

RETINOL [A⁴] SKIN REGENERATION Professional Treatment

SKIN REGENERATION MASSAGE STEPS



01. Circular stimulation on pectoral muscle from the sternum moving outwards*



02. Zig-zag stimulation on pectoral muscle from the sternum moving outwards*



03. Long strokes on pectoral muscle from the sternum moving outwards in three lines*



04. Small circles on the sternum moving upwards followed by alternative hand strokes



05. Strokes manouvers on the sternum moving upwards followed by alternative hand strokes



06. Long strokes on trapezius muscle and cervical segment (back and towards)



07. Small vibrating circles on trapezius muscles and cervical segment.

Repeat on the other side step 06-07



08. Stretching of platisma with draining manoeuvres on terminus (small tip of the tool)*



09. Sequential stimulation along face contour*



10. Distending strokes from the chin moving outwards*



11. Stimulation of the naso labial fold moving upwards*



12. Strokes on the lower part of zygomatic bone (bigger tip of the tool)*



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13. Strokes on the lower part of zygomatic bone (smaller tip of the tool)*



14. Circular strokes around the orbicularis oculi*



15. Stimulation of the inner corner of the eyes, followed by strokes*



16. Zig zag detachment of procerus with thumbs and tool tip



17. Vertical detachment of glabella (flat tool)



18. Lifting of the eyebrow arch (flat tool)*



 Vertical detachment on the forehead from temple to temple (tool tip)



20. Waving detacment on the forehead from temple to temple (tool tip)



21. Short strokes along the hairline (small tip of the tool)



22. Zig zag stroking manouvers on the scalp (small tip of the tool)

*Repeat on the other side



