

## Special Hand Therapy

2 times a week

### THERAPY

<b>Cleansing</b>  Cleansing Oil - H0501040	Cleanse the treatment area with <b>Heitland Cleansing Oil</b>
<b>Peeling</b>  Sea Salt - H0200721 Saline Solution- H0501040 Thalasso Peeling - H0207986	1 spoon (about 20 gr.) <b>Sea Salt</b> και 1 spoon (about 20 gr.) <b>Heitland Cleansing Oil</b> with some water OR use <b>Thalasso Peeling</b> for sensitive skin - The quantity of ingredients used also depends from the particular treatment needs.
<b>Thermo Packung</b>  Thermo Packung - H0200721	Apply the Thermo Packung and leave for about 3 minutes only, which you then remove with warm water.
<b>Rooibos Serum</b>	Apply the 1-2ml <b>Rooibos serum</b> and massage lightly.
<b>Cream Reparative</b>  Iontocutin N Cream- HT Mask - H0604000 Super Thermo Modelage - 125558	Apply <b>Iontocutin N Cream</b> and leave on the treatment area.  Cover with gauze  Mix an appropriate amount of either HT Mask or Super Thermo Modelage Mask with the appropriate amount of water.  Apply the mask over the gauze  Let it cool and remove the mask and gauze
<b>Finish</b>  Thalasso Hand - H027087	Finish the therapy by applying <b>Thalasso Hand</b> (also ideal for feet)  <u>SUGGESTION FOR CLIENT:</u> Suggest the use of Thalasso Hand (retail) at Home
<b>Total Therapy Time</b>	About 45 minutes