

operating schemes

The Bioline procedures called “A, B and C Operating Schemes” (according to the different sequence of movements performed) allow to boost the effect and beauty effectiveness of the products applied during the treatment.



OPERATING SCHEME A **Relaxation and decontraction phase**

The aim of Operating Scheme A is to place the client in a greater relaxation status, decontracting all the stress points residing in her muscles, and to oxygenate her tissues.

Operating Scheme A results from the blending of various massage techniques, such as in-depth manoeuvres focusing on the connective tissues, roulage, kneading.

OPERATING SCHEME B **Preparation for active ingredients' absorption phase**

The aim of this type of manoeuvres is to stimulate the absorption of the functional ingredients present in the Bioline products.

Light pumping of the main lymphatic ganglions improves the skin's microcirculation, so that the tissues are well oxygenated and all metabolic cell functions are set in motion.

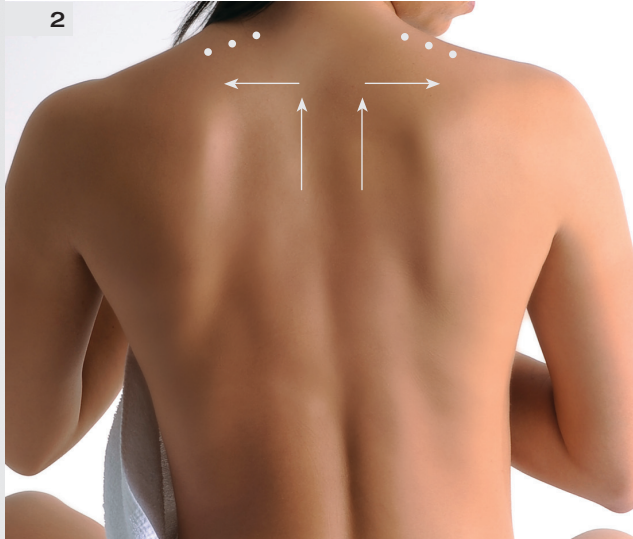
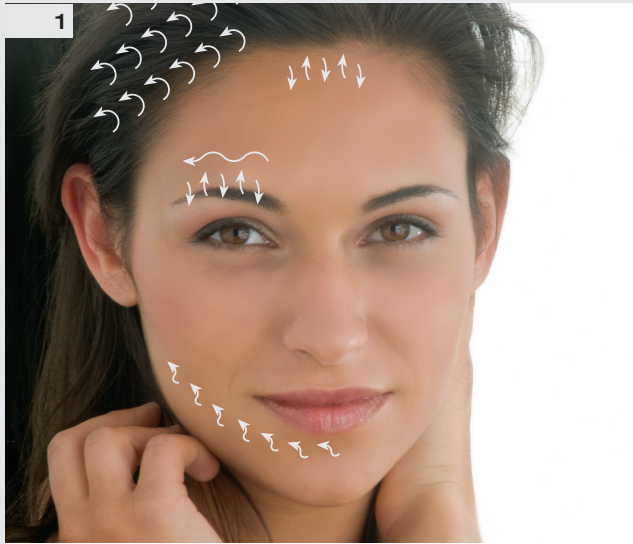
OPERATING SCHEME C **Stimulating phase by means of acupressure manoeuvres**

Acupressure performed on specific points of the face and neck has a toning and stimulating beauty effect on face mimic muscles.

relaxation and decontraction phase

For these manoeuvres, the use of the BIOAROMA RELAXING – EQL oil is recommended, thanks to its relaxing action.

Apply a few drops on the trapezius muscle, temples and hairline.



1. Decontract and loosen forehead lines, working along the hairline placing the thumbs side by side. (Fig. 1)
2. Roulage on the forehead, starting from the centre and moving outward, from one side and repeat on the other of the face. (Fig. 1)
3. Micro-kneading along the eyebrow arch, starting from the centre of the face and moving outward. (Fig. 1) Repeat on the other eyebrow arch.
4. Micro-kneading on the face contour, starting from the centre of the chin and moving outward. (Fig. 1) Repeat on the other side of the face.
5. De-contraction of the scalp. With the fingertips carry out small rotating movements, without any friction, making the tissue slide on the deep surfaces.(Fig. 1)
6. Using your thumb, manipulate and loosen as you work on three spots on the trapezius muscle, first on one side and then on the other. (Fig. 2)
7. With the fingertips on the paravertebral grooves, to the cervical area, in two movements. (Fig. 2)
8. Stretching manoeuvres with flat hands, toward the trapezius outwards and towards the shoulders. (Fig. 3)
9. Traction of the neck with both hands, slow and gradual back and forth. (Fig. 4)



preparation for active ingredients' absorption phase

Thanks to its draining action, the BIOAROMA-ENERGY DRN oil is recommended.

Apply a few drops of oil on main lymphatic ganglias area.



draining of the ganglion chains

Pumping (Fig. 1):

1. Terminus (A)
2. Angulus (B) + Profundus (C) + Terminus (A)
3. Temporalis (D) + Parotis (E) + Angulus (B) + Profundus (C) + Terminus (A)
4. Occipitalis (F) + Profundus (C) + Terminus (A)

Repeat the manoeuvres 3 times at least.

Depending on the specific cases, you can decide to also carry out the lymphatic draining of the face, which continues with the draining of the following areas (Fig. 2):

1. Under the chin, angulus.
2. Chin, contour, angulus.
3. Lower lip, angulus.
4. Upper lip, nose-cheek fold, angulus.
5. Apex of the nose.
6. Sides of the nose.
7. Tip of the nose, fold, angulus.
8. Cheekbone, parotis.
9. Long Journey (starting low from the suborbicularis muscle, downward on the entire cheek to the face contour, pumping at the angulus).
10. Suborbicularis (resting your fingertips, except the thumb, and raising rhythmically in succession from the inside towards the outside).
11. Pumping of the eyebrows with thumb and index finger.
12. Forehead in three separate times.
13. Temporalis, parotis, angulus, profundus, terminus.
14. Pump on the terminus.

toning phase by means of acupressure

During this phase, different specific points are stimulated three times, by means of acupressure lasting a few seconds.

Bioaromas are not applied during acupressure phase.



Fig. 1:

1. Centre of the hairline (both thumbs, in opposite position).
2. Centre of the forehead (both thumbs, in opposite position).
3. Point between the eyebrows (one of the thumbs).
4. Inner corner hook of the eyebrow (with index fingers).
5. Dimple above the eyebrow.
6. Side dimple of the eyebrow, near the temple (with the thumbs).
7. In front of the ear, dimple between the temporal and mandible process.
8. Zygomatic area (with the thumbs, four points, two above and two below the cheekbone).
9. Dimples on the side of the nose (with the thumbs).
10. Dimple above the upper lip (one of the thumbs).
11. Central dimple between the lower lip and the chin (one of the thumbs).
12. Side of the mouth (with the thumbs).

