

FACE MASSAGE

TARGETED WORK ON WRINKLES
WITH A STRETCHING AND ANTI-STRESS ACTION

Prestige



BIOLINE
JATÒ

PRESTIGE

Targeted work on wrinkles with a stretching and anti-stress action

PRESTIGE is born from the Bioline Jatò experience, a massage with a stretching and anti-stress action that enhances the functionality and the results of the **Age Beauty Secret Premium** and **Proaging SG - Staminal Gold** treatment.

The richness of Prestige is the fusion of several massage techniques that allow a better oxygenation of the tissues and a stretching action of the face features.

Prestige favours the relaxation of the client and prepares the client to receive the treatment, increasing the effectiveness of the products and the final result. It has **stretching** and **anti-stress** properties.





THE MASSAGE IS MADE UP OF THE FOLLOWING PHASES:

PHASE 1

- First contact and **decontracting** manoeuvres
- **Connective** tissue manoeuvres on décolleté, neck and face

PHASE 2

- **Oxygenating** manoeuvres on deep wrinkles

PHASE 3

- **Stimulating** manoeuvres on the reflex points of the mimic muscles

PHASE 4

- **Draining** manoeuvres on the whole face
- Closing manoeuvres

PHASE 1

First contact and decontracting manoeuvres

Apply a few drops of Bioaroma **RELAXING EQL OIL** on the hairline, on the temples, on the trapezius and on the solar plexus.



01

Alternated hands pressure on décolleté from the shoulders towards the sternum and backwards.



SIDE OF THE MESSAGE TABLE



02

Work the opposite scapula with alternated hands strokes upwards and perform the scapula-shoulder balancing. Repeat the point 2 on the other side.



HEAD OF THE MESSAGE TABLE



03

Push down the shoulders with alternated hands, using the palms.



04

Rotate the head sideways, carry out deep strokes with the thumb on the trapezius muscle from the base of the neck towards the shoulder. When the client breaths out, perform a stretching, grabbing the occipital bone. Place your hands as shown in the figures. Repeat point 4 on the other side.



05

Strokes upwards with hammer fingers on the superior trapezius working outward on three lines.



06

Circles on the cervical segment from the base of the neck towards the occipital bone.

07

Strokes with fingers on the occipital bone from the centre, outwards.



PHASE 1

Connective tissue manoeuvres



SIDE OF THE MASSAGE TABLE

**01**

Roulage on décolleté from sternum towards the shoulder.

**02**

Roulage on the neck, from the centre outwards with final opening.

**03**

Rotate the client's head to the side and proceed with roulage on the cheek, from the corner of the mouth to the ear, with final opening.

Repeat the points 1, 2 and 3 on the other side.



HEAD OF THE MASSAGE TABLE



04

Strokes along the eyebrow arches with the thumbs.



05

With fingertips, perform some strokes on the forehead from the hairline downwards, from temple to temple, back and forth, placing the other hand on the head, to favour the movement.



SIDE OF THE MASSAGE TABLE



06

Perform strokes (combing) with both hands simultaneously on the side and on the top of the head.





PHASE 2

Oxygenating manoeuvres on deep wrinkles

Apply on deep wrinkles (naso-labial folds, glabellar wrinkles, forehead wrinkles):

- AGE BEAUTY SECRET THE SERUM TRIPLE PERFECTION 2 ml

or

- AGE BEAUTY SECRET THE OIL NOURISHING 1 ml

massage until complete absorption and proceed with the oxygenating stimulation.

Work each wrinkle with three different types of manoeuvres:



01

With the index fingers side by side, perform the lifting of the tissue following the wrinkle direction.



02

With the index fingers side by side, perform the lifting of the tissue in the opposite direction of the wrinkle.



03

Final opening and static stretching of the wrinkle.

Apply the 2 remaining ml of Age Beauty Secret-**The Serum Triple Perfection** or Age Beauty Secret-**The Oil Nourishing** and massage until complete absorption.



PHASE 3

Stimulating manoeuvres on the reflex points of the mimic muscles of the face

Stimulating manoeuvres on the reflex points that decontract the mimic muscles distending and improving the features of the face.

First, work on one half of the face and then on the other one.
Perform a slow, controlled pressure with the fingertips for at least ten seconds on the following points:



01

Chin point.



02

Auricle and temple point.



03

Under zygomatic bone.

**04**

Temporal pit.

**05**

Internal upward orbital point.

**06**

Internal toward nose orbital point.

**07**

Three points on the eyebrow and final traction upwards.

AGE BEAUTY SECRET PREMIUM:

- After the setting time of Age Beauty Secret-**The Mask Ionic Energy** on face and **The Serum Mask Stretch Effect** on neck and décolletè for at least 20 minutes, massage it on face, neck and décolletè.

AGE BEAUTY SECRET PROAGING SG - STAMINAL GOLD:

- After the setting time of Age Beauty Secret-**The Mask Regenerating** on face, apply 3ml of Age Beauty Secret-**The Cream Dermofondant** and massage until complete absorption.



PHASE 4

Draining manoeuvres

This type of manoeuvres favours the elimination of toxins found in the tissues.

Apply a few drops of Bioaroma **ENERGY DRN OIL** on the main lymphatic ganglia: terminus, angulus, temporalis and occipitalis - and then perform an opening pumping on the terminus. (Possibility to apply the Bioaroma **ENERGY DRN OIL** only on terminus).

The drainage must be done with both hands, starting simultaneously on the opposite sides of the face. Place the fingers gradually on the face with rhythmic movements inwards (pinkie finger-index finger) and outwards (index finger-pinkie finger).

Perform “butterfly” pumpings on the whole face, dividing it into 7 parts:



1. Angolus, chin (forwards and backwards).
2. Angolus, superior lip (forwards and backwards).
3. Parotis, nasal pits (forwards and backwards).
4. Parotis, zygomatic bone (forwards and backwards).
5. Temporalis, interior of the eye (forwards and backwards).
6. Forehead (forwards and backwards).



7. Tip of the head (static).



PHASE 4

Closing manoeuvres

1. Stroking from the décolleté, shoulders, neck to the cervical zone, ending up with a distending traction of the neck.
2. Prayer stroking on the whole face with final pressure on both face sides.



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