULLAR 3 (treatment kit)	27
EPIGENESSE (treatment kit)	30
LUMINOSITY (treatment kit)	35
URBAN DEFENSE (treatment kit)	38
3C VITAMIN GLOW (treatment kit)	41
EXPRESSION Eye Ritual (treatment kit)	43

COMBINING TREATMENTS FOR ULTIMATE RESULTS	44
---	----

ANESI WITH ELECTROTHERAPY OPTIONS	46
-----------------------------------	----

ANESI MASSAGE TECHNIQUES	47
--------------------------	----

Welcome Massage Protocol	48
Farewell Protocol	49
Drain-Detox Massage	50
Remodelling Massage	52
Digi-Pressure Massage	54
Renew-Relax Massage	56
Expression Eye & Lip Massage	58

AQUA VITAL

Aqua Vital is Anesi's essential line for all skin types and used in all Anesi facial treatments.

Our skin is consistently losing water, known as trans epidermal loss (TEWL) a process in which moisture evaporates from the skin's surface. This rapidly increases from around our mid-20's and continues as we age due to the skin's hydration level naturally reducing.

Good skin hydration is important for all skin types, whether it be dry skin that is more prone to dehydration or combination, unbalanced skin that needs hydration to aid skin healing and restore balance.

Additionally as we age oxygen levels also naturally decline in our skin which impacts cell functions.

Aqua Vital channels water from the cells to the upper layers of the skin for immediate and long-lasting hydration, improves oxygenation and encourages the skin to flush out toxins more effectively – all essentials for a healthy radiant complexion.

The wide range of versatile products can be combined with other Anesi products for bespoke treatment plans according to age and skin concern.

Aqua Vital treatment range offers 3 signature facials

- Hydra-Thermal Vitality
- Hydra-Nutrition
- Hydra-Detox

AQUA VITAL TREATMENTS ARE RECOMMENDED FOR:

- All skin types, particularly dry and dehydrated skins.
- Boosting hydration.
- Cleansing and clearing the complexion.
- Restoring a healthy complexion.
- Helping skin repair and improving skin texture.

AQUA VITAL

AQUA VITAL HYDRA-DETOX TREATMENT

A comprehensive facial combining deep cleansing, oxygenation, and deep hydration. Helps eliminate toxins and aids penetration of active ingredients in conjunction with the Anesi Drain Detox Massage. Perfect as a monthly cleansing treatment, or to prepare the skin to receive other specific ANESI treatments.

RECOMMENDED FOR

- All skin types
- Combination skin with dehydration
- Deep skin cleansing, with comedone extraction if required

AQUA VITAL HYDRA-NUTRITION TREATMENT

A cleansing and deeply nourishing facial specifically designed for deep hydration and improving overall skin health. Restores the hydrolipidic mantle to strengthen the skin barrier and keep the skin looking radiant.

RECOMMENDED FOR

- Dry skins
- Very dehydrated dull skin
- Depleted and maturing skins.



HYDRA-DETOX FACIAL



60 MIN

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to bring relaxation.		
CLEANSING 5-7 min	Express Cleansing Milk. Massage over face and neck and remove with tissues or water. Mousse Radiance Foaming Gel. Mix 2 pumps with 3D-Aqua Toner and massage into the skin. Remove with warm. 3D-Aqua Toner. (Apply on cotton pads or spray with Anesi Spritz Toner)	Removes makeup including eyes. Refreshing foaming cleanser to deep cleanse. Hydrates and balances pH.
EXFOLIATION 5 -10 min Steam can be used with or after the peeling	Option 1: Flash Exfoliator. (mechanical) Apply a thin layer with a brush, leave for 2 minutes and gently buff away. Option 2: Enzymatic Peeling. Mix a heaped teaspoon of powder with 3D-Aqua Toner and apply generously with a brush. Leave for 7-10 minutes. Remove peeling treatments with warm water and tone with 3D-Aqua Toner.	Removes dead skin cells and debris. Encourages new cell regeneration.
EXTRACTION & DECONGEST (optional)	Soak a gauze in Desincrustation Lotion and apply to the skin, leave for 5 minutes. Steam can also be applied. Remove gauze and proceed with extraction. Tone skin with 3D-Aqua Toner. OPTIONAL: Oxygenating Gel can be applied as soothing repairing treatment. Apply with spatula or brush and leave for 5 minutes. Remove with warm water.	Softens the skin and pores to make extraction easier. Calming, oxygenating and repairing effect. Reduces redness.
3D HYDRATION & BALANCE 20 min	3D-Aqua Complex & 3D-Aqua Vidalys Mask. Apply ½ 3D-Aqua Complex Ampoule and penetrate with Drain-Detox Massage. Mix remaining ampoule with 3D-Aqua Vidalys Mask. Apply with brush and leave for 5- 10 minutes. Massage for a further 10 minutes (Drain-Detox massage) adding Facial Massage Cream as needed. Remove excess mask and tone with 3D-Aqua Toner.	Improves hydration and oxygen for improved radiance.
OPTIONAL OXYGENATING GEL 20 min	OPTIONAL: 3D-Aqua Complex can be used with Electro-Therapy (Needling, Ultrasound, iontophoresis) Apply the Complex and use the device of your choice. Add Oxygenating Gel as required Remove with warm water and tone. Proceed with 3D-Aqua Vidalys Mask application.	Oxygenating Gel soothes and reduces redness.
TO FINISH 5 min	3D-Aqua Serum & 3D-Aqua Vital Cream. SPF Cream and Eye Cream / Serum as required.	Hydrates and protects.

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

HYDRA-NUTRITION FACIAL



50 MIN

PHASE	PRODUCT	ACTION
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Commence treatment with the ANESI WELCOME MASSAGE to bring relaxation.

CLEANSING 5-7 min	<p>Express Cleansing Milk. Massage over face and neck and remove with tissues or water.</p> <p>Mousse Radiance Foaming Gel. Mix 2 pumps with 3D-Aqua Toner and massage into the skin. Remove with warm water.</p> <p>3D-Aqua Toner. (Apply on cotton pads or spray with Anesi Spritz Toner)</p>	<p>Gently removes makeup including eyes.</p> <p>Refreshing foaming cleanser to deep cleanse.</p> <p>Hydrates and balances pH.</p>
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EXFOLIATION 5 -10 mins. Steam can be applied with or after the peeling	<p>Option 1: Flash Exfoliator. (mechanical) Apply a thin layer with a brush, leave for 2 minutes and gently buff away.</p> <p>Option 2: Enzymatic Peeling. Mix a heaped teaspoon of powder with 3D-Aqua Toner and apply generously with a brush. Leave for 7-10 minutes.</p> <p>Remove peeling treatments with warm water and tone with 3D-Aqua Toner.</p>	<p>Removes dead skin cells and debris. Encourages new cell regeneration.</p>
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3D DEEP HYDRATION & NUTRITION 25 min	<p>Nourishing Cocoon Oil & Vitalite Mask or Harmony Microbiome Repair Mask.</p> <p>Warm the sachet of Cocoon Oil (under a heat lamp or in hot water) Apply oil and proceed with the Remodelling Massage, adding Facial Massage Cream as needed.</p> <p>Apply a generous application of Vitalite Mask or Harmony Microbiome Repair Mask with a brush. Leave for 10 minutes and then continue with massage for a further 5 minutes.</p> <p>Remove excess mask and tone with 3D-Aqua Toner.</p>	<p>Provides nutrients, vitamins and fatty acids to replenish, nourish and deeply moisturise the complexion.</p>
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TO FINISH 5 min	3D-Aqua Serum & 3D-Aqua Ultra Hydrating Cream. SPF Cream and Eye Cream / Serum as required.	Hydrates and protects.
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Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.



HYDRA-THERMAL

Vitality Treatment

A cocooning facial to noticeably improve skin suppleness, vitality and hydration. Includes a thermal occlusive mask made with resin, oils, hyaluronic acid and mica to activate the microcirculation, improving skin nutrition and penetration of active ingredients. Thermal Vitality Mask provides superior heat retention to improve skin suppleness, softness and hydration. It prevents water loss and banishes any signs of dryness or dehydration.

RECOMMENDED FOR

- Dry, dull and depleted complexions.
- Skin lacking suppleness
- Skin in need of radiance



TO HEAT THE MASK

- 1 Place the container into the heater.



- 2 Turn on full heat for 5-10 minutes and reduce to 4-5 adapting to the heater used and the amount of mask in the can. It takes approximately 25 minutes to melt a full container.



5-10 min



25 min to melt

HYDRA-THERMAL

Vitality Treatment



50 MIN

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to bring relaxation.		
CLEANSING 5-7 min	Express Cleansing Milk. Massage over face and neck and remove with tissues or water.	Gently removes makeup including eyes and lips.
	Mousse Radiance Foaming Gel. Mix 2 pumps with 3D-Aqua Toner and massage into the skin. Remove with warm.	Refreshing foaming cleanser to deep cleanse.
	3D-Aqua Toner. (Apply on cotton pads or spray with Anesi Spritz Toner)	Hydrates and restores pH.
EXFOLIATION 5 -10 min	Flash Exfoliator. Apply with a brush. Leave for 2 minutes and gently buff away.	Removes dead skin cells to smooth and refine skin texture.
	OR Enzymatic Peeling: Mix 1 heaped teaspoon with 3D-Aqua Toner and apply a thick paste onto the skin. Leave for 7-10 minutes. Remove peeling with warm water and tone with 3D-Aqua Toner.	
HYDRATION AND OXYGENATION 5-15 min	3D-Aqua Serum Apply 3-5 drops and lightly massage. Continue massage treatment as desired with 3D-Aqua Vital Cream or Facial Massage Cream.	Boosts hydration and oxygen for improved radiance.
THERMAL VITALITY MASK	Test the mask temperature on the wrist before applying. Apply with a spatula, starting on the outer parts of the face and neck. Gradually move across the cheeks and centre panel. Check the temperature is not too hot. Ensure the edges are neat and the mask is 3-5mm deep. (if cheeks are sensitive Oxygenation Gel can be applied to those areas instead of the warm mask) Leave for 15 minutes. Remove by lifting away.	Thermal occlusive mask improves skin softness, radiance, suppleness and hydration.
OPTIONAL OXYGENATING GEL 20 min	NOTE: It is usual for the skin to appear flushed due to increased circulation. Oxygenating Gel can be applied to soothe for 5 minutes. Remove with a spatula and tone with 3D-Aqua Toner.	Oxygenating Gel soothes and reduces redness.
FINISH 3 min	3D- Aqua Toner 'Spritz- tone' to refresh 3D-Aqua Serum 3D-Aqua Vital Cream	Soothing hydration. Hydrates and nourishes.

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

DERMO CONTROL

A specialised treatment to regulate oily, combination and acne-prone skin to restore a healthy balance. Dermo Control actives prevent bacteria formation to eliminate and prevent blemishes and promote rapid skin healing.

Oily, acne-prone skins can also suffer with sensitivity or dehydration, and treatments can be combined with Harmony to achieve the best results.

For textured skin and acne blemishes combine treatments with Dermo Peel No.2 Corrector.

Dermo Control Deep Cleansing Treatment controls oil, removes pore blockages and improves skin texture. The cooling Alginate mask with minerals and balancing hydration reduces inflammation and promotes a clearer complexion.

RECOMMENDED FOR

- Skin with blackheads, blocked pores, blemishes.
- Textured, uneven skin
- Oily unbalanced skin
- Inflamed, blemished skin



DEEP CLEANSING FACIAL



60 MIN

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to bring relaxation.		
CLEANSING 5-7 min	Express Cleansing Milk. To remove makeup. Balancing Gel Cleanser. Mix 2 pumps with Balancing Toner and massage into the skin. Remove with warm water and tone with Balancing Toner . <i>OPTIONAL:</i> Deep cleanse with Ultrasonic Spatula and Desincrustation Lotion .	Gently removes eye and lip makeup. Balancing foaming cleanser to deep cleanse. Regulates oil, balances pH.
EXFOLIATION Steam can be applied with or after the peeling	Enzymatic Peeling. Mix a heaped teaspoon of powder with Balancing Toner and apply generously with a brush. Leave for 7-10 minutes. <i>OPTIONAL:</i> For skin with clogged pores, Flash Exfoliator (blue) can be massaged into the congested areas before Enzymatic Peeling (blue) to help loosen the debris. Remove peeling treatments with warm water and tone with Balancing Toner .	Removes dead skin cells, debris and deep cleanses pores.
EXTRACTION & DECONGEST (optional)	Soak a gauze in Desincrustation Lotion and apply over the skin, leave for 5 minutes. Steam can also be applied. Remove gauze and proceed with comedone extraction. Tone skin with Balancing Toner .	Softens the skin and pores to make comedone extraction easier.
BALANCE, PURIFY & BALANCE: 15 min	T-Zone Serum: Apply 3-5 drops to the face and massage penetrate with Drain-Detox movements. Facial Massage Cream can be applied to shoulder area for a longer Massage. Alginate Purifiant Mask: Mix 25g powder with 70ml Balancing Toner . Immediately apply with a spatula avoiding eye area and ensuring the mask is at least 3mm thick. Leave for maximum of 15 minutes. Lift the edges with a spatula and remove. Tone with Balancing Toner .	Balances oil and promotes healing. Rich in minerals to reduce inflammation, balance and improve hydration.
TO FINISH 5 min	T-Zone Serum to the face using Drain-Detox movements. NB 3D-Aqua Serum can also be used depending on skin. Apply Purifiant Cream and SPF Cream and Eye Cream / Serum as required.	Balancing hydration and protection.

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

HARMONY

A unique blend of pre and postbiotic actives to support a healthy skin microbiome. Whether naturally fragile, skin sensitised by lifestyle factors or having an occasional flare up all suffer with underlying inflammation and a disturbed microbiome. A balanced microbiome is crucial for healthy skin repair and strengthening the skin defences especially as inflammation is one of the leading causes of premature skin ageing.

The most common skin concerns are often related to an unbalanced skin microbiome, including sensitivity, premature ageing, and even acne breakouts. Skin sensitivity can be an ongoing concern, or a temporary condition.

Harmony has been expertly developed for skins suffering with stress, inflammation or flare-ups, The high tolerance formulas reinforce the skin's defence by strengthening and nourishing the microbiome to reduce inflammation and restore balance and radiance.

Harmony Microbiotic Facial brings tranquillity as it gently cleanses and renews the complexion. Proven skin soothing and strengthening actives reduce inflammation, recover a healthy balanced complexion, improving hydration, suppleness and radiance.

RECOMMENDED FOR

- Any skin suffering with sensitivity issues.
- After aesthetic or peeling treatments to aid repair.
- Stressed skin, unbalanced or hormonal breakouts.
- Skin affected by ill health or stress.
- Seasonal changes: extreme cold, allergy season, too much sun.



HARMONY MICROBIOTIC FACIAL



60 MIN

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to bring relaxation.		
CLEANSING 5-7 min	Gentle Cleansing Milk. Massage over face and neck and remove with tissues or water. Hydra-Calm Toner. (Apply on cotton pads or spray with Anesi Spritz Toner)	Gently removes eye and lip makeup. Hydrates, soothes and balances.
EXFOLIATION 5-10 min Steam can be applied with or after the peeling	Option 1: Harmony Gentle Peeling. Apply a generous application of the gel with a brush (can be applied around the eye area) Leave for 5- 7 minutes. Either gently buff away or remove with warm water. Option 2: Enzymatic Peeling. Mix a heaped teaspoon of powder with 6-8 pumps of Hydra-Calm Toner to form a creamy paste and apply with a brush. Leave for 6-8 minutes and remove with warm water. For the first 2-3 minutes of the peeling treatment use 2 fan brushes to make gentle massage movements over the face and neck. This movement provides a comforting sensation and gently activates the peeling active ingredients. After removal, tone with Hydra-Calm Toner .	Gently eliminates debris and dead skin cells to brighten and encourage new cell regeneration.
NOURISH & REPAIR 25 min	Recovery Booster Complex: Apply 3-5 drops and press into face, neck and décolletage. Massage using Drain-Detox movements. Microbiome Repair Mask: Apply a generous application with a brush. Leave for 5 minutes. While mask is still on the skin, continue with Drain-Detox massage for further 10 minutes, adding more cream to the shoulder area as required. Soak a Compress Sheet Mask in Hydra-Calm Toner and apply over the face. Leave for 2-3 minutes and use the sheet mask to remove excess mask.	Provides nutrients, vitamins and fatty acids to replenish, nourish and repair the complexion. Hydrates, soothes and balances. (put in line Compress Sheet Mask in next paragraph)
OPTIONAL FOR OILY SKIN (instead of Microbiome Mask)	Alginate Purifiant Mask: Mix 25g powder with 70ml Hydra-Calm Toner . Immediately apply with a spatula avoiding eye area and ensuring the mask is at least 3mm thick. Leave for maximum of 15 minutes. Lift the edges with a spatula and remove. Tone with Hydra-Calm Toner .	Soothing, balancing mask reduces inflammation.
TO FINISH 5 min	Apply SOS Rescue Serum & Gentle Comfort Cream . Apply SPF Cream if required.	Hydrates and protects.

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

DERMO PEEL

Anesi Lab Dermo Peel Professional Treatments are a trusted choice for many skin specialists and clients because of the outstanding results. The high-performance exclusive formulas deliver exceptional skin peeling treatments.

There are 3 different strengths to choose from, each one formulated with exclusive microscopic plankton crystals and a special blend of actives depending on the skin concerns.

STRENGTH NO.

1

DERMO PEEL EXPERT

The original exfoliating and skin renewing formula, suitable for all skin types.

STRENGTH NO.

2

DERMO PEEL CORRECTOR

A deeper peel offering an effective solution for acne-prone skin.

STRENGTH NO.

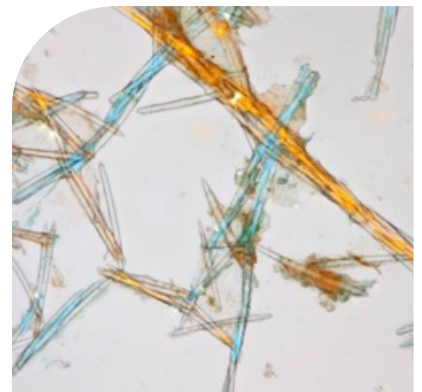
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DERMO PEEL RENEWAL

A new addition, specifically formulated for skin concerns such as ageing or hyperpigmentation that require a deeper peel and cell regeneration.



The effective peeling action is obtained with micro-crystals from freshwater plankton.



DERMO PEEL TREATMENT KITS

There are 6 treatments in each kit. Each individual treatment comes in sealed measured doses to be freshly activated during the treatment to ensure the ingredients are preserved for maximum efficacy. Working with the carefully selected actives in exact measures ensures you have the correct amount of peeling solution to perform an expert treatment. Each treatment kit includes a compress cotton sheet mask.



DERMO PEEL

Dermo Peel Professional Treatments give visible impressive results after one treatment, however for best results we recommend a course of treatment. To perform Dermo Peel Treatments it is necessary to attend practical training. A certificate will be issued once training is completed.

TREATMENT FREQUENCY GUIDELINE

- A recommended course of 4-6 sessions, repeated treatment every 10-14 days (depending on skin condition).
- Peel the skin 7-10 days before other facial treatments to enhance the results.
- Maintenance: 3-4 sessions a year (change of season).
- When treating acne-prone skin, it may inflame the skin during the first sessions as it purges. A significant improvement can be expected by the third session.
- Peeling treatments can also be alternated with other Anesi facials for a bespoke skincare plan. Below is a suggestion to help with some of the most common skin complaints.

SKIN CONCERN

OILY-CONGESTED SKIN PRONE TO SENSITIVITY OR DEHYDRATION

Combine Dermo Peel No.2 with Dermo Control Cleansing Facial. The Alginate Mask hydrates and soothes. Depending on skin alternate treatments every 7-14 days.

HYPERPIGMENTATION

Combine Dermo Peel No.3 with Luminosity, with one Dermo Peel in between 3-4 Luminosity weekly treatments.

DEEP WRINKLES

Combine Dermo Peel No.3 with Epigenesse with one Dermo Peel in between 3-4 Epigenesse weekly treatments.



DERMO PEEL

PRECAUTIONS

- Do not apply too close to the eyes, and do not apply on the lips.
- Be careful applying the peel to more delicate areas.
- Do not use on sunburnt skin, rosacea or highly inflamed vascular skin. Anyone taking Roaccutane and similar prescribed drugs, or any medications and products that cause skin thinning should not have the treatment. Diabetic skin must be treated with caution, and might require doctors permission.
- If you are unsure if the treatment is suitable for your client`s skin because of any medical conditions, ask your client to obtain advise from doctor / dermatologist.
- Throughout the treatment check the sensation of the peeling on the skin. It is normal to feel a tingling sensation, but if it is very uncomfortable or the skin appears very red you should remove.
- Follow the recommended protocol timings, however adapt as needed depending on skin reaction. On the first treatment it might be necessary to reduce the time and gradually increase over the course of treatment.
- Do not over rub the skin, excessive rubbing can comprise the skin barrier.
- Take care when removing the peeling solution.

AFTER CARE

- The micro-crystals continue working after the treatment and can be felt on the skin for up to 48 hours. Avoid touching the skin.
- Avoid all activity which causes flushing or heat of the skin (exercise, steam, sauna).
- Completely avoid sun exposure.
- SPF30-50 must be used daily in the following weeks after the treatment to avoid damage and hyperpigmentation.
- Recommend Anesi Lab homecare according to skin requirements. Gentle cleansing and a repairing serum along with SPF are essentials!

DERMO PEEL EXPERT TREATMENT

PEELING STRENGTH NO.1

Medium skin peeling with phytoplankton and pineapple stem for all skin types. Soothing and repairing botanicals respect the skin barrier, promoting healthy skin recovery.

This plant-based peel does not contain acids in the formulation, the peeling has a 'microdermabrasion' effect with a pH 5.7-7.

STRENGTH NO. 1

1

- Immediate and long term results.
- Clearer, smoother, healthier skin.
- Enhances the performance of other treatments.

CONTENTS

1. Peeling Powder 3gr
2. Peeling Emulsion 15ml
3. Cotton Sheet Mask

ACTIVE INGREDIENTS

PEELING POWDER No. 1

- **Plankton:** Microscopic crystals rich in Silica produces a deep micro-abrasion effect that continues to work 2 days after treatment.
- **Pineapple Stem:** Bromalin enzymes dissolves intracellular cement to safely remove dead cells.
- **Aloe:** Soothing hydration.
- **Horsetail:** Rich in Silica to support healthy skin.
- **Peppermint:** Refreshing, purifying and soothing.

PEELING EMULSION

- **Allantoin:** Soothing, softening and protecting properties.
- **Oxilastil:** Soy derivative promotes cellular respiration and renewal for healthy skin.



DERMO PEEL EXPERT PROTOCOL

PEELING STRENGTH NO.1



50 MIN

Recommended for all skin types, except ultra sensitive, inflamed skin.

An effective peeling treatment which deep cleanses and resurfaces the skin for instant visible results. Removes debris, dead skin and boosts cell regeneration for a radiant and smoother complexion.

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to bring relaxation.		
CLEANSING 5-7 min	Express Cleansing Milk. Massage over face and neck and remove with tissues or water.	Gently removes makeup including eyes and lips.
	Mousse Radiance Foaming Gel. Mix 2 pumps with 3D-Aqua Toner and massage into the skin. Remove with warm water.	Refreshing foaming cleanser to deep cleanse.
	3D-Aqua Toner.	Hydrates and restores pH.
PEELING 10 -12 min Peeling Power No.1 and Peeling Emulsion	Empty the contents of Peeling Power into a bowl and add the Peeling Emulsion . Mix to form the peeling solution. Quickly and carefully apply the mask with a fan brush, avoiding eye contour and lips. Apply firstly to the areas most in need of peeling and then apply to the rest of face, and lastly the neck (if required)	Removes dead skin cells and debris to smooth and refine skin texture. Boosts cell regeneration for a radiant, healthier and smoother complexion.
	Set a timer for 4-5 minutes.	
	After this time, lightly massage with circular movements for up to 4 minutes to work the micro-crystals into the skin (ensure your hands are protected with latex gloves) Do not overwork into the skin and avoid rubbing over sensitive areas. Gently remove the mask with a spatula and then soft towels soaked in cool water.	NB: Do not use on damaged or sensitized areas. Avoid contact around eyes. Rinse eyes immediately if product gets into the eyes.
HYDRATION AND OXYGENATION 15 min	Apply a thick layer of Aqua Vital Oxygenating Gel . Leave on for 10 minutes and gently remove with a spatula. (the client might feel a cooling tingling sensation)	Calms and soothes skin and promotes skin recovery. Improves cellular oxygenation.
	Soak the Cotton Sheet Mask in 3D-Aqua Toner or Harmony Toner . Place over the face and leave it on for 5 minutes.	Hydrates and soothes. Gently removes any remaining gel and peeling solution from the skin.
	Remove the sheet mask and use it to clean over the face. Tone if necessary and gently blot skin dry.	
PROTECT	Apply Aqua Vital Serum or Harmony Serum and / or Moisturising Cream best suited to the skin. Apply SPF30 or SPF50 to protect the skin from UV exposure.	

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

DERMO PEEL CORRECTOR TREATMENT

PEELING STRENGTH NO.2

Deep skin peeling with phytoplankton, botanicals and hydrogen peroxide for acne-prone skin. The powerful combination clears the skin of impurities and renews while salicylic acid prevents pimples and promotes rapid skin tissue repair.

This plant based peel does not contain acids in the formulation, the peeling has a 'microdermabrasion' effect combined with disinfecting hydrogen peroxide, and works at pH 5.

STRENGTH NO.

2

- Immediate and long term results.
- Clears the skin of impurities and helps control acne breakouts.
- Renews for clearer, healthier skin.

CONTENTS

1. Peeling Powder 5gr
2. Peeling Lotion 10ml
3. Concentrate 4ml
4. Cotton Sheet Mask

ACTIVE INGREDIENTS

PEELING POWDER No. 2

- **Plankton:** Microscopic crystals rich in Silica produces a deep micro-abrasion effect that continues to work 2 days after treatment. Promotes epithelium re-growth for healthy skin. Excellent in the treatment of breakouts, acne and blemishes.
- **Queen of the Meadow:** Rich in Salicin and flavonoids to soothe and reduce appearance of inflammation.
- **Horsetail:** Rich in Silica to support healthy skin.
- **Peppermint:** Refreshing, purifying and soothing.

PEELING LOTION No. 2

- **Hydrogen Peroxide:** 2% concentration for antiseptic properties to prevent infection and breakouts.

CONCENTRATE

- **Salicylic Acid:** Prevents build-up of dead skin and excess oil in the follicles to help clear skin.
- **AHAs:** Softens the skin and helps prevent pimple formation.
- **Centella Asiática:** Astringent and helps skin recover from trauma.
- **Mimosa Tenuiflora:** Protects and softens for healthy skin.
- **Glycerine, Urea, Allantoin:** Hydrating and soothing.

DERMO PEEL CORRECTOR PROTOCOL

PEELING STRENGTH NO.2



50 MIN

Recommended for acne-prone, blocked pores and to assist in rapid acne-blemish healing. Do not use on ultra sensitive, inflamed skin.

A deep peeling to clear the skin of impurities, balance excess oil, prevent breakouts and promote rapid skin repair for a healthy and clearer complexion.

Begin each protocol with the Anesi Welcome Massage and end with Anesi Farewell procedure.

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to bring relaxation.		
CLEANSING 5-7 min	Express Cleansing Milk. Massage over face and neck and remove with tissues or water. Dermo Control Balancing Gel. Mix 2 pumps with Balancing Toner and massage into the skin. Remove with warm water. Balancing Toner.	Gently removes makeup including eyes and lips. Purifying foaming cleanser to deep cleanse. Hydrates, controls oil and restores pH.
PEELING 10 -12 min Peeling Power No.2 and Peeling Lotion	Empty the contents of Peeling Power into a bowl and add the Peeling Lotion . Mix to form the peeling solution. Quickly and carefully apply the mask with a fan brush, avoiding eye contour and lips. Apply firstly to the areas most in need of peeling and then apply to the rest of face, and lastly the neck (if required) Set timer for 4-5 minutes. After this time, lightly massage with circular movements for up to 4 minutes (ensure your hands are protected with latex gloves) Do not overwork into the skin and avoid rubbing over sensitive areas. Gently remove the mask with a spatula and then soft towels soaked in cool water.	Removes dead skin cells, blocked pores and debris to refine skin texture. Boosts cell regeneration and disinfects for a clearer, healthier complexion. NB: Do not use on damaged or sensitized areas. Avoid contact around eyes. Rinse eyes immediately if product goes into the eyes.
HYDRATION AND OXYGENATION 15 min	Apply a thick layer of Aqua Vital Oxygenating Gel . Leave on for 10 minutes and gently remove with a spatula. (the client might feel a cooling tingling sensation) Soak the Cotton Sheet Mask in 3D-Aqua Toner, Harmony Toner or Balancing Toner, depending on skin condition . Place over the face and leave it on for 5 minutes. Remove the sheet mask and use it to clean over the face. Tone if necessary and gently blot skin dry.	Calms and soothes skin and promotes skin recovery. Improves cellular oxygenation. Hydrates and soothes. Gently removes any remaining gel and peeling solution from the skin.
PURIFYING AND PROTECT 15 min	Apply drop-by-drop the Concentrate ampoule on pustules, pimples etc. being careful not to touch the skin with the dropper. Gently pat into the areas. Give the remaining Concentrate to the client to continue using daily on the localised areas. Apply Harmony Serum or T-zone Serum and /or Moisturising Cream best suited to the skin. Apply SPF30 or SPF50 to protect the skin from UV exposure.	Prevents pimple formation, helps reduce inflammation and promotes skin recovery.

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

DERMO PEEL RENEWAL TREATMENT

PEELING STRENGTH NO.3

Deep skin peeling with phytoplankton, alpha and beta hydroxy acids to target ageing skin, deep wrinkles, sun damage and hyperpigmentation concerns. The actives are specifically formulated to resurface the skin, refining texture and revealing new cells for a radiant, younger complexion.

The inclusion of the powerful acids allows for an effective peel without the need to apply any movements to activate. It is ideal for thinning ageing skin or sun damaged skin where the skin might be more delicate.

This peel contains acids in the formulation and has both a 'microdermabrasion' action and a chemical peeling action. The pH is 3 -3.5.

STRENGTH NO.

3

- Immediate and long term results.
- Renews for healthier skin and more even tone.
- Can be used with or without 'rubbing movements'

CONTENTS

1. Peeling Powder 2gr
2. Peeling Lotion 10ml
3. Cotton Sheet Mask

ACTIVE INGREDIENTS

PEELING POWDER No. 3

- **Plankton:** Microscopic crystals rich in Silica produces a deep micro-abrasion effect that continues to work 2 days after treatment. Promotes epithelium re-growth for healthy skin.

PEELING LOTION No. 3

- **Glypure™** Stimulates cellular activity to improve the appearance of sun damaged skin, and wrinkles for brighter, more supple skin with less pigmentation.
- **AHA Blend** (passionfruit, lemon, pineapple, grape): Gentle peeling eliminates dry flaky dead skins.
- **Salicylic Acid:** Softens and loosens dead skin cells to brighten and rejuvenate the skin by stimulating cell renewal and fading dark spots.

DERMO PEEL RENEWAL PROTOCOL

PEELING STRENGTH NO.3



50 MIN

Recommended for sun-damaged skin, troublesome hyperpigmentation and reducing wrinkle depth. Do not use on ultra sensitive, inflamed skin.

A deep peeling treatment that can be used in 2 ways (with or without movement) to resurface the skin and boosts cell regeneration for a radiant and smoother complexion.

Begin each protocol with the Anesi Welcome Massage and end with Anesi Farewell procedure.

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to being relaxation.		
CLEANSING 5-7 min	Express Cleansing Milk. Massage over face and neck and remove with tissues or water.	Gently removes makeup including eyes and lips.
	Mousse Radiance Foaming Gel. Mix 2 pumps with 3D-Aqua Toner and massage into the skin. Remove with warm water.	Refreshing foaming cleanser to deep cleanse.
	3D-Aqua Toner.	Hydrates and restores pH.
PEELING 10 -12 min Peeling Power No.3 and Peeling Lotion	Empty the contents of Peeling Power into a bowl and add the Peeling Lotion . Mix to form the peeling solution. Quickly and carefully apply the mask with a fan brush, avoiding eye contour and lips. Apply firstly to the areas most in need of peeling and then apply to the rest of face, and lastly the neck.	Removes outer skin cells and debris to smooth and refine skin texture. Boosts cell regeneration. NB: Do not use on damaged areas. Avoid contact around eyes. Rinse eyes immediately if product gets into the eyes.
	Set a timer for 4-5 minutes.	
	Check skin and if no redness presents leave for another 2 minutes. Depending on the skin it is possible to increase the leave-on time, but not on the first treatment. OPTIONAL Lightly massage with circular movements on the areas where skin is 'thicker', deep wrinkles or sunspots (ensure your hands are protected with latex gloves) Do not overwork into the skin and avoid rubbing over sensitive areas. Gently remove the mask with a spatula and then soft towels soaked in cool water.	
HYDRATION AND OXYGENATION 15 min	Apply a thick layer of Aqua Vital Oxygenating Gel . Leave on for 10 minutes and gently remove with a spatula. (the client might feel a cooling tingling sensation)	Calms and soothes skin and promotes skin recovery. Improves cellular oxygenation.
	Soak the Cotton Sheet Mask in 3D-Aqua Toner or Harmony Toner . Place over the face and leave it on for 5 minutes.	Hydrates and soothes. Gently removes any remaining gel and peeling solution from the skin.
	Remove the sheet mask and use it to clean over the face. Tone if necessary and gently blot skin dry.	
PROTECT	Apply Aqua Vital Serum or Harmony Serum and / or Moisturising Cream best suited to the skin. Apply SPF30 or SPF50 to protect the skin from UV exposure.	

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

CELLULAR 3

All skins over time lose firmness and vitality. Lines form and the complexion can become dull. Skin ageing starts with invisible changes within before they show on the skin's surface. Cell renewal slows and elastin and collagen are not produced at the same rates as in younger skin. Changes can start in our early 30's and are influenced by 3 proven factors that increase ageing:

- **Oxidative Stress.** Environmental free radicals dull the complexion and cause premature wrinkles.
- **DNA Damage.** When cells are damaged, renewal is impaired.
- **Dermal Glycation.** Excess glucose in the tissues binds to collagen and elastin fibres, leading to loss of suppleness and dehydration.

Cellular 3 Treatment is formulated with actives scientifically based on the 3 main causes of ageing.

The actives promote cellular regeneration, improve skin suppleness and helps repair the cells from environmental damage to keep the skin younger for longer.



4 TREATMENTS

- **CELLULAR 3 PEEL 4 BOTTLES**
4ml Glycolic + 0.2g Enzyme
- **CELLULAR 3 CONCENTRATE**
4 SACHETS OF 5ml
- **CELLULAR 3 MASK**
4 SACHETS OF 8ml
- **CELLULAR 3 BOOSTER SERUM**
4 SACHETS OF 3ml
- **CELLULAR 3 RENEWAL CREAM**
4 SACHETS OF 5ml

CELLULAR 3 KEY ACTIVES

CELLULAR 3 GLYCOLIC PEEL

Professional only.

Pronalen Fruit Acids AHA: Combination of lactic, glycolic, citric acid and tartaric acid from passion fruit, lemon, grape and pineapple.
Keratopeel PB: Enzymatic exfoliator.

CELLULAR 3 CONCENTRATE

Professional only.
Maximum strength.

Progeline: Prevents DNA cellular damage.
Malt Secrets: Powerful antioxidant.
Complex 3GF: 3 Growth factors from plants using biotechnology, encapsulated in liposomes to ensure diffusion in all epidermal cell structures.

CELLULAR 3 BOOSTER SERUM

Powerful skin renewing and repairing serum.
Refer to Product Training Manual for key actives. Available for retail.

CELLULAR 3 RENEWAL CREAM

Replenishing and moisturising cream. Refer to Product Training Manual for key actives. Also retail product, for homecare use.

CELLULAR 3 MASK

Professional only.

Hyaluronic Acid: Maximum concentration with a low molecular weight, to hold up to a 1000 times its weight in moisture. Hydrates and plumps

REGENERATION & HYDRATION FACIAL



60 MIN

A dedicated age-control treatment with clinically proven actives for the first signs of ageing and as skin matures. With exclusive Cellular 3 Hyaluronic Acid Gel Mask for immediate and long-lasting results. Recommend 4 sessions, over 4-6 weeks until cycle is complete. Maintain with a monthly treatment. Dermo Peel can also be recommended 7 -10 days before the course of Cellular 3 facials.

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to bring relaxation.		
CLEANSING 5-7 min	Express Cleansing Milk. Massage over face and neck and remove with tissues or water.	Gently removes makeup including eyes.
	Mousse Radiance Foaming Gel. Mix 2 pumps with 3D-Aqua Toner and massage into the skin. Remove with warm water.	Refreshing foaming cleanser to deep cleanse.
	3D-Aqua Toner. (Apply on cotton pads or spray with Anesi Spritz Toner)	Hydrates and balances pH.
<hr/>		
PEELING 10 min	Glycolic Peel: Press the upper part of the vial to release the enzyme powder into the liquid and shake for a few seconds until completely dissolved. Pour into a glass bowl and apply with a fan brush to the face and neck, avoiding eyes and lips. Leave for 5-8 minutes, using 2 fan brushes to massage the skin for the first few minutes. Remove with warm water, tone with 3D-Aqua Toner .	Effective glycolic AHA peel to eliminate dulling dead skin cells, refine skin texture and promote cell regeneration.
<hr/>		
REPAIR, HYDRATE & REGENERATE: 15 min	Cellular 3 Concentrate: Apply with a fan brush and proceed with Remodelling massage, adding Facial Massage Cream as needed.	Firms, repairs and promotes cell renewal.
	(OPTIONAL Electro-Therapy. For example: RF, Micro-Current, Ultrasound. Apply the Concentrate and use the device of your choice. Add Oxygenating Gel , as required or use as a 5-minute mask after the Electro-Therapy treatment. Remove with warm water and tone skin.	Calming, oxygenating and repairing effect. Reduces redness.
<hr/>		
HYDRATE & PLUMP: 15 min	Cellular 3 Hyaluronic Gel Mask: Empty the mask into a small bowl and apply with spatula or brush, avoiding eyes. Leave for 10-15 minutes. Remove excess gel with a spatula and a soft cloth soaked in warm water. Tone with 3D-Aqua Toner .	Plumps wrinkles hydrates and improves skin suppleness.
<hr/>		
TO FINISH 5 min	Cellular 3 Booster Serum & Cellular 3 Renewal Cream. SPF Cream and Eye Cream / Serum as required.	Repairs, hydrates and protects.

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

EPIGENESSE

Epigenesse has been developed with the latest scientific advances to create a high-performance treatment range to target ageing skin in a way that has not been possible before. Scientifically driven and clinically proven Epigenesse addresses the root causes of ageing at a cellular level and explores how environment and lifestyle influence the appearance and function of our skin. As we age, cellular processes naturally decline, leading to reduced collagen production, slower cell turnover, and loss of elasticity. Epigenetic lifestyle factors, such as environment, stress and poor lifestyle choices intensify skin ageing and affects how our cells respond.

Epigenetic ingredients improve cell messages to help correct skin ageing caused by past damage, encourage collagen and elastin production and reprogram the skin's behaviour for a younger looking and more energetic complexion. Epigenesse harnesses the science of epigenetic ingredients with the power of plant oils to replenish, repair and give new life to ageing skin.

Epigenesse Energy Skin Restore Treatment is a replenishing and energising facial with clinically proven epigenetic actives for cellular regeneration and deeply nourishing plant oils. Exclusive to the treatment is the Epigenesse Rejuvenating Gold Mask, rich in revitalising minerals and colloidal gold which stimulates collagen and reduces inflammation. Improves skin texture, firms and minimises pores for a flawless glowing complexion with instant and long lasting results.

RECOMMENDED FOR

- Ageing skin with wrinkles and poor elasticity
- Dull, depleted skin
- Sun damaged skin
- Poor skin texture and tone
- Inflammation

Recommend 4 sessions, over 4-6 weeks until cycle is complete. Maintain with a monthly treatment. To improve the results we recommend to prepare the skin with Dermo Peel No.3 Renewal treatment 10 days in advance. For skin with deeper wrinkles repeat Dermo Peel No.3 treatment between 2-3 Epigenesse treatments.

ENERGY SKIN RESTORE FACIAL



4 TREATMENTS

- **GLYCOLIC PEEL**
4 BOTTLES 4ml (glycolic peel)
+ 0.2g (enzyme peel)
- **HYDRA-SOFT TONING LOTION**
4 SACHETS OF 10ml
- **SKIN REPAIR CONCENTRATE**
4 SACHETS OF 3ml
- **REJUVENATING GOLD MASK**
4 SACHETS OF 30g
- **FLASH LIFT AMPOULE**
4 VIALS OF 1.5ml
- **REVITALIZING DAY CREAM**
4 SACHETS OF 5ml

EPIGENESSE KEY ACTIVES

GLYCOLIC PEEL

Professional only skin refining and brightening peel.

Keratopeel PB: Enzymatic exfoliator.

High Purity Glycolic Acid: Stimulates cell regeneration.

Pronalen AHA: Passion fruit, lemon, grape and pineapple, reduce the thickness of the stratum corneum and increase skin hydration.

SKIN REPAIR CONCENTRATE

Professional only.
Maximum concentration to restore and firm.

Telosense Hydrolysed natural yeast and soya proteins target telomere stability to protect DNA for improved skin appearance and reduce wrinkles.

PEPHA®-TIGHT Micro algae rich in polysaccharides, vitamins, essential amino acids and antioxidants for immediate tightening effect and lasting firming action.

Peptide Q10: Helps defend from the damaging environmental oxidative stress, such as pollution and UV aggressions.

HYDRA-SOFT TONING LOTION

Hyaluronic acid boosts hydration and plumps.

Refer to Product Training Manual for key actives.

Also retail product, for homecare use.

REJUVENATING GOLD MASK

Professional only
energising, revitalising and lifting mask.

Alginates: Laminaria Digitata seaweed, rich in calcium and magnesium to revitalise, hydrate and tone.

Mixed with water to form a marine occlusive film.

Colloidal Gold: Activates basal cells to increase collagen production improving suppleness and reducing wrinkles. Gold nanoparticles enhances skin permeation and reduces inflammation.

FLASH LIFT AMPOULE

Immediate tightening effect and lasting firming action.

Refer to Product Training Manual for key actives.

Also retail product, for homecare use.

REVITALIZING DAY CREAM

Restorative hydrating cream for revived radiance. Refer to Product Training Manual for key actives. Also retail product, for homecare use.

EPIGENESSE ENERGY SKIN RESTORE FACIAL



75 MIN

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to bring relaxation.		
CLEANSING 5-7 min	Express Cleansing Milk. Massage over face and neck and remove with tissues or water.	Removes all makeup.
	Mousse Radiance Foaming Gel. Mix 2 pumps with 3D-Aqua Toner and massage into the skin. Remove with warm water.	Refreshing foaming cleanse.
	Hydra-Soft Toning Lotion. Apply on cotton pads.	Hydrates and plumps.
PEELING 10 min	<p>Glycolic Peel: Empty contents into a glass bowl and apply with a fan brush to the face and neck, avoiding eyes and lips. Leave for 5-8 minutes, using 2 fan brushes massage the peel into the skin for the first few minutes. Remove with warm water, tone with Hydra-Soft Toning Lotion.</p> <p>NB. For a complete treatment Harmony Peel can be applied around the eye area to brighten and renew.</p>	Eliminates dead skin cells, refines skin texture and promotes cell regeneration.
REPAIR & RENEW: 10 min	Skin Repair Concentrate: Empty into a glass bowl and apply with a fan brush over face and neck including the eye area. Follow Remodelling or Renew-Relax massage until dry to touch and use light tapotement movements to finish.	Intensive skin repair, firming and cell regeneration.
REPLENISH & HYDRATE: 10 min	Revitalizing Day Cream: Continue massage treatment applying $\frac{3}{4}$ of the sachet content of Revitalizing Day Cream to the face and neck adding Facial Massage Cream to shoulders as needed.	Nourishing, hydrating and revitalizing.
REJUVENATE & REFRESH: 15 - 20 min	Rejuvenating Gold Mask: Rapidly mix alginate powder with 80ml cold mineral water until a smooth gel-like texture forms. With a spatula spread on face, neck, décolletage and over the eyes. After 15 minutes, remove the mask, start at the edges and peel off in one piece. Tone with Hydra-Soft Toning Lotion .	Promotes a rejuvenated and relaxed complexion. Lifting, toning and refreshing action.
BEAUTIFY, LIFT & HYDRATE: 10 min	Flash Lift Ampoule: Snap open the ampoule and apply to face, neck and eye area with light tapotement movements until absorbed.	Tightens and perfects complexion.
	Revitalizing Day Cream: Apply the remaining sachet contents and SPF Cream if required.	Hydrates for a radiant glow.
OPTIONAL:	Skin Repair Concentrate can be used with devices. Combine with Oxygenating Gel as needed. After removing Gel Remove proceed with massage using Revitalizing Day Cream .	

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

EPIGENESSE

The most effective skincare solutions combines professional facials with daily skincare routines.

As a skilled esthetician you can tailor facial treatments to each skin's unique needs and recommend the correct home care products to support cellular repair and revitalise the complexion.

All Anesi Lab products and treatments can be combined to achieve the best results.



LUMINOSITY

Hyperpigmentation is when patches of skin become darker than the surrounding areas due to excess melanin production. Melanin is the pigment that gives skin its colour but sometimes it can be overproduced or unevenly distributed. Melanin is produced by melanocytes in the basal layer of the epidermis. The enzyme tyrosinase determines how much melanin is produced by the melanocytes. Stimuli such as UV, hormones, medications and inflammation can trigger melanocytes to produce more melanin.

Hyperpigmentation can affect all skin types in different forms. The most common ones are:

Sunspots appear as flat, round or oval patches on sun-exposed areas like the face, hands, and arms. They become more noticeable with age. It can take 10+ years for sun damage and pigmentation patches to show on the skin surface.

Melasma appears as irregular patches of brown discoloration, typically on the forehead, cheeks, upper lip, and chin.

This type of hyperpigmentation is triggered by hormonal changes, often during pregnancy or with medications.

Post-inflammatory hyperpigmentation (PIH) develops after inflammation or injury to the skin, such as acne spots, ingrown hairs or burns. It appears as dark marks depending on the skin tone and type of inflammation.

Hyperpigmentation is a concern for many people which requires intensive treatment and regimented homecare products. Luminosity formulated with growth factors, encapsulated AHA's and anti-tyrosine actives are proven to work at both dermal and epidermal levels to effectively treat all hyperpigmentation concerns.

Luminosity Clear & Bright Treatment is specifically formulated to reduce and prevent hyperpigmentation marks and restore a more even skin tone and a brighter complexion.

RECOMMENDED FOR

- All hyperpigmentation concerns.
- Age spots.
- Dark marks & scarring caused by skin trauma, inflammation and blemishes.
- Melasma ('hormonal mask').
- Sun damage and uneven tone.
- Anyone looking for a lighter, brighter and more even skin tone.

CLEAR & BRIGHT FACIAL



4 TREATMENTS

- **LUMINOSITY GLYCO PEEL**
4 SACHETS OF 3ml
- **LUMINOSITY ENZYMATIC PEEL**
4 BOTTLES OF 4ml (AHA)
+ 0.2g (enzyme powder)
- **LUMINOSITY DARK SPOT CORRECTOR**
4 SACHETS OF 3ml
- **LUMINOSITY BIO-CELLULOSE MASK**
4 SACHETS OF 20ml
- **LUMINOSITY SPF 50+ CREAM**
4 SACHETS OF 3ml

LUMINOSITY KEY ACTIVES

GLYCOLIC PEEL
Professional only. Skin refining and brightening.

Keratopeel PB: Enzymatic exfoliator.
High Purity Glycolic Acid: Stimulates cell regeneration.
Pronalen AHA: passion fruit, lemon, grape and pineapple, reduce the thickness of the stratum corneum and increase skin hydration.

LUMINOSITY ENZYMATIC PEEL
Professional only.

Arginine: Amino acid to moisturise and condition.
Keratopeel: Enzymatic action to eliminate dead skin cells
Anasensil LS: Soothing, antioxidant botanical complex of horse chestnut, plant sugars and liquorice root..

LUMINOSITY DARK SPOT ERASER

Targeted formula with **Anti-tyrosine actives, Growth factors, Amino acids and Vitamin C**. Also retail product for homecare use. Refer to Product Training Manual for information.

LUMINOSITY BIO-CELLULOSE MASK
Professional only. 100% natural, biodegradable.

Brightening mask infused with powerful active ingredients **Vitamin C, Niacinamide and White Mulberry** proven to brighten and fight pigmentation.
Hyaluronic Acid: Deep Hydration

LUMINOSITY SPF 50+ CREAM
Maximum UV protection.

Refer to Product Training Manual for key actives.
Also retail product, for homecare use.

LUMINOSITY CLEAR & BRIGHT TREATMENT

Advanced biotechnological actives combine with a double peeling treatment and exclusive Luminosity Bio Cellulose Mask, infused with powerful ingredients to target uneven skintone and help correct hyperpigmentation for impressive and visible results.

Treatment Frequency and additional options	<ul style="list-style-type: none">Intensive corrective treatment: 4-12 sessions, depending on the hyperpigmentation and skin condition.To begin, weekly treatments for 4 sessions and then continue with a treatment every 2 -4 weeks as required.For age spots and deep sun damage combine treatments with Dermo Peel No.3 Renewal. Start with Dermo Peel as the first session, continue with 3 Luminosity weekly sessions and then add another Dermo Peel No.3 Renewal.For acne marks combine treatments with Dermo Peel No.2 Corrector.It is essential to use Luminosity homecare products daily.UV exposure must be completely avoided.To maintain results: 1 session a month.
Recommended Homecare	<ul style="list-style-type: none">AM & PM: Aqua Vital Express Cleansing Milk or Mousse Radiance and Luminosity Toner.AM & PM Luminosity Dark Spot Corrector on specific areas of hyperpigmentation.PM: Luminosity Clarifying Cream.AM: Apply Serum best suited to skin and follow with Luminosity SPF 50+.Weekly: Cellular 3 Glycolic Peel.Eye contour: Luminosity Dark Spot Eraser and 3C Vitamin Glow Eye Bright Serum.



CLEAR & BRIGHT LUMINOSITY FACIAL



70 MIN

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to being relaxation.		
CLEANSING 5-7 min	Express Cleansing Milk. Massage over face and neck and remove with tissues or water.	Removes makeup including eyes.
	Mousse Radiance Foaming Gel. Mix 2 pumps with Luminosity Toner and massage into the skin. Remove with warm water.	Refreshing foaming cleanser to deep cleanse.
	Luminosity Toner (Apply on cotton pads or spray with Anesi Spritz Toner)	Hydrates and balances pH.
DOUBLE PEELING 15 min	Glyco Peel & Enzymatic Peel: Pour the content of the Glyco Peel sachet into a small bowl. With a flat brush, apply to face and neck, avoiding the eye contour. Leave it for 5 minutes and remove with warm moist towels. Press the upper part of the Enzymatic Peel vial to release the enzyme powder and shake until completely dissolved. Empty contents into a glass bowl and apply with a fan brush to the face and neck, avoiding eyes and lips. Leave for 5-6 minutes, using 2 fan brushes massage the peel into the skin for the first few minutes. . Remove with warm water, tone with Luminosity Toner .	Double peeling action peel to eliminate dead skin cells, refine skin texture and promote cell regeneration.
CORRECT & BRIGHTEN: 10 min	Dark Spot Eraser: Empty into a glass bowl and apply directly on the hyperpigmented areas and massage until absorbed. Apply the remaining Dark Spot Eraser all over the skin and with Digi-Pressure or Drain-Detox massage movements until absorbed, adding Facial Massage Cream or Oxygenating Gel to shoulder area as needed.	Depigmenting active ingredients work at dermal and epidermal levels to lighten, brighten and even skin.
BRIGHTEN & EVEN SKINTONE: 20 min	Bio-Cellulose Mask: Open the envelope and remove one of the inner protective films from the mask. Place the mask on the face, using the holes for the eyes, nose and mouth as a guide, and peel away the other outer protective film. Make sure there are no air bubbles between the mask and the skin. Quartz Rollers or Ultrasound can be applied over the mask. Remove the Bio-Cellulose Mask and massage any remaining liquid into the skin. After 20 minutes remove mask by lifting away and gently massage any remaining lotion into the skin.	Powerful actives hydrate, improve skin radiance, noticeably lifts dark spots and evens skin tone.
TO FINISH	Luminosity SPF 50 Cream. Apply generously and massage into the skin.	Vital UV protection.
OPTIONAL Needling	Dark Spot Eraser is effective for using with needling devices. After needling apply a generous application of Oxygenating Gel to soothe and promote healing. Remove after 5 minutes and proceed with mask application.	

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

URBAN DEFENSE

Our skin is under constant attack from the environment. UV rays, air pollution and HEV blue light generate free radicals that cause premature skin ageing and disrupt the healthy skin balance resulting in a dull complexion.

Car fumes and environmental dirt release tiny particles (20 times smaller than a skin pore) that can penetrate the skin causing damage and an increase in sensitivity, ageing and an uneven dull skin tone. In highly polluted environments (urban cities, smokers etc) the skin's oxygen levels drop which impacts cell renewal and skin repair. Under-oxygenated skins quickly lose vitality and radiance.

Blue light emitted from electronic devices can lead to changes in skin cells, increasing hyperpigmentation and disrupting the skin's natural circadian rhythm slowing the skin's repair process.

Urban Defense eliminates toxins and oxygenates the skin to aid skin recovery, restore balance and improve radiance.

RECOMMENDED FOR

- City Dwellers, Office Workers & anyone spending a lot of time in front of screens.
- Smokers. Dull, Stressed and Asphyxiated Skin.
- Anyone concerned with environmental pollution skin damage.



URBAN DEFENSE POLLUTION DETOX TREATMENT



4 TREATMENTS

- **URBAN DEFENSE DETOX PEEL**
4 BOTTLES 4ml (glycolic peel)
+ 0.2g (enzyme peel)
- **URBAN REPAIR BOOSTER**
4 SACHETS OF 5ml
- **URBAN OXYGENATING BUBBLE MASK**
4 SACHETS OF 8ml
- **URBAN DEFENSE SERUM**
4 SACHETS OF 3ml
- **URBAN PROTECTION CREAM**
4 SACHETS OF 3ml

URBAN BLUEDEFENSE KEY ACTIVES

URBAN DEFENSE DETOX PEEL

Professional only. Eliminate impurities, debris and dead skin cells.

Nano encapsulated AHA's: Glycolic, Lactic, Citric, Oleic and Palmitic Acids.
Keratopeel PB: Enzymatic exfoliator.

URBAN REPAIR BOOSTER

Professional only. Highest concentration of actives.

Pronalen Bioprotect: Acts against environmental pollution
Baycush®: Shields against pollution.
Algaktiv Zen®: Protector of the signs of stress in the skin.
Blumilight: Theobroma Cacao proven to shield against Blue Light.

URBAN DEFENSE SERUM

Repairing serum to restore, hydrate and protect
Refer to Product Training Manual for key actives.
Also retail product, for homecare use.

URBAN PROTECTION CREAM

Triple Protection Daily Moisturising Cream with SPF20.
Refer to Product Training Manual for key actives.
Also retail product, for homecare use.

URBAN OXYGENATING MASK

Comprised of breakthrough 'Gransil' a proven oxygen delivery system, which increases oxygen to boost cell activity, repair and brighten the skin. Oxygenation is retained for several days after removal.

POLLUTION-DETOX FACIAL



45-50 MIN

An oxygenating skin brightening treatment specially designed to detoxify, repair and shield the skin from damaging environmental pollutants. Exclusive Urban Defense Oxygenating Bubbling Mask revitalises and brightens to recover skin health. Recommend 4 sessions, over 4-8 weeks and a monthly treatment to main results. For home care recommend daily cleansing with Aqua Vital Mousse Radiance to remove pollutants, and Urban Serum and Cream to shield the skin from pollutions and blue light.

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to being relaxation.		
CLEANSING 5-7 min	Express Cleansing Milk. Massage over face and neck and remove with tissues or water.	Removes makeup including eyes.
	Mousse Radiance Foaming Gel. Mix 2 pumps with 3D-Aqua Toner or Luminosity Toner and massage into the skin. Remove with warm water.	Refreshing foaming cleanser to deep cleanse.
	3D-Aqua Toner or Luminosity Toner	Hydrates and balances pH.
<hr/>		
PEELING 10 min	Urban Detox Peel: Press the upper part of the vial to release the enzyme powder, shake until dissolved. Empty contents into a glass bowl and apply with a fan brush, avoiding eyes and lips. Leave for 5-8 minutes, using 2 fan brushes to massage the skin for the first few minutes. Remove with warm water, tone with 3D-Aqua Toner or Luminosity Toner .	Dissolves dead skin cells and debris.
<hr/>		
REPAIR, REVIVE & REFRESH: 10 - 15 min	Urban Repair Booster: Pour into a glass bowl and apply with a fan brush. Use Drain-Detox massage movements until it absorbs and use light tapotement movements to finish.	Skin repair, recovery and protection.
	Continue Drain-Detox massage with Oxygenating Gel . Remove excess gel with tissues and toner before mask.	Oxygenates, refreshes and soothes.
<hr/>		
ENERGISE & OXYGENATE: 15 - 20 min	Urban Oxygenating Bubble Mask: Empty the mask into a glass bowl, mix with a fan brush and apply immediately. Leave for 15 minutes. The bubbling effect will vary depending on the skin. Remove mask with a spatula and a soft cloth with water. Tone with 3D-Aqua or Luminosity Toner .	Increases cellular oxygenation to energise, brighten and improve cell repair and regeneration.
<hr/>		
TO FINISH 5 min	Urban Defense Serum & Urban Protection Cream SPF20: Apply the serum and massage with Drain-Detox movements until absorbed and follow with the cream ensuring an even application.	Hydrates, repair and shields the skin from pollution, UV and Blue Light.

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

3C VITAMIN GLOW

Vitamin C is a potent antioxidant with several important functions, including protecting cells to keep them healthy, boosting collagen synthesis and assisting with wound healing. With its powerful antioxidant properties, Vitamin C plays a vital role in neutralising free radicals, that are responsible for damaging cells and causing premature ageing. Antioxidant-rich foods helps us fight off free radical damage and using topical antioxidants helps our skin offset daily aggressors.

Vitamin C aids the skin's natural regeneration process to help repair damaged skin cells, even skin tone and stimulate collagen synthesis for healthy glowing skin.

3C Vitamin Glow Facial is a high-potency antioxidant skincare treatment to brighten, repair and energise.

RECOMMENDED FOR

- Promoting a healthy, vibrant complexion.
- Improving skin tone, texture and radiance.
- Preventing premature ageing.
- Ideal for special occasions when glowing skin is a must!



3C VITAMIN GLOW FACIAL



4 TREATMENTS

- **3C VITAMIN GLOW AHA EXFOLIANT**
4 SACHETS OF 6ml
- **3C VITAMIN GLOW DUO MIX BOOSTER**
4 VIALS OF 4ml + 0.44g
- **3C VITAMIN GLOW BUBBLE MASK**
4 SACHETS OF 10ml
- **3C VITAMIN GLOW RADIANCE CREAM**
4 SACHETS OF 5ml

3C VITAMIN GLOW KEY ACTIVES

AHA EXFOLIANT
Professional only. Skin refining and brightening.

Pronalen AHA 50: Passion fruit, lemon, grape and pineapple, dissolve dead skin and renews.
Leucidal: Antimicrobial peptide, from lactic acid maintains a healthy pH.
Arginine: Moisturises and conditions the skin.
Coolact: Cooling and soothing.

3C VITAMIN GLOW DUO MIX BOOSTER
Professional only. Freshly mixed for maximum efficacy.

Stay C: Stabilised Vitamin C to help fight free-radicals, promote skin firmness and collagen synthesis.
Kdis: Powerful L-Ascorbic acid immediately brighten for an even skin tone.
Et-Cv : Stable, multi-functional Vitamin C derivative, is proven to protect against pollution and prevent hyperpigmentation.

3C VITAMIN GLOW BUBBLE MASK
Professional only
Oxygenates & brightens.

Secrets d' Orange: Sicilian orange, rich in polyphenols, vitamin C, enzymes, fruit acids and amino acids.
Gransil: Provides rapid oxygenation, essential for healthy glowing skin.

3C VITAMIN GLOW RADIANCE CREAM

Ascorbyl Palmitate: Stable Vitamin C ester, antioxidant and brightening.
All Q Plus: Coenzyme and Vitamin E repair, protect and energise.
Phytocell Mallus: Swiss apple plantstem cells boost regeneration.
Marine Native Collagen: Powerful skin hydrator.
Also retail product, for homecare use.

3C VITAMIN GLOW FACIAL



45 MIN

A high-potency antioxidant facial to brighten, energise and even skin tone. Pure Vitamin C (ascorbic acid) is freshly activated to deliver maximum antioxidant benefits and combines with exclusive Oxygenating Bubble Mask to boost cell repair for a healthy glowing complexion. Recommend 4 sessions, over 4-8 weeks and a monthly treatment to main results. For home care recommend 3C Vitamin Glow products.

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to being relaxation.		
CLEANSING 5-7 min	Express Cleansing Milk. Massage over face and neck and remove with tissues or water.	Removes makeup including eyes.
	Mousse Radiance Foaming Gel. Mix 2 pumps with Luminosity Toner and massage into the skin. Remove with warm water.	Refreshing foaming cleanser to deep cleanse.
	3D-Aqua Toner or Luminosity Toner	Hydrates and balances pH.
PEELING 10 min	AHA Exfoliant: Empty contents into a glass bowl and apply with a fan brush to the face and neck, avoiding eyes and lips. Leave for 5-8 minutes, using 2 fan brushes massage the peel into the skin for the first few minutes. Remove with warm water, tone with 3D-Aqua Toner .	Effective AHA peel to eliminate dead skin cells, refine skin texture and promote cell regeneration.
REVIVE & BRIGHTEN: 3 - 5 min	Duo Mix Booster: Press the upper part of the vial to release the Ascorbic Acid powder, shake until completely dissolved. Pour ½ into a glass bowl and apply with a fan brush. Use Drain-Detox movements until it feels 'tacky' to touch and use light tapotement movements to completely absorb.	Powerful antioxidant boost and brightening.
ENERGISE & OXYGENATE: 15 - 20 min	Bubble Mask: Empty the mask into a glass bowl, mix with a fan brush and apply immediately. Leave for 15 minutes. The bubbling effect will vary depending on the skin. Remove excess gel with a spatula and a soft cloth soaked in warm water. Tone with 3D-Aqua or Luminosity Toner .	Oxygenating, brightening and energising.
HYDRATE & BRIGHTEN: 10 min	Duo Mix Booster & Radiance Cream: Apply the remaining Booster and massage with Drain-Detox movements and continue massage with Radiance Cream , adding Facial Massage Cream to shoulders as needed.	Hydrates and brightens the skin.
TO FINISH	SPF Cream and Eye Bright Serum as required	Protection.
OPTIONAL Needling	Duo Mix Booster is very effective for using with needling devices. Needling should be <u>after the Bubble Mask</u> . After needling apply a generous application of Oxygenating Gel to soothe and promote healing. Remove after 5 minutes and proceed with Drain-Detox massage using Radiance Cream .	

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.

EXPRESSION EYE CARE

The eye contour is different from other facial areas due to the lack of hypodermis and sebaceous secretions. The skin is much finer and more vulnerable to expression lines and wrinkles. The eye area also reflects lifestyle and diet, lack of sleep and stress causes fragility in the blood and lymphatic capillaries resulting in puffiness and dark circles.

The lip contour is also more prone expression lines.

Expression Ritual has been expertly developed to treat the vulnerable eye and lip areas.

RECOMMENDED FOR

- Nourishing the entire eye, including eyelashes and lip area
- Expression line and wrinkles
- Reducing puffiness and dark circles
- Brightening and lifting the eye area
- Refreshing tired, stressed eyes and relieving 'hay-fever irritated'

EXPRESSION KIT CONTAINS 4 TREATMENTS.

KEY ACTIVES

EXPRESSION ALGinate MASK

4 sachets 12g
Cooling, decongesting
peel-off mask.

Rice powder: Hypoallergenic, softening and soothing.

Apricot seed extract: Nourishing and improves skin suppleness.

Alginate: Extracted from brown seaweed, rich in balancing minerals to cool, hydrate and decongest.

EXPRESSION CONCENTRATE SERUM

4 sachets 5ml

Acmella Oleracea: Proven muscle relaxant (natural Botox-effect) to fight wrinkles.

Aquapront: Complex of Ash Bark, Vitamin B3, Silicon improve blood flow, helping reduce dark circles. Stimulates collagen synthesis to improve firmness and resistance.

Horsechestnut Complex: Improves circulation and strengthens capillary walls.

EXPRESSION EYE CARE CREAM

4 sachets 3ml

Acmella Oleracea: Proven muscle relaxant (natural Botox-effect) to fight wrinkles.

Hyaluronic Acid: Plumping hydration.

Complex of Ash Bark, Vitamin B3, Silicon improves blood flow to reduce dark circles and stimulate collagen synthesis to firm.

EYELASH SERUM

4 wands 5ml

Growth serum to improve eyelashes.

Refer to Product Training Manual for key actives.

Also retail product, for homecare use.

EXPRESSION RITUAL



30 MIN

A refreshing and firming treatment to address all the concerns around the eye and lip contours. Impressive results after one treatment. Recommend 4 sessions 1-2 weekly as an intensive cure treatment. This treatment can also be incorporated with any facial.

PHASE	PRODUCT	ACTION
Commence treatment with the ANESI WELCOME MASSAGE to bring relaxation.		
CLEANSING 5 min	Aqua Vital Express Cleansing Milk or Harmony Gentle Cleanser Massage over face and neck and remove with tissues or water. Harmony Hydra-Calm Toner	Removes makeup including eyes. Hydrates and balances pH.
EXFOLIATION 7 min	Harmony Peeling: Apply with a brush a thick layer over the eyes and lips contour. Leave for 5-7 minutes. Remove with a spatula and moistened disposal towels. Remove residue with Hydra-Calm Toner. (pink)	Gentle AHA peel. Eliminates dead skin cells and encourages new cells.
TREATMENT & CORRECTION: 3 - 5 min	Expression Concentrate: Apply over the contour of the eyes and lips. Massage with the Anesi Eye and Lip Massage (follow massage guide).	Powerful antioxidant boost and brightening.
15 min	Expression Masque: Mix the Alginate Masque Powder in a bowl with 35ml of mineral water and beat until a gel texture is formed. Spread with a spatula evenly over the entire eye area, including the lashes, and lip contour area. After 15 minutes, lift the edges and remove in a single piece.	Occlusive effect to allow the penetration of the concentrate's active ingredients. Refreshing, toning and moisturising.
2min	Harmony Hydra-Calm Toner: Apply toner on wet cotton pads to gently tone the area. Dry with a tissue.	Removes any possible mask residue while refreshing and hydrating.
NOURISH & BEAUTIFY: 2 min	Eyebrow and Eyelash Treatment Serum: Apply with the applicator over the eyelashes and eyebrows with soft zig-zag movements concentrating on the roots. The serum is then given to the client to continue using at home everyday.	Strengthens and stimulates the growth and conditions of eyelashes and eyebrows.

Finish the treatment with the ANESI FAREWELL MASSAGE for a comfortable end to the treatment and time for your client to awaken and rebalance.



COMBINING TREATMENTS FOR ULTIMATE RESULTS

Anesi products and treatments are designed to be combined together so you can personalise your facials whatever the skin type and concerns. Get creative with your facials, use your expertise for bespoke facials designed to deliver the best results and sure to bring your clients back for more!

While it is impossible to provide a recommendation for all the different skin concerns, here are a few options based on the most common skin concerns we are asked about.



COMMON SKIN CONCERNS	TREATMENT COMBINATION	TREATMENT SUGGESTIONS
Combination, dehydrated skin, prone to congestion.	Dermo Peel No.1 Expert. Aqua Vital or Dermo Control	Dermo Peel No.1 Expert 7-10 Days prior to starting a combination of Dermo Control Deep Cleansing Facial and Aqua Vital Hydra-Detox Facial.
Skin with oil and prone to breakouts with dull asphyxiated complexion lacking energy.	Dermo Peel and Urban Defense	Select the Dermo Peel best suited to the skin for deep peeling. 7-10 days later perform Urban Defense Pollution-Detox alternating with Dermo Peel and Dermo Control Deep Cleansing as needed to control oil balance and breakouts.
Hormonal breakouts.	Dermo Peel and Harmony	Select the correct Dermo Peel and combine with Harmony P-Biotic products. Alternate with Harmony Microbiotic Facial to calm and balance skin.
Sensitive - oily combination.	Harmony and Dermo Control	Follow Harmony Microbiotic protocol using Dermo Control Purifying (alginate) Mask.
Sensitive - ageing.	Harmony, Cellular 3 or Epigenesse	Harmony Microbiotic Facial until skin inflammation and sensitivity is reduced. Introduce Cellular 3 or Epigenesse once a week for 4 weeks.
Poor healing, skin prone to scarring.	Dermo Peel and 3C Vitamin Glow	Dermo Peel No.1 or Dermo Peel No.3 and alternate with 3C Vitamin Glow as required.
Hyperpigmentation and concerned with environmental damage asphyxiated 'city skin'.	Dermo Peel No.3, Urban Defense and Luminosity	Dermo Peel 7-10 Days prior to starting a combination of Urban Defense and Luminosity, alternating weekly.
Skin ageing, deep wrinkles and hyperpigmentation	Dermo Peel No 3 and Epigenesse	Dermo Peel 7-10 Days prior to starting a course of Epigenesse. Repeat Dermo Peel after 4 Epigenesse facials.
Dull skin with first signs of ageing.	3C Vitamin Glow and Cellular 3.	2-3 Treatments with 3C Vitamin Glow and then alternate with Cellular 3 facial.

OTHER OPTIONS

- Expression Eye Treatment can be incorporated with any facial treatment for dedicated impressive results around the vulnerable eye and lips areas.
- Harmony Peeling can be used around the eyes area for gentle exfoliation.
- Introduce 'cures' for specific skin concerns. For example, Harmony Booster Complex is a great addition for providing additional lipids to very dry skin.
- Asphyxiated skins might benefit from a 'double peel'. For example, try combining Aqua Vital Flash Exfoliator mechanical peel before Enzymatique Peeling.
- Many of the Anesi products can be used in conjunction with Electrotherapy or with Advanced Aesthetic Treatments.

ANESI WITH ELECTROTHERAPY

Electrical Facial Skin treatment options can be introduced to Anesi Lab treatments to further enhance the effectiveness of our skincare products and actives.

There is a wide range of options available and it is impossible to give guidance for all the different machines and technologies in this growing field. This guide is intended to provide an overview of how electrotherapies can be combined with Anesi Lab treatments for enhanced therapeutic and cosmeceutical benefits.

As always, electrotherapy treatments should only be carried out by trained aestheticians. As machines can vary, the manufacturer's instructions must be followed. Before commencing any treatment an in-depth client consultation, carefully checking contra-indications, must be completed.

Anesi Cleansing Products (cleansing milks and foaming gels) - can be used manually or with a soft Electrical Cleansing Brush, except when treating extremely sensitive or inflamed skin.

Aqua Vital Oxygenating Gel is a multi-purpose medium and in addition to being used as a soothing oxygenating mask or massage gel, it is the ideal partner for your machine.

- Direct High Frequency. Apply Oxygenating Gel under a gauze and use the small mushroom head.
- Iontophoresis. Select negative polarity
- Microcurrent /Microlift
- RF Skin Tightening
- Ultrasound

Micro-needling / DermaPen / Virtual Mesotherapy Treatments:

Some Anesi Concentrates can be used with needling. Our guide is cosmetic needling at 0.3 depth.

- Aqua Vital Complex
- Cellular 3 Concentrate
- Luminosity Dark Spot Eraser
- Epigenesse Repair Concentrate
- 3C Vitamin Glow Duo Mix Booster

Microdermabrasion, Oxydermabrasion & Hydrodermabrasion:

Can be incorporated with any Anesi Treatments after cleansing and peeling with the exception of Dermo Peeling treatments. As a precaution, we do not recommend Microdermabrasion with Harmony facials for delicate, sensitive skins.

Ultrasound:

Can be used with Anesi serums, concentrates and Oxygenating Gel. Can also applied over Luminosity Bio-Cellulose Mask for an effective brightening result.

Ultrasonic Spatula:

Can be used after cleansing, before peeling treatments.

Can be used with Aqua Vital Desincrustant Lotion to aid deep pore cleansing and help eliminate blackheads. **Desincrustation Lotion can also be used with Galvanic on negative pole.**

Vacuum Suction:

Works well with an oil base concentrate, such as Aqua Vital Cocoon Oil or Harmony Booster Complex.

Oxygen Skin Therapy:

Can be used for all skin types, particularly good for sensitive, stressed skins and asphyxiated complexions. If your machine has the option, you can combine with an Anesi concentrate, booster or serum to further enhance results.

ANESI MASSAGE TECHNIQUES

Massage is the therapeutic use of touch to promote relaxation and well-being improving both emotional and physical health. Anesi massage techniques have been created to support the benefits of each facial protocol and improve the overall results.



WELCOME MESSAGE

The Welcome massage establishes the foundation for a long-term relationship with the client. Gives value, a feeling of well-being and relaxation for the treatment to commence.

	Step by Step	Repetition
1	Breathing movement: Standing on the side of the facial bed place both hands on the sternum take three deep breath with the client three counts inhale three counts exhale.	x3
2	Unblocking movement: Flat hand effleurage down from the neck circle around shoulders. Hands on the client shoulders alternate rocking movement on the top of the shoulders.	x1
3	Relaxing movement: 3a. Circle from the shoulders down to elbow and up back of arms up to the neck. 3b. Flat hand over shoulders, down to elbow, circle up back of arms, shoulders to neck.	x3
4	Releasing Movement: Circle the chest and bust, circling into the armpit, push thumbs into the armpit pulling up around the shoulder up to the neck.	x3
5	Stretching Movement: Push right hand under right shoulder, move along the back of shoulder, round the arm and cross the chest, pushing head to the side with arm. Stroke up the left side of the neck pulling from the armpit, using alternative hands. Alternate sides.	x1
6	Kneading and Stretching Movement: Kneading across the back of the shoulders up the neck and stretch at the occipital releasing the cervical vertebrae, glide hands up to the temples and release.	x1



FAREWELL MESSAGE

	Step by Step	Repetition
1	Stretching Movement: Effleurage décolleté around the shoulders up the neck stretch at the occipital releasing the cervical vertebrae, glide hands up to the temples and release.	x1
2	Rebalancing Movement: Go to the side of the bed. Help the client up into a sitting position – hold one hand behind the neck other hand holding client's hand. Pumping action on hand three times then help them up into a sitting position.	x1
3	Releasing Movement: 3a. Pinching the shoulders going down to the arms slowly then going back to the shoulders. Petrissage both shoulders with thumbs at the same time 3b. Thumb sliding around both scapula's back and forth	x2
4	Releasing Movement: Using palm press alternating on either side of the spine form top of spine to the bottom (bear walk)	x1
5	Releasing Movement: After you reach the bottom of the back, make your hands in a fist and start doing circle movement clockwise and anti - clockwise.	x3
6	Releasing Movement: Using palm press alternating on either side of the spine form bottom of spine to the top (bear walk).	x1
7	Final Touch: Pinch the shoulders and release.	x2



DRAIN DETOX MASSAGE

Stimulates the lymphatic system to eliminate toxins, activates microcirculation, essential for oxygenation and cell nutrition helping penetration of the active ingredients.

Recommended with: Urban Bluedefence, 3C Vitamin glow, Dermo Control, Harmonie, Aqua Vital (congested skin).

	Step by Step	Repetition
1	Effleurage: Apply massage medium with effleurage starting from décolleté up over the face to hairline and around the eyes.	x1
2	Lymph drainage under arm: Hold left hand on left shoulder, with right hand glide across the jaw under the left ear glide down the onto décolleté and pump into the arm pit. Slide hand back up to the right shoulder.	x3
3	Lymph drainage under arm: Hold right hand on right shoulder, with left hand glide across the jaw under the right ear glide down the onto décolleté and pump into the arm pit. Slide hand back up to the left shoulder.	x3
4	Lymph drainage neck: Place index and middle finger together on either side of the esophagus at the bottom of the neck, Four points of draining; 3 light pressure pumps on each point before moving up to the next point. 2cm apart slowly working the neck outwards and then upwards. Slide thumbs from the ears drain towards the collar.	x1-3
5	Lymph drainage under jaw: Place index and middle finger together under the jaw moving along the jaw line, Four points of draining; 3 light pressure pumps on each point moving out towards the ears; slide hand fingers up to the ears pump X 3 Glide with the thumbs along the bottom of the jaw line down to the collar bone and pump.	x1-3
6	Lymph drainage on top of jaw: Place two finger on top the jaw moving along the jaw line, Four points of draining; 1. pump X 3 slide out next, 2. pump X 3 slide out next, 3. pump X 3 slide out next, 4. pump X 3 slide out next. Slide hand fingers up to the ears pump X 3 Glide with the thumbs from ear along the bottom of the jaw line down to the collar bone and pump X 3..	x1-3
7	Lymph drainage the lips: Pinching the lips between the finger and the thumb moving along the lip line then switch to the index and middle finger at the corner of the lips across the cheeks to the ears. Four points of draining; pump X 3 covering the cheeks. Slide hand fingers to the ears pump X 3 Glide with the thumbs from ear along the bottom of the jaw line down to the collar bone and pump X 3.	x1-3
8	Lymph drainage next to nose: Place two finger either side of the nose moving along under the cheek bone, Four points of draining; pump X 3 slide out under the cheek bone to the ears. Glide with the thumbs from ear along the bottom of the jaw line down to the collar bone and pump X 3.	x1-3
9	Lymph drainage cheek bones: Place two finger either side of the nose moving along the cheek bone, Four points of draining; pump X 3 slide out on the cheek bone to the ears pump X 3 Glide with the thumbs from ear along the bottom of the jaw line down to the collar bone and pump X 3.	x1-3
10a	Lymph drainage under eyes: Right eye then Place ring finger at the tear duct and pump drain along the under eye out to the hair line.	x1-3
10b	Lymph drainage eyebrows: Right eyebrow. With forefinger and thumb using both hands Start in middle of eyebrow moving out.	x1-3
11a	Lymph drainage under eyes: Left eye then Place ring finger at the tear duct and pump drain along the under eye out to the hair line.	x1-3
11b	Lymph drainage eyebrows: Left eyebrow then left eyebrow. With forefinger and thumb using both hands Start in middle of eyebrow moving out..	x1-3
12	Lymph drainage expression lines at the eyes: Place two finger on the temples pump and drain X 3 to the hair line. Glide with the thumbs from ear along the bottom of the jaw line down to the collar bone and pump X 3.	x1-3
13	Lymph Drainage frown line: Using two fingers drain the frown line up to the hairline.	x1-3
14	Lymph drainage forehead: Place all four fingers of both hands in line above the eyebrows pump and drain X 3 to the hair line. Glide with the thumbs from forehead along the outside of the face to the bottom of the jaw line down to the collar bone and pump X 3.	x1-3
15	Effleurage: Décolleté shoulders and neck. Place both hand on the shoulders applying pressure alternating and release.	x1-3

1



2



3



4



5



6



7



8



9



10a&b



11a&b



12



13



14



15



REMODELLING MASSAGE

A deep cellular connective tissue massage to improve cell nutrition and regeneration for improved skin suppleness and helping to re-shaping contours while aiding penetration of active ingredients.

Recommended with: Cellular 3, Epigenesse, Aqua Vital (mature skin).

	Step by Step	Repetition
1	Unblocking: Place both hands on the décolleté and using four fingers gently apply pressure pumping action.	x3-6
2	Stretching: Turning the head to the left side – make contact with both hand stroking up the back of the neck. Stroke with your right hand up the neck to the ear. Slide hand down push the shoulder down stretching/releasing the neck.	x3-6
3	Lissage: Sternocleidomastoid muscle from the ear to the shoulder and back .	x3-6
4	Acupressure: Moving up to the base of the skull, massage circular movements with all fingers. Massage circular movements base of skull moving up to behind the ear. Place index finger in front of the ear massage circular movements with all fingers and index finger on jaw joint.	x3-6
5	Acupressure: The ear and petrissage down the neck.	x3-6
6	Lifting: Pinch, lift and roll from the collar bone up the neck. Repeat the movements, pinch, lift and roll the whole face with the fore finger and thumb of both hands. From on top of the jaw bone, middle of the chin up to the ear, the cheek up to the hair line (caterpillar movement) Stop, pull and lift after each line.	x3-6
7	Lifting: With the right hand fore finger and thumb pinch, lift and roll under the eye starting at the tear duct moving out to the hair line. Stop, pull and lift to the hairline.	x3-6
8	Release: With both hands; pinch the eyebrows from the middle of the brow moving outwards on the last drain pinch and roll over the expression lines of the eye draining to the hairline.	x3-6
9	Acupressure lifting: place baby finger on the mandible insertion and the other fingers under the cheek bone to the corner of the nose – pump and lift at the same time. Release and glide with the whole hand on the baby finger side out to the hairline. Pinch the eye brows and repeat.	x3-6
10	Lift the head gently and turn the head to the right side.	x1
11	Stroking: alternating hand over the décolleté, round the shoulder up the neck.	x1
12	Repeat all steps on the left side from step 2-11.	x3-6
13	Semi Circles: 13a. using alternate hands, half circle to the left eye. Start with the left hand baby finger following with the right hand index finger. 13b. Repeat on the right eye. Start with the right hand.	x3-6
14	Scissoring left to right on the forehead, two fingers working in and out of each other, back and forth. Drain out to the hairline.	x3-6
15	Effleurage: Décolleté around the shoulders up the neck up to the temples apply slight pressure, release and lift off.	x1

1



2



3



4



5



6



7



8



9



11



13a



13b



14



15

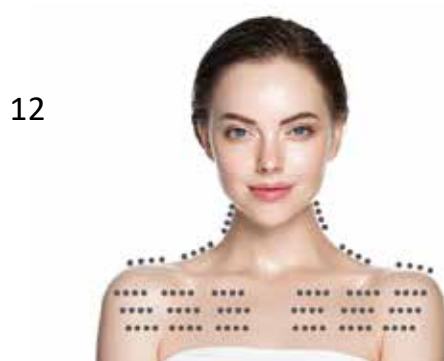
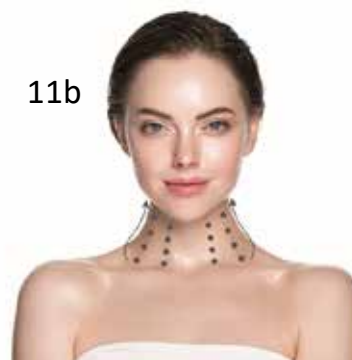


DIGI PRESSURE MASSAGE

A gentle, decongesting pressure-point massage to help eliminate toxins, reduce stress while encouraging cell regeneration and improve penetration of active ingredients.

Recommended with: Luminosity and Harmonie.

	Step by Step	Repetition
1	Start with a prayer movement and effleurage décolleté and around the shoulders up the neck to the occipital	x3
2	Acupressure: Four fingers along forehead to hair line. Apply pressure for 3 seconds using your fingertips. Move your fingers outwards and repeat the movement three times finishing at the temples.	X 3 Apply pressure for 3 seconds and release for 3 seconds.
3	Acupressure: Along eyebrow using the ring finger, apply pressure in the small hollow under the beginning of the eyebrows. Move fingers towards the hollow point half way under the eyebrow and repeat the movement. Move fingers towards the end of the eyebrow, and repeat. Finish by applying pressure on the temples.	X 3 Apply pressure for 3 seconds and release for 3 seconds.
4	Acupressure: Under eye using the ring finger, apply pressure in the small hollow under the beginning of the eyebrows. Slide fingers slightly downward and apply pressure over the lacrimal. Then apply pressure in the middle hollow point underneath the eye and a last pressure point on the outside of the orbicular eye. Finish by applying pressure on the temples.	X 3 Apply pressure for 3 seconds and release for 3 seconds.
5	Acupressure: Semi Circles, using alternate hands, half circle to the left eye. Start with the right hand baby finger following with the left hand index finger. Repeat on the right eye. Start with the left hand baby finger following with the right hand index finger.	x3
6	Acupressure: Sides of nose using the ring finger, apply pressure in the small hollow under the beginning of the eyebrows. Slide fingers slightly downward and apply pressure over the lacrimal. Slide fingers slightly downward and apply pressure on the upper nasal cavities. Slide fingers slightly downward and apply pressure on the middle of the nasal cavities. Slide fingers slightly downward and apply pressure on the lower part in the hollow of the nasal cavities.	X 3 Apply pressure for 3 seconds and release for 3 seconds.
7	Acupressure: Three fingers or four fingers of both hands, apply pressure on the upper lip. Repeat under the lower lip.	X 3 Apply pressure for 3 seconds and release for 3 seconds.
8	Acupressure: With four fingers on the cheek bone from the middle of the nasal cavities and apply pressure moving your fingers outwards towards the ear. Centre of chin with thumb.	X 3 Apply pressure for 3 seconds and release for 3 seconds.
9	Acupressure: With four fingers under the cheek bone from the nasal cavities and apply pressure moving your fingers outwards towards the ear.	X 3 Apply pressure for 3 seconds and release for 3 seconds.
10	Acupressure: Lower fingers to jaw and apply pressure following lower jaw.	X 3 Apply pressure for 3 seconds and release for 3 seconds.
11	Acupressure: 11a. Ears and side of the neck. Pinch the outside of the ears and slowly move down towards the ear lobe, Repeat on the inside of the ear. 11b. Move down to the front of the neck with gentle pressure with three or four fingers vertically on either sides of the esophagus moving out turning your fingers and work the back part of the neck with three pressure points ending at the cervical vertebrae. Place your fingers on the nape and massage the entire area without lifting your hands and slowly move upwards towards the scalp keeping the head carefully in our hands.	X 3 Apply pressure for 3 seconds and release for 3 seconds.
12	Acupressure: Shoulders pressing on the trapezius moving out to the towards deltoid (shoulders). Move your fingers to the chest and perform the same movements as in the forehead, starting at the center and moving fingers outwards.	X 3 Apply pressure for 3 seconds and release for 3 seconds.
13	Effleurage: Effleurage with both hands on the sternum over the shoulders up the neck to the occipital hold for 30 sec and release. Slide hand over the scalp hold and release.	x1



RENEW - RELAX MASSAGE

A connective tissue massage and draining massage, stimulates microcirculation in turn improves cell nutrition and regeneration for improved skin texture and helping to re-shape contours while aiding penetration of active ingredients. Promotes the absorption of the active principles contained in the treatment. It improves microcirculation which carries oxygen and nourishment to the tissues.

Recommended with: Epigenesse, Vit C, Luminosity and any mature related skin care facial.

	Step by Step	Repetition
1	Apply massage medium with effleurage starting from décolleté up over the face to hairline and around the eyes.	x3
2	Unblocking: Place both hands on the décolleté and using four fingers gently apply pressure pumping action.	x3
3	Stretching: Turning the head to the left side – make contact with both hand stroking up the back of the neck. Stroke with your right hand up the neck to the ear. Slide hand down push the shoulder down stretching/releasing the neck.	x3
4	Lissage: Sternocleidomastoid muscle from the ear to the shoulder and back.	x3
5	Acupressure: Moving up to the base of the skull, massage circular movements with all fingers. Massage circular movements base of skull moving up to behind the ear. Place index finger in front of the ear massage circular movements with all fingers and index finger on jaw joint.	x3
6	Acupressure: The ear and petrissage down the neck.	x3
7	Lifting: Repeat the movements, pinch, lift and roll the whole face with the fore finger and thumb of both hands. From on top of the jaw bone, middle of the chin up to the ear, the cheek up to the hair line (caterpillar movement) Stop, pull and lift after each line.	x3
8a	Lymph drainage under eyes: Right eye place ring finger at the tear duct and pump drain along the under eye out to the hair line.	x3
8b	Lymph drainage eyebrows: Right eyebrow. With forefinger and thumb using both hands Start in middle of eyebrow moving out.	
9a	Lymph drainage under eyes: Left eye place ring finger at the tear duct and pump drain along the under eye out to the hair line.	x3
9b	Lymph drainage eyebrows: Left eyebrow. With forefinger and thumb using both hands Start in middle of eyebrow moving out.	
10a	Semi Circles using alternate hands, half circle to the left eye. Start with the left hand baby finger following with the right hand index finger.	x3
10b	Repeat on the right eye. Start with the right hand baby finger following with the left hand index finger.	
11	Split index and middle finger circle around eye starting on the inside off the pulling and over the eyebrow.	x3
12	Lifting: Using two fingers drain up the nose. Alternating hands.	x3
13	Lifting: Using two fingers drain the frown line up to the hairline. Alternating hands.	x3
14	Finnish off the massage with shoulder pressure alternating hands and release	x1

1



2



3



4



5



6



7



8a&b



9a&b



10a



10b



11



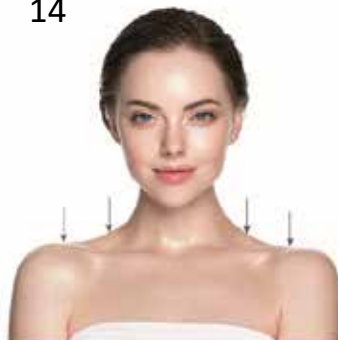
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13



14



EXPRESSION EYE AND LIP MASSAGE

This technique is specifically designed to help expression lines by relaxing and stimulating the muscular tissue, while combining drainage movements to help reduce puffiness and dark circles around the eye area.

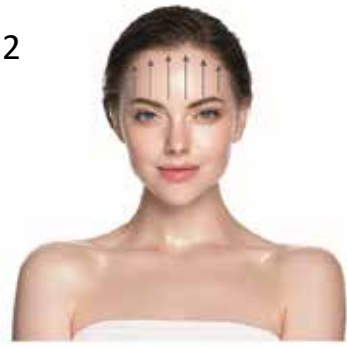
Recommended with: As a stand alone treatment or can be incorporated with any of the ANESI LAB treatments. Recommended for all skin types and especially skins with dark circles and expression lines.

	Step by Step	Repetition
1	Start with a prayer movement and effleurage décolleté and around the shoulders up the neck to the occipital.	x3
2	Flat hands alternating hands stroke up from the eye brows over the fore head to the hairline. From left to right.	x3
3	With two fingers on either side of the mouth form a C around each corner of the mouth.	x3
4	Pinch the lips from the center to the corner of the mouth with forefingers and thumbs.	x3
5	Lymph drainage under eyes: Right eye place ring finger at the tear duct and pump drain along the under eye out to the hair line. Lymph drainage eyebrows: Right eyebrow. With forefinger and thumb using both hands Start in middle of eyebrow moving out.	x3
6	Lymph drainage under eyes: Left eye place ring finger at the tear duct and pump drain along the under eye out to the hair line. Lymph drainage eyebrows: Left eyebrow. With forefinger and thumb using both hands Start in middle of eyebrow moving out.	x3
7	Semi Circles: 7a. Using alternate hands, half circle to the left eye. Start with the left hand baby finger following with the right hand index finger. 7b. Repeat on the right eye. Start with the right hand baby finger following with the left hand index finger.	x3
8	Split index and middle finger circle around eye starting on the inside off the pulling and over the eyebrow.	x3
9	Slide hands down neck. Effleurage Across chest around the shoulders and up the neck to the occipital bone, glide to the temples apply pressure and release.	x1

1



2



3



4



5



6



7a



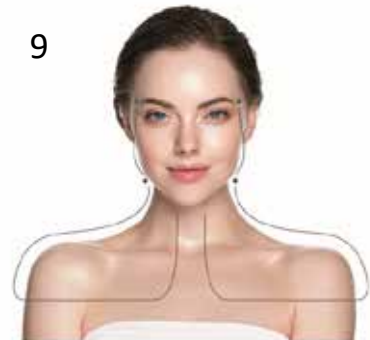
7b

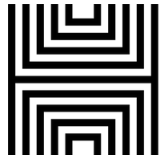


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