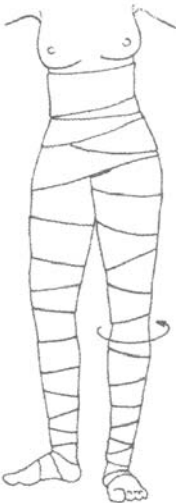


## Thermo Therapy - Actifs Bandage Method

*For treating cellulite, toning tired skin, treating weak connective tissues, reducing fatty layers, detoxifying and draining as a support during dieting  
1 time per week (10 Treatments)*

### Therapy Procedure

<b>Preparation</b>	Cover the beauty chair with a plastic sheet.
<b>Exfoliation</b> Thalasso Sea Salt H0200721  Heitland Cleansing Oil H0501040 or Thalasso Peeling H0207086	Mix 2 spoons of <b>Thalasso Sea Salt</b> with some <b>Heitland Cleansing Oil</b> and some water and mix until it becomes a milky mixture Using your hands spread the mixture over the area to be treated (first the back side) and massage the are, dipping your hands in water at regular intervals.  <i>Instead of using the above salt scrub, one can use one of the ready peelings such as <b>Thalasso Peeling</b>.</i>  Wash off with wet towels.
<b>Prepare Bandages Thalasso Sea Salt</b>  Bandages - H0208809 Sea Salt - H0200721	Soak the bandages in very hot water in which we mix 2 spoons of <b>Sea Salt</b>
<b>Actif Gel</b>  Actif Gel - H0208882	Spread the gel evenly and generously over the legs, bottom, abdomen and hips.
<b>Bandage Wrap</b>  <b>ATTENTION:</b>  Do not use the therapy with highly visible varicose veins, tendency toward thrombosis, very low or high blood pressure , phlebitis, or metabolic disorders. Not to be used during infections with raised temperature, immediately after operations, during pregnancy or if suffering from asthma.	 <p>Wring out the soaked bandages and start wrapping the right leg from the metatarsals upwards (<i>see diagram</i>). Wrap with the bandages held taut and applying light pressure. Then wrap the left leg in exactly the same way. Get the client to lift her bottom and continue wrapping until just below the bust.</p> <p>Now wrap the plastic sheet around the client and cover with a blanket.</p> <p>Allow to work for about 20-30 minutes.</p>
<b>Actif Lotion</b>  Actif Lotion - H0208883	Remove the bandages and gently massage the legs with <b>Actif Lotion</b> working towards the heart.
<b>Total Therapy Time</b>	About 50 minutes

You may wear disposable gloves when using the Active Gel and Lotion.  
We recommend the Active Lotion (H0218883) to the client for home use