



WE CARE FOR YOU

BODY
TRAINING
BOOK
2024

| | | |
|--------------|----------------|---------------|
| CHECK-UP | | |
| 01. RESET | 02. RESTORE | 03. ATTACK |
| BOOST | | |

AROSHA
AESTHETIC SCIENCE





AROSHA
AESTHETIC SCIENCE

| | | |
|--------------|----------------|---------------|
| CHECK-UP | | |
| 01. RESET | 02. RESTORE | 03. ATTACK |
| BOOST | | |

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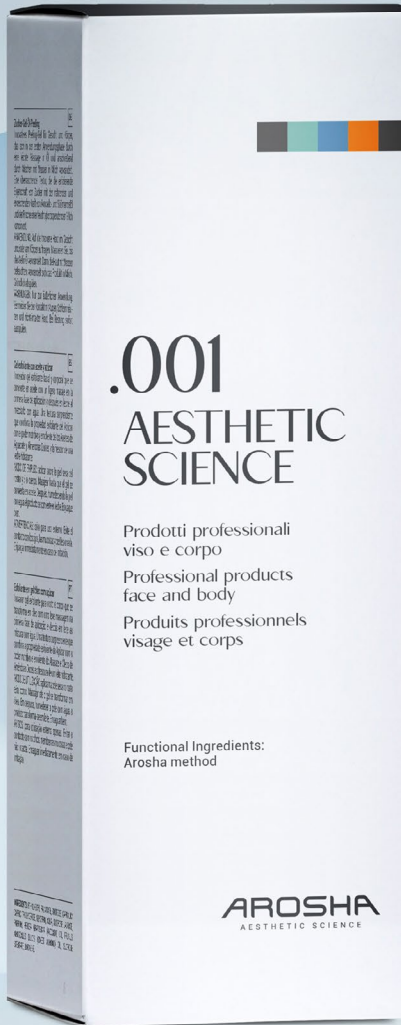
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TO LOVE ONESELF IS THE BEGINNING OF A LIFELONG ROMANCE

Oscar Wilde



.001 AESTHETIC SCIENCE

Prodotti professionali
viso e corpo

Professional products
face and body

Produits professionnels
visage et corps

Functional Ingredients:
Arosha method

AROSHA
AESTHETIC SCIENCE

AROSHA

BRAND MANIFESTO

WE CARE FOR YOU - Beauty

We care for people. Caring for them is our daily commitment.

WE CREATE FOR YOU - Science

Ethics is our guide line in the continuous research for the best quality and effective results. Study, research, development and dedication are the cornerstones of our method. We are more than just products. Investment in research and product development made carried out with professionalism and passion are the key to our success.

WE WORK FOR YOU - Trust

The trust achieved over the years with distributors, beauticians and customers is the basis for the development of our business model.



VISION

To be active and dynamic promoters of a new culture of beauty, with a unique and integrated vision of personal well-being.

MISSION

Based on our effective and distinctive METHOD along with a constant balance between traditional cosmetology and innovative science, we are committed to creating beauty products and professional protocols that offer proven results to our BEAUTY SPECIALISTS, guiding them along a path of guaranteed success.





IN THE NAME OF BEAUTY

Arosha is a Sanskrit word which means "to take care".

There's a solid company behind our brand, built by the founder Antonio Colpani to combine the vision of beauty with an engineering approach, aimed at guaranteeing the achievement of the promises made to distributors, beauticians and customers.

A ten-year history of constant construction of credibility based on commitment and method.

Arosha was born in Bergamo, in the cradle of Italian entrepreneurship, where history and a sense of beauty blend with the humility and resilience of those who build their success on hard work and a sense of responsibility.

On this basis, day by day, we build relationships of mutual trust.

We have chosen to design, produce and market a full range of professional face and body products, introducing ourselves to international markets through a distribution network of dealers capable of absorbing the essence of a brand built on the concept of "giving care".



AROSHA
AESTHETIC SCIENCE

ALL AROUND YOU

A unique, scientific METHOD for face and body where the role of the beauty specialists is increasingly fundamental and to which we want to guarantee:

EFFECTIVENESS

The choice of active ingredients and patented formulas of each product, in perfect combination with treatment protocols and technologies to assure measurable results. This, for AROSHA, is the true aesthetic science.

SIMPLICITY

All AROSHA products are easy to use and guarantee enormous benefits to the beauty specialist: ready-to-use kits, clear protocols, application procedures that do not create any mess within the centre and give the possibility of having your hands free to welcome multiple treatments simultaneously maximizing profits.

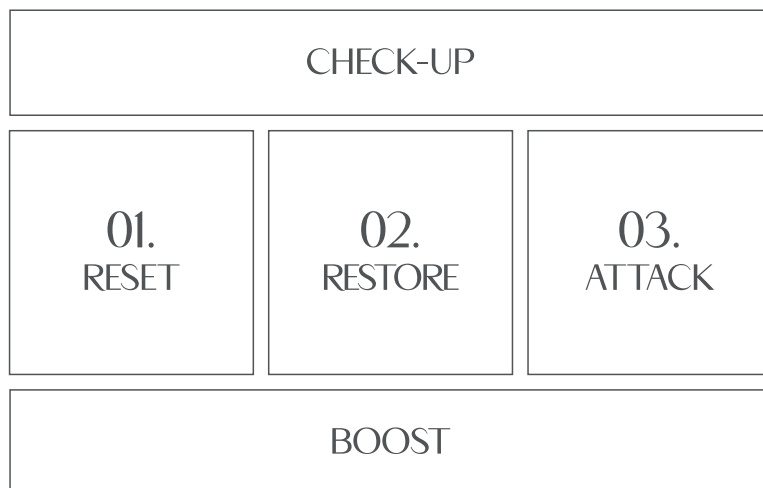
EDUCATION

Training, knowledge and continuous improvement lead us to meet increasing and ambitious end results.



AROSHA

METHOD



Combining science and technology, Arosha has developed a professional, unique and distinctive method:

RESET, RESTORE and ATTACK
constantly supported by CHECK UP and BOOST.

A three-phase strategy, for face and body essential to give oriented results through synergistic actions.



AROSHA METHOD

CHECK-UP

AROSHA
AESTHETIC SCIENCE



Important preparatory action for the Arosha METHOD which is always performed before a treatment. In the AROSHA BEAUTY CENTERS, the customer is guided and supported during the whole programme by means of a PERSONALIZED ANALYSIS and continuous MONITORING of the PROGRESS to assure results.

HOW TO PERFORM THE CHECK-UP

Before any treatment it is important to proceed with a professional analysis of the client's physical condition. The first steps are:

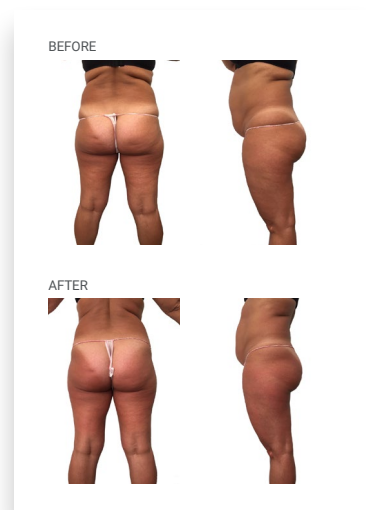
- **Fill in the client data sheet**
- **Evaluate the state of the imperfection**
- **Weigh and measure**



CLIENT DATA SHEET

MEASURES

- Body Measure System
- Tanita Balance
- Graduated Background



ANALYSIS

- Cellulite Detector
- How to recognize cellulite
- Adiposity Detector
- How to recognize localized adiposity

PHOTOS

HOW TO FILL IN THE CLIENT DATA SHEET



QUESTIONNAIRE

Fill it in with the personal details paying particular attention to:

The age: The age group to which the customer belongs is the main starting point to understand and outline the degree of cellulite imperfection without having analysed it yet visually and manually.

The age can already suggest us that:

- A customer under the age of 30, for example, is unlikely to have an advanced cellulite problem (3rd or 4th stage) unless she has suffered a drastic drop in weight loss.
- Young clients will most likely have an oedematous problem distributed on the hips or legs.
- The client in menopause will tend to have problem of a pronounced abdomen or 4th degree cellulite.

By anticipating to the client what his/her problem might be, we give an important sign of experience and professionalism.

Point 2: "Have you previously tried another kind of body treatment programme?"

A client who underwent in past any other body treatments without obtaining satisfactory results, will need to be followed with much more care and attention as she/he will be most unlikely unmotivated; her/ his body, which has already experienced the yo-yo effect several times, will respond more slowly than a new client who is about to

approach a slimming programme for the first time. She/ he will be more open minded, confident and will follow the sessions paying much more attention to your advices for a change in lifestyle, nutrition and use of home care products.

Point 3: "Are you undergoing some medical treatment?"

All possible pathologies must be taken into serious consideration paying the fullest attention. In order to take care of the case accordingly and in the most professional way, always follow such cases with the attending Doctor. More pathologies have the client, the harder it will be to achieve the present goal.

Point 4: "Are you currently taking any medications?"

Taking thyroid medicines, for example, can compromise weight loss. If your client is taking antibiotics or anti-inflammatory medicine, the client tends to increase in weight and volume due to the water retention generated.

Point 11: "Do you practice any sport?"

It's important to encourage customers who do not practice sports to walk at least 20 minutes 3/4 times a day.

Point 12: "Do you follow some controlled diet?"

Ask all customers who are not following a controlled diet to complete a food diary for a week; useful both for the customer who begins to become aware of the quantity and quality of the food consumed as well as for profes-

sional who can get a general picture of the diet of the client.

Beautician is not a nutritionist nor dietitian. She cannot prescribe diets but can provide advices regarding a correct lifestyle and good eating habits.

GENERAL INFORMATION

Decide with the client the goal to be reached. See the example on the following pages.

AREA TO BE TREATED/ TISSUE ANALYSIS

Highlight the areas to be treated. See the example on the following pages.

TREATMENTS IN CABIN

See the example on the following pages.

MEASUREMENTS

This part concerning the measures is to be completed when the customer has decided to start the procedures.

Date: fill in with the date of each treatment.

Hour: fill in with the exact time. From morning to evening, the client could gain weight.

Weight: mark the weight before the start of each treatment. Use the red pen if the customer's weight increased after the last session.

Notes: write in the vertical column indicated with the letter H1, H2, H3.... The height indicated on the body measure system is relative to the area of the body measured. This height will remain the same for all treatments, during maintenance period and next years to come.

H1,H2,H3...: write in the vertical column indicated with the letter H1, H2, H3.... The height indicated on the body measure system is relative to the area of the body measured. This height will remain the same for all treatments, during maintenance period and next years to come.

L1,L2,L3...: write in the columns marked with the letter L the measures in cm of the customer of the 10 areas of the body (right arm, left arm 2, ...) that we need to measure. Use the red pen if customer's cm increased compared to the last session.

Take all the measurements indicated on the customer

data sheet before the first session while during the subsequent treatments take only the measurements of those areas which you will focus on.

During the first treatment it is suggested to take the measures also at the end of the session. In the relative cell we will write next to the letter B (before) the measure before treatment and next to the letter A (after) the measure at the end of treatment. This will serve to show the client that the results are visible from the first treatment. It is possible to add a measurement area apart of all those indicated on the customer data sheet.

For example, if the client comes to the centre focusing since the beginning on cm loss in one area only (abdomen, thighs...) or if the client's imperfection is concentrated particularly on the abdomen, we can add 'abdomen 2' in the empty line at the end of the areas list.

TERMOGRAPHY

Areas: indicate the area under analysis (for example D2, D1).

Type: put a cross on the symbols indicated on the plate to be used.

1/2/3...: write the typology of problem faced (oedema, micronodules, macronodules, etc).

TANITA BODY COMPOSITION READING

Insert the values of the client provided by the Tanita Balance.

TREATMENT CHARACTERISTICS

See the example on the following pages.

**KEEP ALL CUSTOMER DATA SHEET
OVER THE YEARS!**

CLIENT DATA SHEET



First and Last name: **Maria Locatelli**

Address: **via Milano 8**

City: **Prezezzo** Postal code: _____

Phone number: **3356782735**

E-mail: **maria@locatelli.com**

Date of birth: **16/05/1973** Height: _____ Weight: _____ Ideal weight: _____

1. How did you know our beauty center?

Internet Papers Advise Shop windows Other _____

2. Did you have done remodeling treatments in the past? Yes No

If yes when? **2 years ago**

3. Are you under medical treatment? Yes No

If yes, for what reason? _____

4. Are you currently taking any medication? Yes No

If yes, for what reason? _____

5. Do you have any circulation, heart or respiratory problems? Yes No

If yes, are you under medical supervision for this problem? _____

6. Do you have normal blood pressure? Yes No

If not, do you suffer from high or low blood pressure? High Low

Are you receiving medical treatment for this? _____

7. Are you pregnant? Yes No

8. Do you have any allergies? Yes No

If yes, what kind? _____

9. Do you have any other health problems? Yes No

If yes, which ones? _____

10. Have you had any previous health issues in the past? Yes No

If yes, which ones? _____

11. Do you practice any sport? Yes No

If yes, how many times a week? _____

12. Do you follow a controlled diet? Yes No

I am aware that the treatment will be carried out on my own risk and that the direction of this aesthetic centre as well as its staff are not responsible. I have been informed and I have understood all information contained in this brochure, which was provided to me by the centre before the treatment commenced. I confirm that to the best of my knowledge the answers that I have given are correct and that I have not withheld any information that may be relevant to my treatment.

CLIENT'S SIGNATURE _____ DATE _____

All responses in the present questionnaire are for internal use only and will be treated according to the regulated privacy norms.



Watch check-up tutorial on Arosha Official Youtube channel:
<https://m.youtube.com/watch?v=9Dx9yhjoHIQ&feature=youtu.be>

ART001086

CHECK-UP

01.
RESET

02.
RESTORE

03.
ATTACK

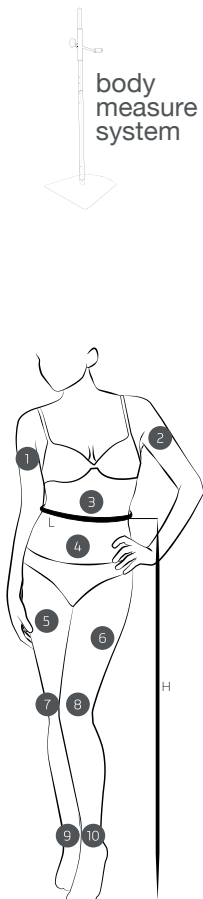
BOOST

TISSUE ANALYSIS

| AREA | STAGE OF CELLULITE* ① ② ③ | ADIPOSIITY THIN/MIXED/THICK | TISSUE TONE GOOD/MEDIUM/WEAK | WATER RETENTION LIGHT/MODERATE/SEVERE |
|-------|------------------------------|--------------------------------|---------------------------------|--|
| Belly | | severe | medium | severe |
| Black | | severe | medium | severe |
| Thigh | 2 | | medium | severe |
| | | | | |
| | | | | |

* ① No cellulite ② Visible only by pinching ③ Visible without pinching only standing ④ Visible without pinching standing and lying down

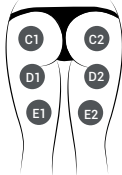
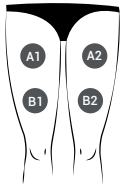
MEASUREMENTS



| Session number | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---------------------------------|----------|--------------------------|--------------------------|------------------------|------------------------|-----------------------|---------------------|---------------------|-----------------------|-----------------------|
| Date | | 01/09/17 | 05/09/17 | 07/09/17 | 11/09/17 | 15/09/17 | 18/09/17 | 21/09/17 | 25/09/17 | 05/10/17 |
| Hour | | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 |
| Weight (kg) | | 81,6 | 81,9 | 81,3 | 79,2 | 77,7 | 77,8 | 76,9 | 76,6 | 76,3 |
| Notes | | | pre-period | | | | pre-period | | | |
| Right arm | ① H1 122 | L1 $\frac{31}{A}$ B | L1 $\frac{31}{A}$ B | L1 $\frac{31}{A}$ B | L1 $\frac{31}{A}$ B | L1 $\frac{31}{A}$ B | L1 $\frac{31}{A}$ B | L1 $\frac{31}{A}$ B | L1 $\frac{31}{A}$ B | L1 $\frac{31}{A}$ B |
| Left arm | ② H2 122 | L2 $\frac{31}{A}$ B | L2 $\frac{31}{A}$ B | L2 $\frac{31}{A}$ B | L2 $\frac{31}{A}$ B | L2 $\frac{31}{A}$ B | L2 $\frac{31}{A}$ B | L2 $\frac{31}{A}$ B | L2 $\frac{31}{A}$ B | L2 $\frac{31}{A}$ B |
| Waist | ③ H3 116 | L3 $\frac{87,5}{86}$ B/A | L3 $\frac{87}{93,5}$ B/A | L3 $\frac{87}{84}$ B/A | L3 $\frac{86}{84}$ B/A | L3 $\frac{85}{A}$ B | L3 $\frac{85}{A}$ B | L3 $\frac{84}{A}$ B | L3 $\frac{83,5}{A}$ B | L3 $\frac{83}{A}$ B |
| Abdomen, belly medium height | ④ H4 111 | L4 $\frac{94}{93}$ B/A | L4 $\frac{94}{A}$ B | L4 $\frac{94}{92}$ B/A | L4 $\frac{90}{A}$ B | L4 $\frac{88,5}{A}$ B | L4 $\frac{88}{A}$ B | L4 $\frac{87}{A}$ B | L4 $\frac{87}{A}$ B | L4 $\frac{86,5}{A}$ B |
| Right thigh medium height | ⑤ H5 81 | L5 $\frac{66}{65,5}$ B/A | L5 $\frac{65,5}{A}$ B | L5 $\frac{65,5}{A}$ B | L5 $\frac{64}{A}$ B | L5 $\frac{63}{A}$ B | L5 $\frac{62}{A}$ B | L5 $\frac{62}{A}$ B | L5 $\frac{63}{A}$ B | L5 $\frac{62,5}{A}$ B |
| Left thigh | ⑥ H6 81 | L6 $\frac{67,5}{67}$ B/A | L6 $\frac{65,5}{A}$ B | L6 $\frac{65}{A}$ B | L6 $\frac{65}{A}$ B | L6 $\frac{63,5}{A}$ B | L6 $\frac{62}{A}$ B | L6 $\frac{62}{A}$ B | L6 $\frac{63}{A}$ B | L6 $\frac{62,5}{A}$ B |
| Right knee | ⑦ H7 60 | L7 $\frac{42,5}{A}$ B | L7 $\frac{A}{A}$ B | L7 $\frac{A}{A}$ B | L7 $\frac{A}{A}$ B | L7 $\frac{A}{A}$ B | L7 $\frac{A}{A}$ B | L7 $\frac{A}{A}$ B | L7 $\frac{A}{A}$ B | L7 $\frac{A}{A}$ B |
| Left knee | ⑧ H8 60 | L8 $\frac{21,5}{A}$ B | L8 $\frac{A}{A}$ B | L8 $\frac{A}{A}$ B | L8 $\frac{A}{A}$ B | L8 $\frac{A}{A}$ B | L8 $\frac{A}{A}$ B | L8 $\frac{A}{A}$ B | L8 $\frac{A}{A}$ B | L8 $\frac{A}{A}$ B |
| Right ankle | ⑨ H9 31 | L9 $\frac{22}{A}$ B | L9 $\frac{A}{A}$ B | L9 $\frac{A}{A}$ B | L9 $\frac{A}{A}$ B | L9 $\frac{A}{A}$ B | L9 $\frac{A}{A}$ B | L9 $\frac{A}{A}$ B | L9 $\frac{A}{A}$ B | L9 $\frac{A}{A}$ B |
| Left ankle | ⑩ H10 31 | L10 $\frac{102}{A}$ B | L10 $\frac{A}{A}$ B | L10 $\frac{A}{A}$ B | L10 $\frac{A}{A}$ B | L10 $\frac{A}{A}$ B | L10 $\frac{A}{A}$ B | L10 $\frac{A}{A}$ B | L10 $\frac{A}{A}$ B | L10 $\frac{A}{A}$ B |

NOTE: B before the treatment / A after the treatment

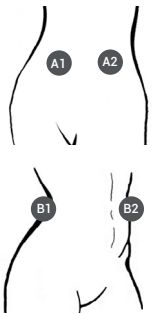
TERMOGRAPHY CELLULITE DETECTOR



| AREAS | TYPE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|-------------|------|-------|-------|---|-------|---|---|---|-------|---|
| Areas A1/A2 | | Edema | Macro | | Macro | | | | Micro | |
| Areas D1/D2 | | Edema | Macro | | Macro | | | | Micro | |
| Areas | | | | | | | | | | |
| Areas | | | | | | | | | | |
| Areas | | | | | | | | | | |
| Notes | | | | | | | | | | |

Please fill only the cells of the treated areas

TERMOGRAPHY ADIPOSITY DETECTOR



| AREAS | TYPE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|----------|------|----------|---|---|---|---|---|---|---|---|
| Areas A1 | | Thin Fat | | | | | | | | |
| Areas | | | | | | | | | | |
| Notes | | | | | | | | | | |

Please fill only the cells of the treated areas

TANITA BODY COMPOSITION READINGS

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|------------------|---|---|---|---|---|---|---|---|---|
| Body fat % | | | | | | | | | |
| Body water % | | | | | | | | | |
| Visceral fat | | | | | | | | | |
| Muscle mass | | | | | | | | | |
| Physique ratings | | | | | | | | | |
| DCI/BMR | | | | | | | | | |
| Metabolic Age | | | | | | | | | |

OFFER: TREATMENTS IN CABIN

| N°TREATMENT | TYPE OF TREATMENT | PRICE |
|-------------|---------------------------------------|-------|
| 4 | pressotherapy with bandages | 320 € |
| 5 | W.S 3.0 + pressotherapy with bandages | 480 € |
| | | |
| | | |
| | TOTAL | 800 € |

OFFER: HOME CARE PRODUCTS

| N°TREATMENT | TYPE OF TREATMENT | PRICE |
|-------------|-------------------------|-------|
| 1 | Body Rescue Drain | 50 € |
| 1 | Body Rescue Pressopants | 62 € |
| | | |
| | | |
| | TOTAL | 112 € |


| | |
|--------------------|--|
| TOTAL CABIN + HOME | |
|--------------------|--|




CLIENT DATA SHEET


Form to record all customer information.



 Cod. Art.: ART001086

 **FUNCTION**

- Collect all customer data during the treatment steps and highlight the results.

 **CHARACTERISTICS**

- A4 format

INFO

Fill in one data sheet for each customer.



BODY MEASURE SYSTEM

Portable measuring system

The Body Measure System is the tool which allows you to easily measure arm, leg and gluteal circumference to easily check the progress of the Arosha treatments. Thanks to the high sliding measuring arm along a graduated scale, it allows you to refind the exact point of a previously taken measurement and so to verify the progress at the same position.



Cod. Art.: ARO900012



FUNCTION

- Portable tool
- Easy to disassemble and assemble
- Precise reading of the measures
- Graduated height scale



CHARACTERISTICS

- Dual measurement system in centimetres and inches.
- Graduated reading scale height from 14 to 150 cm.
- Metal silk-screened structure, portable.
- Dimensions in mm: (W) 400 x (L) 350 x (H) 1550
- Weight: approximately 7,5 kg

INFO

The Body measure system is predisposed to floor installation.
 PACKAGING: Dimensions in mm: (W) 830 x (L) 400 x (H) 170 mm.
 Weight: approximately 8 kg.



TANITA BALANCE

With Bioimpedance analysis (BIA)

The Tanita balance is super compact and lightweight and uses the latest Tanita DualFrequency Bio-electrical Impedance Analysis (BIA) technology to ensure the highest level of accuracy, enabling you to instantly see the impact of your fitness or weight loss programme.



Cod. Art.: ARO900013



FUNCTION

- Auto Recognition
- Recall Function
- Clock, Calendar
- Guest Mode
- Athlete Mode



CHARACTERISTICS

- Two Tier Display
- 5 User Memories
- Compact Design



SPECIFICATIONS

- Weighing Capacity: 150 kg
- Weight Increments: 100 g



MEASUREMENTS

- Weight
- Body Fat %
- Total Body Water %
- Muscle Mass
- Physique Rating
- Bone Mineral Mass
- Basal Metabolic Rate
- Metabolic Age
- Visceral Fat

INFO

Results for up to four users are clearly displayed on a two-line LCD screen and it has an auto-recognition feature so that after you have entered your details, the monitor will recognise you each time you step on.

Available color: white.

Dimensions: (L) 220 x (W) 260 x (H) 40 mm.

Weight: 0,9 kg.



CELLULITE DETECTOR

Contact thermography
encapsulated liquid crystal

Cellulite detector is a contact thermography system protected by an international patent which allows to detect and classify the thermal signs of cellulite, to localize treatment areas which require greater attention and propose to a client all treatment possibilities.



Cod. Art.: ARO900014



SPECIFICATIONS

- 1 Cold plate gradient from 27.3 to 32.1 C°
- 1 Hot plate gradient from 30.3 to 35.1 C°
- Resealable rigid packaging
- User Manual
- Ambient Thermometer



CHARACTERISTICS

- Liquid crystal display microencapsulated
- Flexible PVC Support
- Dimensions of each band: (L) 235 x (H) 140 mm
- Display size: (L) 135 x (H) 110 mm
- Special photographable display



ADVANTAGES

- Immediate adiposity identification
- Easy and localized classification
- Monitoring developments



INSTRUCTIONS

For a correct evaluation of the imperfection, it is necessary to be in a well-lit environment (between 20 and 24 degrees) and apply the plate on the client's dry and clean legs to proceed with both a visual and tactile analysis.

The plate indicates the tissue vascularization and on the basis of both the colors and the type of the spots shown it is possible to identify the type of cellulite present.

It is advisable to always use the related CELLULITE GRADING GUIDE poster to support the evaluation.

INFO

Kit with two Encapsulated Liquid Crystal (E.L.C.) plates having the property to change colour in line with temperature which, when applied to the body surface, change colour and provide a proper "thermal map" of the area. Each colour corresponds to a different temperature, as shown in the reference scale.



CELLULITE GRADING GUIDE

Poster

The guide allows you to recognize and analyze cellulite through a visual and tactile evaluation.

Cod. Art.: ARO001237

CHARACTERISTICS

- Size: 100x70 cm

ADVANTAGES

- First step to identify the degree of cellulite

AROSHA
AESTHETIC SCIENCE

CELLULITE GRADING GUIDE

Cellulite is a dysfunction unable to be solved spontaneously

| 0 GRADE | 1ST GRADE | 2ND GRADE | 3RD GRADE |
|--|---|---|---|
| | | | |
| DESCRIPTION Microcirculation: • High temperature in interstitial • High viscosity of the interstitial fluids • Multiplication and growth of adipocytes. • High density of fibrous connective tissue. • High viscosity of the interstitial fluids • Multiplication and growth of adipocytes. • High density of fibrous connective tissue. • High viscosity of the interstitial fluids • Multiplication and growth of adipocytes. • High density of fibrous connective tissue. | DESCRIPTION Microcirculation: • High temperature in interstitial • High viscosity of the interstitial fluids • Multiplication and growth of adipocytes. • High density of fibrous connective tissue. • High viscosity of the interstitial fluids • Multiplication and growth of adipocytes. • High density of fibrous connective tissue. | DESCRIPTION Microcirculation: • High temperature in interstitial • High viscosity of the interstitial fluids • Multiplication and growth of adipocytes. • High density of fibrous connective tissue. • High viscosity of the interstitial fluids • Multiplication and growth of adipocytes. • High density of fibrous connective tissue. | DESCRIPTION Microcirculation: • High temperature in interstitial • High viscosity of the interstitial fluids • Multiplication and growth of adipocytes. • High density of fibrous connective tissue. • High viscosity of the interstitial fluids • Multiplication and growth of adipocytes. • High density of fibrous connective tissue. |
| When Appears • Only young women • Woman with android physiology | When Appears • Age: 20-30 years • Sedentary lifestyle • Incorrect nutrition | When Appears • Age: 30-45 years • Sedentary lifestyle • Incorrect nutrition | When Appears • Age: 40-50 years • Sedentary lifestyle • Incorrect nutrition |
| Where Appears • Hips • Outside surface of the thighs (bustles de cheval) • Ankles and calf • Buttocks • Inside of the knee • Arms | Where Appears • Hips • Outside surface of the thighs (bustles de cheval) • Ankles and calf • Buttocks • Inside of the knee • Arms | Where Appears • Outside surface of the thighs (bustles de cheval) • Buttocks • Ankles • Inside of the knee • Arms | Where Appears • Ankle and calf • Thighs, internal thighs • Buttocks • Arms • Groin • Back |
| Thermography Analysis Uniform image -> Absence of cellulite | Thermography Analysis Hypothermic patches, with 30-40° edges (presence of blood vessels surrounded by cooler fatty microcirculation fluid). Hotter image -> oedematous cellulite | Thermography Analysis Numerous hypothermic patches (blood vessels) with sharp edges, distributed irregularly in a peripheral (not area microcirculation). Lighter skin image -> fibrous cellulite (microcirculation) | Thermography Analysis Black on black surface (hypothermic, microcirculation) adjacent to hyperthermal patches of various size (blood vessels, cold). Black hole thermographic image -> sclerotic cellulite (microcirculation) |
| Visual Analysis • Issue in good condition | Visual Analysis • Soft and dry skin • Swelling tissue, oedematous tissue • Soft electrostatic • Woman with android physiology • No dimpling when the person is standing | Visual Analysis • Oedematous dimpling (Microcirculation appears) when the person is standing, but it is no longer visible when lying down • Dry skin | Visual Analysis • Oedematous dimpling (Microcirculation appears) when the person is standing and lying • Purple color • Purple color |
| Tactile Analysis The punch test reveals: • "Ribs and furrows" • No mattress-like appearance | Tactile Analysis The punch test reveals: • Soft mattress-like appearance • Tight pain • Hypothermia | Tactile Analysis The punch test reveals: • Mattress-like appearance • Microcirculation • Pain • Hot skin temperature where blood is present • Cold feet | Tactile Analysis The punch test reveals: • Hypothermia • Hard • Cold feet • Thick skin • Areas with empty tissue |



ADIPOSIITY DETECTOR

Contact thermography encapsulated liquid crystal

Adiposity Detector is a contact thermography system protected by an international patent which allows to detect and classify the thermal signs of localized adiposity, to identify treatment areas which require greater attention and propose to a client all treatment possibilities.



Cod. Art.: ARO900020



SPECIFICATIONS

- 1 Cold plate gradient from 27.3 to 32.1 C°
- 1 Hot plate gradient from 30.3 to 35.1 C°
- Resealable rigid packaging
- User Manual
- Ambient Thermometer



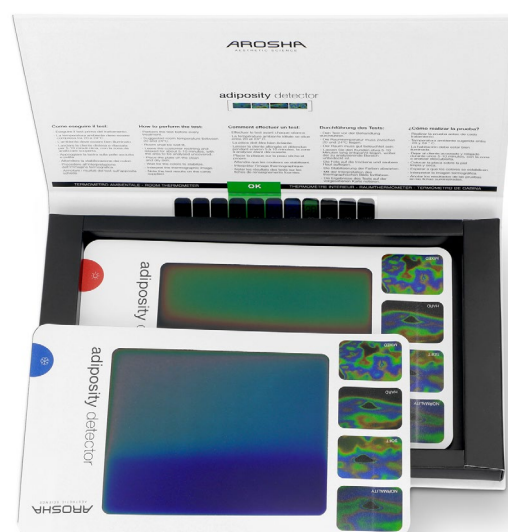
CHARACTERISTICS

- Liquid crystal display microencapsulated
- Flexible PVC Support
- Dimensions of each band: (L) 235 x (H) 140 mm
- Display size: (L) 135 x (H) 110 mm
- Special photographable display



ADVANTAGES

- Immediate adiposity identification
- Easy and localized classification
- Monitoring developments



INSTRUCTIONS

For a correct evaluation of the imperfection, it is necessary to be in a well-lit environment (between 20 and 24 degrees) and apply the plate on the client's dry and clean abdomen to proceed with both a visual and tactile analysis.

The plate indicates the tissue vascularization and on the basis of both the colors and the type of the spots shown it is possible to identify the type of adiposity present.

It is advisable to always use the related LOCALIZED ABDOMINAL ADIPOSIITY GRADING GUIDE poster to support the evaluation.

INFO


Kit with two Encapsulated Liquid Crystal (E.L.C.) plates having the property to change colour in line with temperature which, when applied to the body surface, change colour and provide a proper "thermal map" of the area. Each colour corresponds to a different temperature, as shown in the reference scale.




LOCALIZED ABDOMINAL ADIPOSITY GRADING GUIDE


Poster

The guide allows you to recognize and analyze abdominal localized adiposity through a visual and tactile evaluation.

 Cod. Art.: ARO001238

 **CHARACTERISTICS**

- Size: 100x70 cm

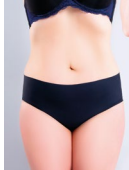
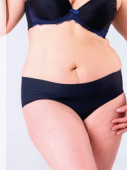


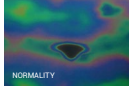
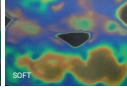
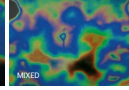
 **ADVANTAGES**

- First step to identify the degree of localized abdominal adiposity

AROSHA
AESTHETIC SCIENCE

LOCALIZED ABDOMINAL ADIPOSITY GRADING GUIDE

Localized adiposity is a blemish due to the accumulation of fat in specific areas of the body

| | | | |
|--|---|--|---|
|  |  |  |  |
| NATURAL FAT | THIN FAT | THICK FAT | MIXED FAT |
| <p>Description</p> <ul style="list-style-type: none"> ■ The tissue maintains its physiological functions ■ It is configured as a natural layer present in the subcutis ■ Does not require LIPOLYTIC actions (Setics, treatments) ■ Normally present in all subjects | <p>Description</p> <ul style="list-style-type: none"> ■ The physiological processes of LIPOLYSIS and LIPOGENESIS begin to slow down ■ Tissue easily responsive to LIPOLYTIC actions ■ The volume of adipocytes begins to increase (HYPERTROPHY) | <p>Description</p> <ul style="list-style-type: none"> ■ The physiological processes of LIPOLYSIS and LIPOGENESIS are altered ■ Tissue requires integrated and intensive lipolytic actions ■ Alterations in number and volume of ADIPOCYTES (HYPERTROPHY, HYPERTROPLASIA) | <p>Description</p> <ul style="list-style-type: none"> ■ Tissue characterized by alternating thick and thin areas ■ The physiological processes of LIPOLYSIS and LIPOGENESIS are altered ■ The tissue requires lipolytic actions ■ Alterations in number and volume of ADIPOCYTES (HYPERTROPHY, HYPERTROPLASIA) |
| <p>Main Favoring Factors</p> <ul style="list-style-type: none"> ■ Advancing age ■ Incorrect feeding ■ Genetic predisposition | | | |
| Thermography Analysis | Thermography Analysis | Thermography Analysis | Thermography Analysis |
|  |  |  |  |
| <p>NORMALITY</p> <ul style="list-style-type: none"> ■ Image with green, purple, light blue and blue spots layer of natural fat | <p>SOFT</p> <ul style="list-style-type: none"> ■ Ocher / light brown spots image. Imagine thin layer of fat | <p>HARD</p> <ul style="list-style-type: none"> ■ Image with predominantly dark brown and black spots / areas thick layer of fat | <p>MIXED</p> <ul style="list-style-type: none"> ■ Image with ocher / light brown spots and dark brown and black areas layer of mixed fat |
| Tactile Analysis | Tactile Analysis | Tactile Analysis | Tactile Analysis |
| <ul style="list-style-type: none"> ■ The "pinch test" with detachment lifts a fold of skin too thin to be treated | <ul style="list-style-type: none"> ■ The "pinch test" with detachment is carried out without resistance of the underlying tissue which tends to be SOFT to the touch | <ul style="list-style-type: none"> ■ The "pinch test" with detachment maneuver reveals resistance of the underlying fabric which tends to be HARD to the touch | <ul style="list-style-type: none"> ■ The "pinch test" reveals areas where the detachment maneuver finds resistance from the underlying tissue and areas where the same maneuver is smoother |



GRADUATED BACKGROUND

Practical photographic backdrop designed to create the best and most precise "before" and "after" photographs.

To check and have a visual report of the improvement and the results obtained over time, have the client position in front of the background and take a picture before the first treatment and after the last treatment always in the same position, under the same light, in 4 positions: front, back, right side, left side.



Cod. Art.: AR0001205



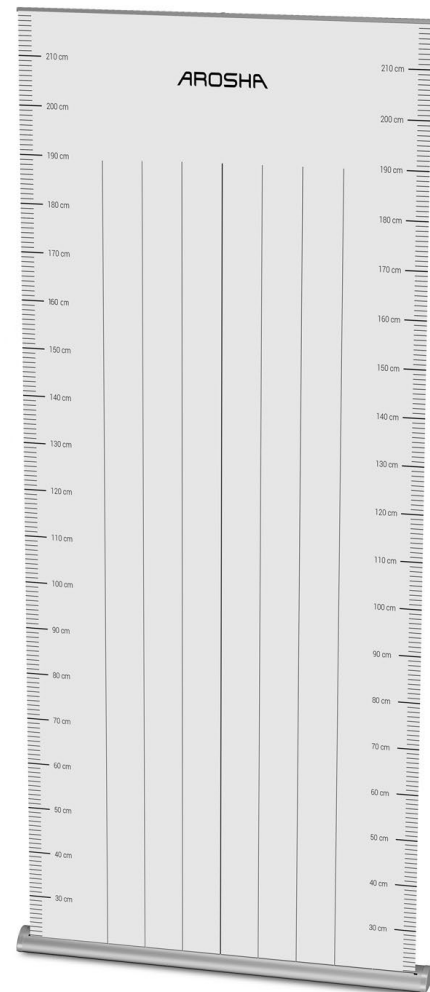
FUNCTION

- Tool designed to photograph the customer



CHARACTERISTICS

- Material: TNT



INFO

Dimensions: (L) 100 x (H) 200 cm

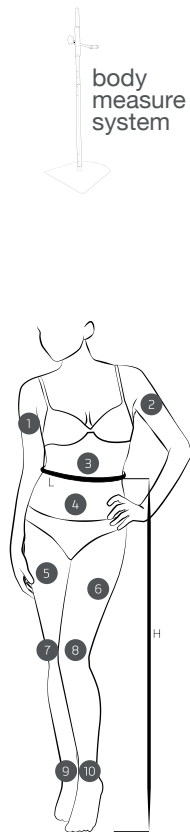
BEFORE



AFTER



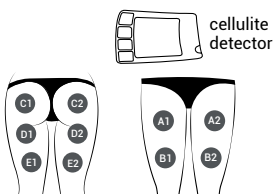
MEASUREMENTS



| Session number | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---------------------------------|----------|---------------------|---------------------|---------------------|-------------------|------------------|------------------|------------------|------------------|------------------|
| Date | | 29/09/17 | 05/10/17 | 09/10/17 | 13/10/17 | | | | | |
| Hour | | 10:30 | 10:30 | 09:30 | 10:30 | | | | | |
| Weight (kg) | | 75,4 | 75,0 | 75,1 | 73,4 | | | | | |
| Notes | | | | pre-period | | | | | | |
| Right arm | ① H1 | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ |
| Left arm | ② H2 | L2 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ |
| Waist | ③ H3 | L3 $\frac{82}{A}$ | L1 $\frac{81}{A}$ | L1 $\frac{82}{A}$ | L1 $\frac{81}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ |
| Abdomen, belly medium height | ④ H4 | L4 $\frac{87}{A}$ | L1 $\frac{86}{A}$ | L1 $\frac{86}{A}$ | L1 $\frac{84}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ |
| Right thigh medium height | ⑤ H5 | L5 $\frac{62}{A}$ | L1 $\frac{61,5}{A}$ | L1 $\frac{62}{A}$ | L1 $\frac{61}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ |
| Left thigh | ⑥ H6 | L6 $\frac{62,5}{A}$ | L1 $\frac{62}{A}$ | L1 $\frac{62,5}{A}$ | L1 $\frac{61}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ |
| Right knee | ⑦ H7 | L7 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ |
| Left knee | ⑧ H8 | L8 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ |
| Right ankle | ⑨ H9 31 | L9 $\frac{22}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ |
| Left ankle | ⑩ H10 31 | L10 $\frac{102}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ |
| Abdomen 2 | H11 102 | L11 $\frac{96}{A}$ | L1 $\frac{93}{A}$ | L1 $\frac{93}{A}$ | L1 $\frac{91}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ | L1 $\frac{B}{A}$ |

NOTE: B before the treatment / A after the treatment

TERMOGRAPHY CELLULITE DETECTOR



| AREAS | TYPE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|-------------|-------|-------|-------|---|-------|---|---|---|-------|---|
| Areas A1/A2 | ☀️ ❄️ | Edema | Macro | | Macro | | | | Micro | |
| Areas D1/D2 | ☀️ ❄️ | Edema | Macro | | Macro | | | | Micro | |

TANITA BODY COMPOSITION READINGS

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|------------------|---|---|---|---|---|---|---|---|---|
| Body fat % | | | | | | | | | |
| Body water % | | | | | | | | | |
| Visceral fat | | | | | | | | | |
| Muscle mass | | | | | | | | | |
| Physique ratings | | | | | | | | | |
| DCI/BMR | | | | | | | | | |
| Metabolic Age | | | | | | | | | |

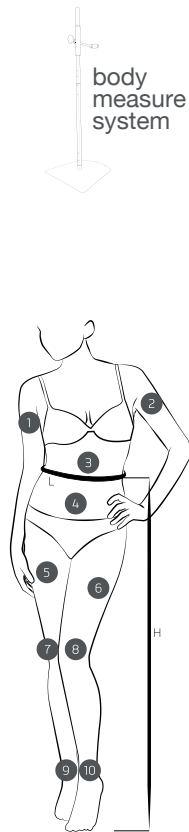
BEFORE



AFTER



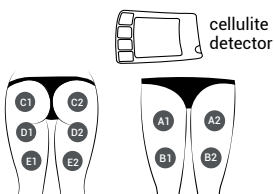
MEASUREMENTS



| Session number | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---------------------------------|----------|--------------------------|-----------------------|-------------------------|------------------------|-----------------------|-----------------------|---------------------|-----------------------|-----------------------|
| Date | | 01/09/17 | 05/09/17 | 07/09/17 | 11/09/17 | 15/09/17 | 18/09/17 | 21/09/17 | 25/09/17 | 05/10/17 |
| Hour | | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 | 10:30 |
| Weight (kg) | | 81,6 | 81,9 | 81,3 | 79,2 | 77,7 | 77,8 | 76,9 | 76,6 | 76,3 |
| Notes | | | pre-period | | | | pre-period | | | |
| Right arm | ① H1 122 | L1 <u>31</u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A |
| Left arm | ② H2 122 | L2 <u>31</u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A |
| Waist | ③ H3 116 | L3 <u>87,5</u> B 86 A | L1 <u>87</u> B A | L1 <u>87</u> B 84 A | L1 <u>86</u> B 84 A | L1 <u>85</u> B A | L1 <u>85</u> B A | L1 <u>84</u> B A | L1 <u>83,5</u> B A | L1 <u>83</u> B A |
| Abdomen, belly medium height | ④ H4 111 | L4 <u>94</u> B 93 A | L1 <u>93,5</u> B A | L1 <u>94</u> B 92 A | L1 <u>90</u> B A | L1 <u>88,5</u> B A | L1 <u>88</u> B A | L1 <u>87</u> B A | L1 <u>87</u> B A | L1 <u>86,5</u> B A |
| Right thigh medium height | ⑤ H5 81 | L5 <u>66</u> B 65,5 A | L1 <u>65,5</u> B A | L1 <u>65,5</u> B A | L1 <u>64</u> B A | L1 <u>63</u> B A | L1 <u>62</u> B A | L1 <u>62</u> B A | L1 <u>63</u> B A | L1 <u>62,5</u> B A |
| Left thigh | ⑥ H6 81 | L6 <u>67,5</u> B 67 A | L1 <u>65,5</u> B A | L1 <u>66,5</u> B A | L1 <u>65</u> B A | L1 <u>63,5</u> B A | L1 <u>62</u> B A | L1 <u>62</u> B A | L1 <u>63</u> B A | L1 <u>62,5</u> B A |
| Right knee | ⑦ H7 60 | L7 <u>43</u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A |
| Left knee | ⑧ H8 60 | L8 <u>42,5</u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A |
| Right ankle | ⑨ H9 31 | L9 <u>21,5</u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A |
| Left ankle | ⑩ H10 31 | L10 <u>22</u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A | L1 <u> </u> B A |
| Abdomen 2 | H11 102 | L10 <u>102</u> B A | L1 <u>102</u> B A | L1 <u>102</u> B 97 A | L1 <u>98</u> B A | L1 <u>96</u> B A | L1 <u>95,5</u> B A | L1 <u>94</u> B A | L1 <u>96</u> B A | L1 <u> </u> B A |

NOTE: B before the treatment / A after the treatment

TERMOGRAPHY CELLULITE DETECTOR



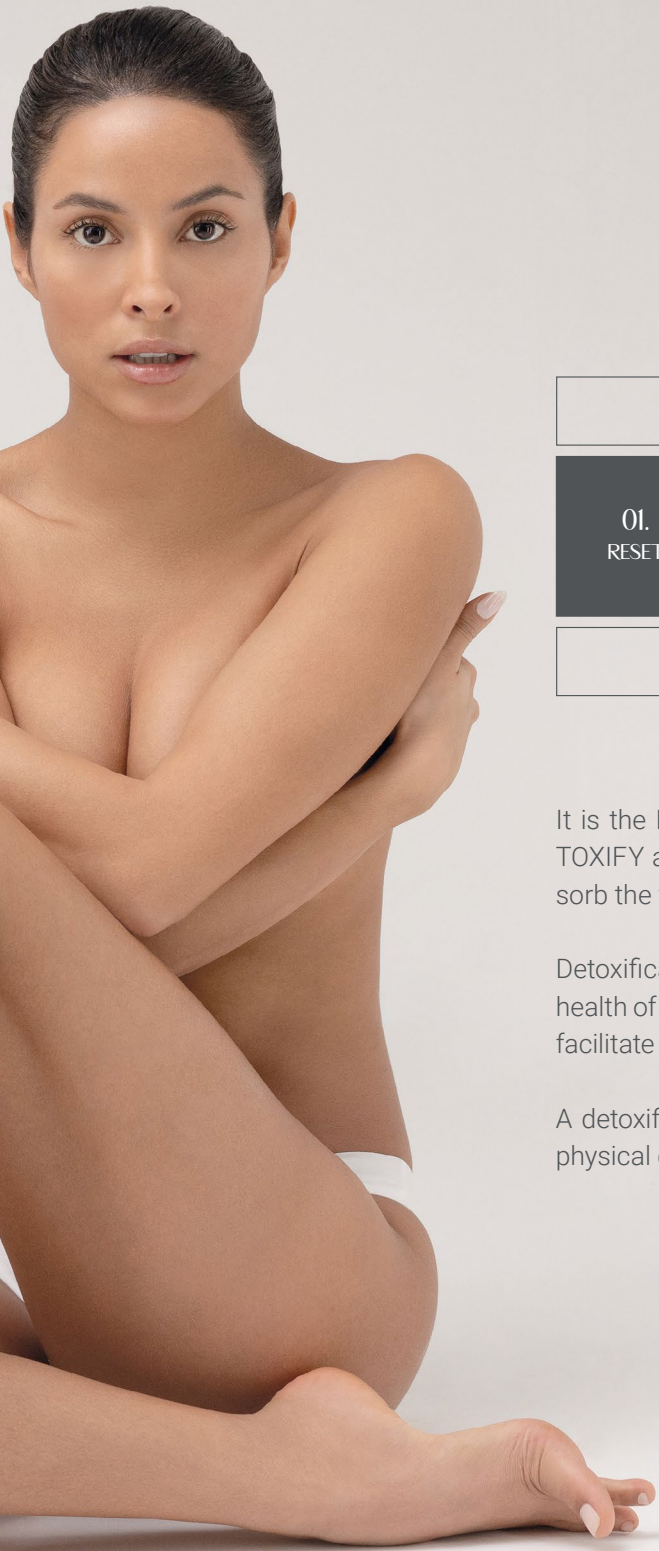
| AREAS | TYPE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|-------------|-------|-------|-------|---|-------|---|---|---|-------|---|
| Areas A1/A2 | ☀️ ❄️ | Edema | Macro | | Macro | | | | Micro | |
| Areas D1/D2 | ☀️ ❄️ | Edema | Macro | | Macro | | | | Micro | |

TANITA BODY COMPOSITION READINGS

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|------------------|---|---|---|---|---|---|---|---|---|
| Body fat % | | | | | | | | | |
| Body water % | | | | | | | | | |
| Visceral fat | | | | | | | | | |
| Muscle mass | | | | | | | | | |
| Physique ratings | | | | | | | | | |
| DCI/BMR | | | | | | | | | |
| Metabolic Age | | | | | | | | | |

RESET





It is the FIRST PHASE of the METHOD, essential to OXYGENATE, DETOXIFY and thoroughly PURIFY the skin, thus preparing it to better absorb the functional substances of subsequent treatments.

Detoxification and oxygenation are two very important actions for the health of the body, as they stimulate the elimination of excess toxins and facilitate the functioning of the lymphatic system.

A detoxified body is the essential starting point for achieving the best physical condition.

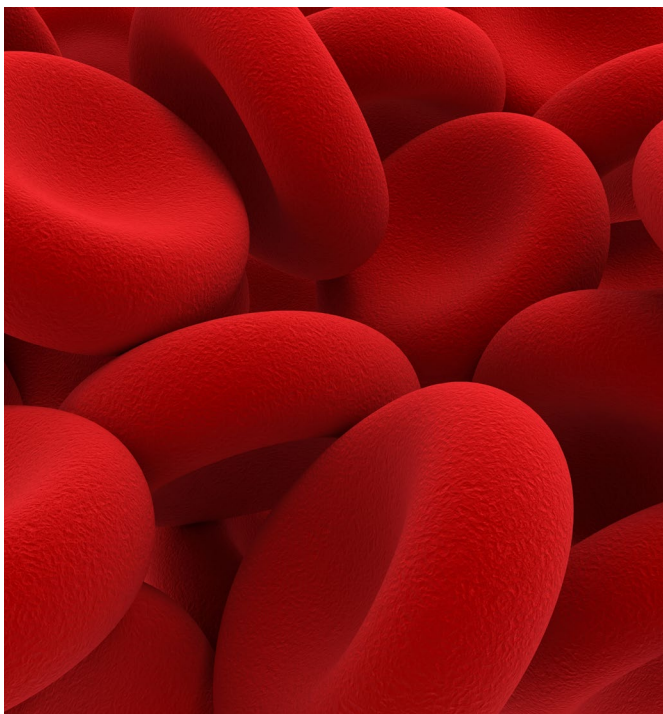
DETOXIFICATION & OXYGENATION

The importance of regularly purifying the body is often underestimated, but DETOXIFICATION is a very important practice for our health. Many problems, disorders, and imperfections have their main cause precisely in an exaggerated accumulation of TOXINS.

A body that is detoxified and in excellent shape is therefore the basic starting point for a good physical condition.

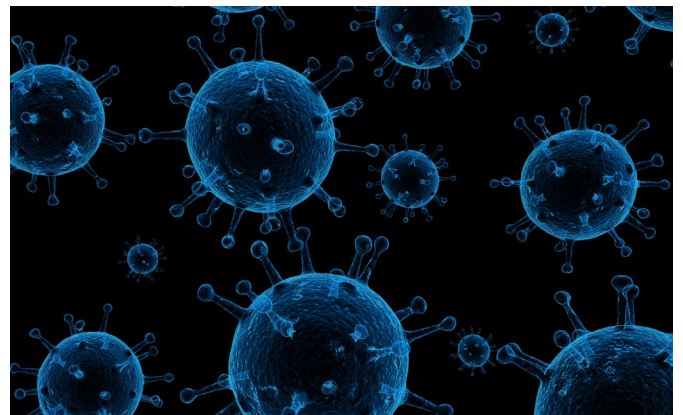
Through detoxification:

- the body is regenerated eliminating damage due to free radicals;
- tissues are freed of toxins;
- the skin's immune defences are reinforced;
- the cells are revitalised.



WHAT ARE TOXINS?

By its own nature and metabolic function, the human body produces toxins within itself and introduces them from without.

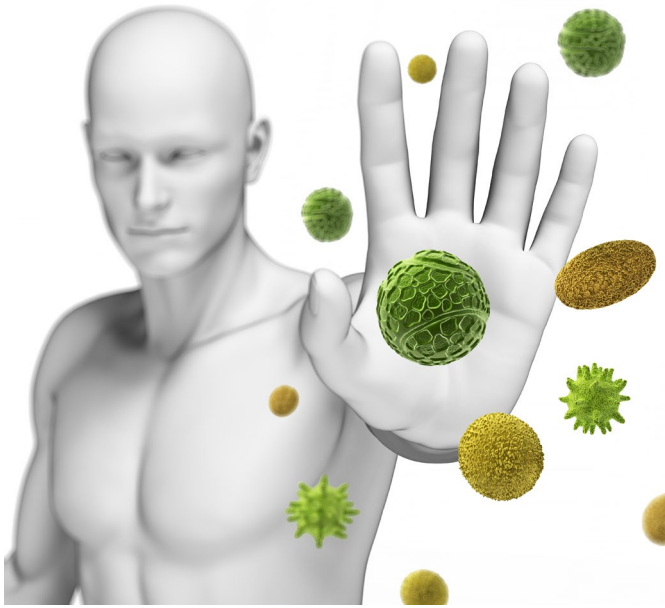


Exogenous toxins can be found in the air, water, food, medicines, cosmetics, smoking, or can even originate in stressful conditions. This category includes heavy metals (nickel, cadmium, lead, aluminium) and substances such as alcohol, nicotine, exhaust gases, industrial waste, pesticides, herbicides, food additives, solvents, medicines, and intoxicants.

Endogenous toxins are found in the body and are waste substances originating from the metabolic processes of millions of cells or by-products of harmful and pathogenic organisms absorbed in the intestine. If not digested properly, foods can fuel the growth of yeasts, hostile bacteria and other organisms that proliferate in the digestive system.

Toxins are toxic substances capable of harming one's health and for this reason they are managed by the human body so as to be removed from the vital centres (organs) and made inert.

Managing toxins with a good and constant detoxification is not only an aesthetic matter but, in an even broader sense, also one of health.



WHAT DOES DETOXIFICATION MEAN?

Detoxification consists of stimulating a process of filtration of “humoral” liquids resulting in the elimination of toxins through the various emunctory organs, or rather, all those organs involved in the detoxification processes of the body, such as the liver, intestines, kidneys, lungs and skin.

Our body possesses various mechanisms to protect itself against toxins:

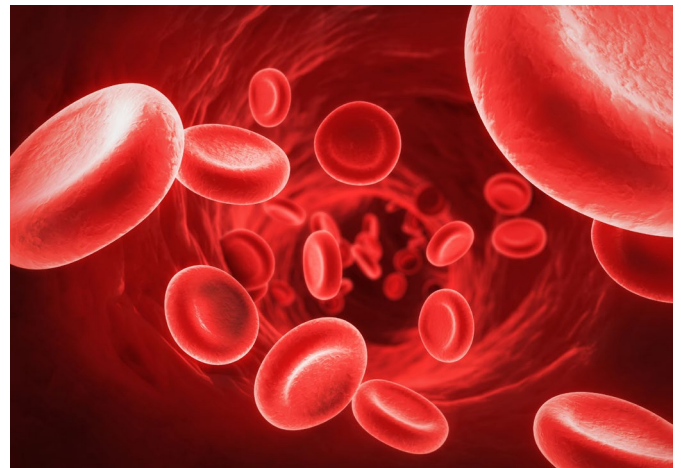
- the integrity of the epithelia digestive secretions;
- the immune system which monitors the presence of foreign substances in the body;
- the various enzymatic systems that allow toxins to be eliminated through sweat, respiration, bile, urine and faeces.

Often the defensive capacity of these protective mechanisms is compromised by an excessive accumulation of toxins. We are therefore witnesses to a dramatic increase in circulating toxic substances with consequent alteration of the physiological mechanisms of detoxification, causing damage to tissues and DNA.

WHY IS DETOXIFICATION NECESSARY?

When the quantity of toxins is in excess with respect to our body’s ability to dispose of them through our emunctory organs, they remain in circulation, depositing themselves (especially fat-soluble toxins) in adipose tissue but also in other organs (brain, kidneys, immune system); in this manner, they slow down our bodily functions greatly.

The skin as an emunctory organ retains many toxins, as the hypodermis is composed of cells which specialise in being “warehouses”. In this way, the integumentary system frees vital organs such as the heart, lungs, and liver of toxins, whose survival would be undermined were they constantly surrounded by these.



It should be emphasized, however, that excessive intoxication of the integumentary organ, based on subjective predispositions, may cause other very common imperfections such as cellulite and orange peel skin, water retention, premature ageing, rosacea, dry skin, etc.

It is for these reasons that one should regularly undergo a cycle of specific DETOXIFYING treatments aimed at simultaneously stimulating the main elimination pathways, thus helping the body in its daily purification activity.

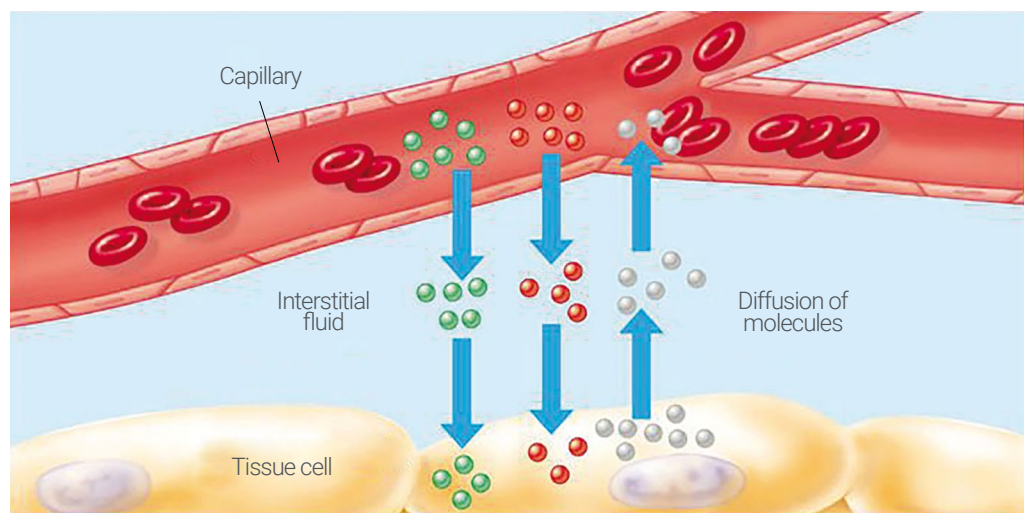
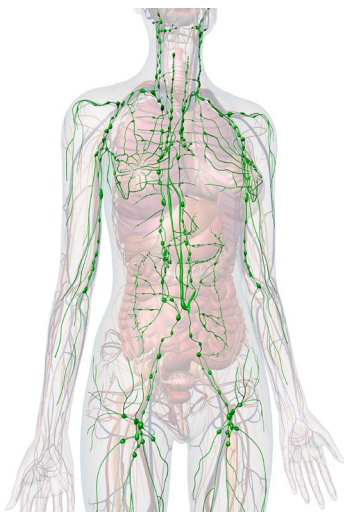
WHAT IS THE CORRELATION BETWEEN MICROCIRCULATION AND TOXINS?

The lymphatic system also known as the cardiovascular system, consists of a closed system of vessels (capillaries, vessels, ganglia) that are blind-ended. Its main responsibility is to collect through the lymph all the waste materials of cellular metabolism (toxins) coming from the various tissues and subsequently, through the lymphatic trunks, introduce them into the venous blood where they are transported to the emunctory organs, in particular the kidneys.

Lymph, unlike blood, does not have a pump that guarantees movement, but it is favoured by the capillary pressure exerted through motor activity. By doing low-impact

aerobic exercise, such as walking, the muscle activity functions as a pump for venous blood and lymph. By contracting themselves, the muscles exert pressure on the capillaries and lymphatic and venous vessels, a true compression that favours the movement of lymph and the ascent of venous blood towards the heart.

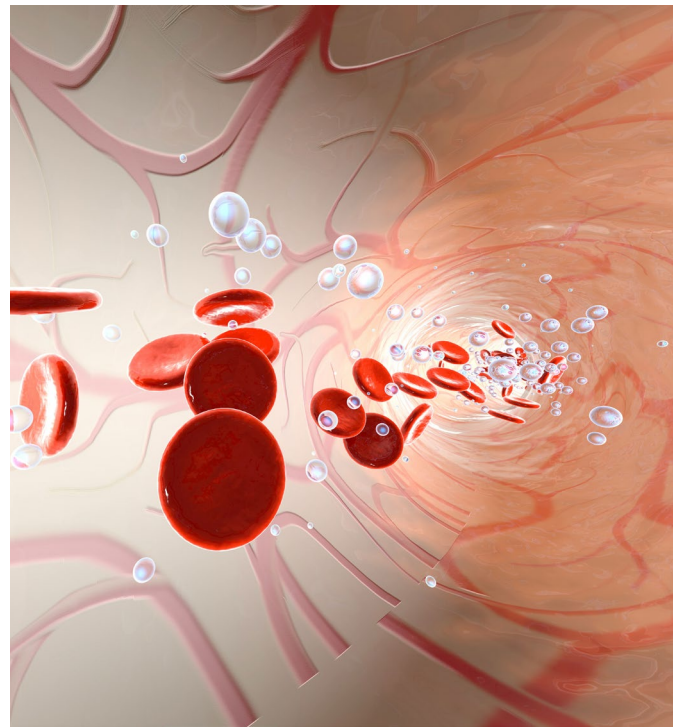
The two systems, venous and lymphatic, are therefore closely interconnected and, where abnormalities are present, the liquids can stagnate causing, on the one hand, swelling and oedema of the soft tissues definable as water retention and on the other, an accumulation of toxins and metabolites in the extracellular spaces.



WHAT ROLE DOES OXYGENATION PLAY?

A properly functioning lymphatic system is also fundamental to ensuring the exchanges between the plasma and the interstitial fluid and consequently to ensure the proper oxygenation of cells and tissues as well as the supply of all the elements necessary for their sustenance. It is worth mentioning that the arteries are the blood vessels that go from the heart to the tissues where they are progressively reduced in diameter until they become capillaries. The capillaries have very thin walls with or without pores to allow the exchange, mainly by simple diffusion, of water, gases and solutes from the plasma to the interstitial liquid.

The diffusion mechanism becomes less efficient when edema is present because the large amount of interstitial fluid increases the distance between the tissues and the capillary, which is why it is essential to ensure that microcirculation properly functions and prevent liquids from stagnating.



FOCUS

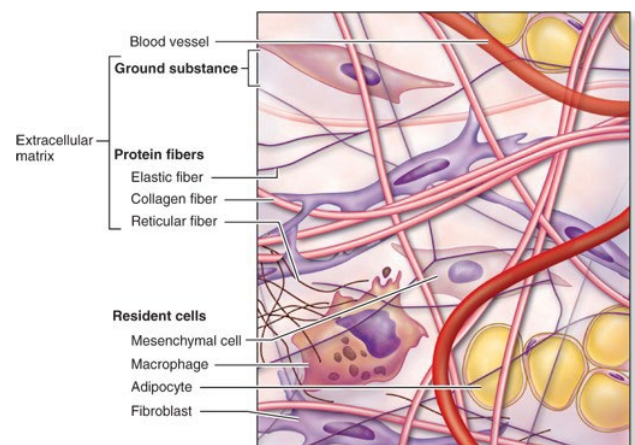
DERMIS

The dermis is located under the epidermis. It is made up of connective tissue organized into two main layers: a superficial (or papillary) layer and a deep (or reticular) layer.

The main components of this connective tissue are:

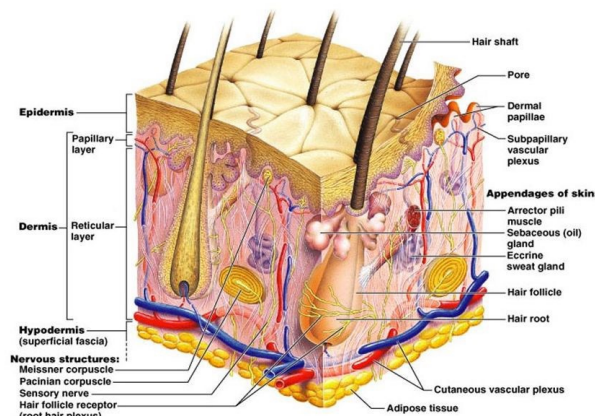
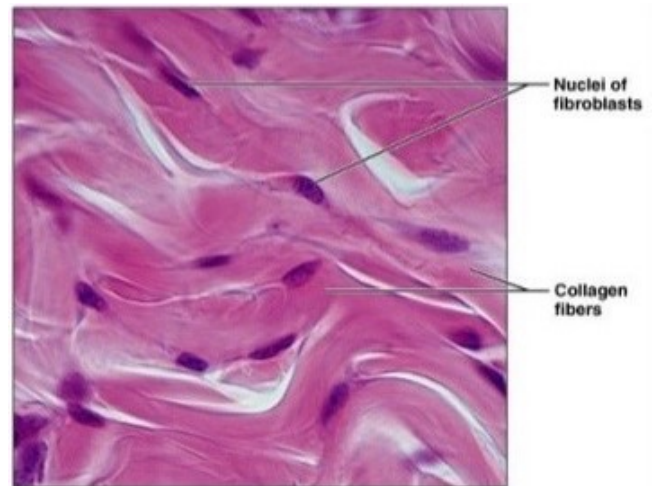
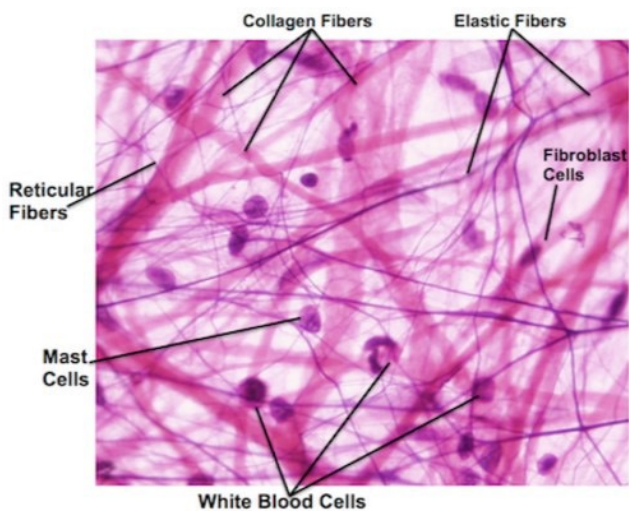
- Fibroblast: fixed cells, very abundant, synthesize and secrete protein units that bind to form the large extracellular fibers. They also secrete hyaluronic acid responsible for the viscosity of the fundamental substance.
- Macrophages, lymphocytes and mast cells, defence cells that intervene in response to tissue damage or infection;
- Adipocytes: large cell containing a lipid drop;
- Collagen fibers: tightly intertwined protein units, very flexible and very resistant when stretched at the ends;
- Reticular fibers: thinner fibers that form a branched, hard and flexible structure;
- Elastic fibers: contain elastin, ramified and wavy,

- capable after stretching to go back to their original length;
- Mesenchymal cells, stem cells capable of differentiating into other connective cells as needed.



The papillary layer of the dermis consists of loose connective tissue, which contains all the types of cells typical of connective tissue, largely filled by fundamental substance; separates the skin from the deeper layers and also contains capillaries and the sensitive nerve network.

The reticular layer is an irregular dense reticulum that surrounds blood vessels, glands, nerves, follicles. Hence groups of collagen fibers go back to the papillary dermis and extend into the underlying subcutaneous layer so that there are no clear demarcation lines between these different layers.



CIRCULATORY SYSTEM

The circulatory system is the set of organs dedicated to the transport of blood and lymph that have the primary task of bringing the necessary elements to their livelihood to the cells of the organism.

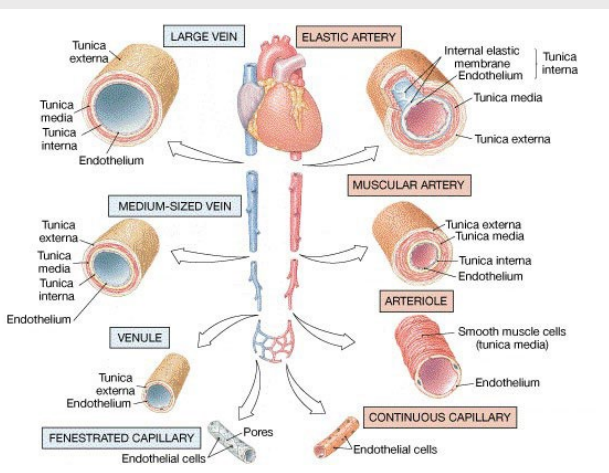
In the human being and in all vertebrates, the heart is the propulsive organ of the blood and constitutes the central element of the apparatus, which also includes the blood vessels and the lymphatic vessels.

The arteries are the blood vessels that go from the heart to the tissues, the veins are the vessels that collect blood from the periphery and bring it back

to the heart. Moving away from the heart, the blood vessels branch out and progressively reduce in diameter to become capillaries.

The capillaries present very thin walls with the presence or absence of pores and allow the exchange of water, gas and solutes from the plasma to the interstitial liquid. The capillary wall is made up of endothelial cells able to free different types of substances that can act at a distance, on nearby cells or on the same cell that produced them. The substances produced by the endothelium include vasoactive

compound, growth factors, inflammation mediators, extracellular substance molecules, haemostatic system proteins, enzymes. Through this wide range of compounds the endothelium intervenes in the control of vessel homeostasis, inflammation, immunity, haemostasis and carries out a series of important metabolic functions.

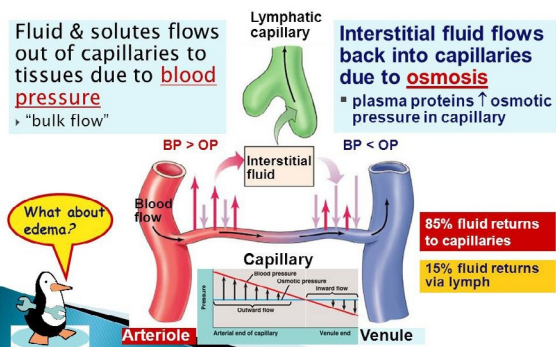


Exchanges of substances from capillaries to cells can be essentially of three types:

A) DIFFUSION:

net movement of molecules from the point of greater concentration towards the one with a lower concentration until the molecules are uniformly distributed. Most of the exchanges between plasma and intersti-

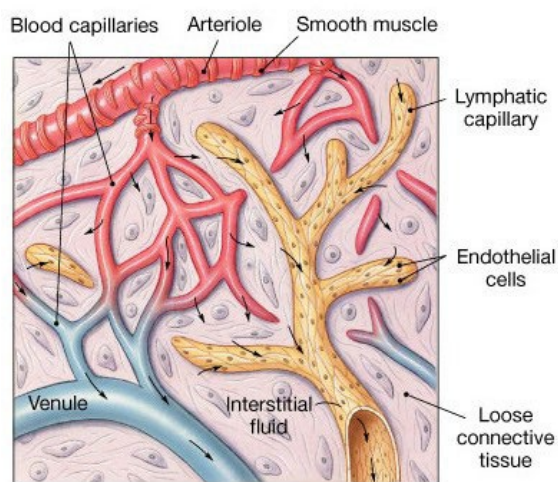
Exchange across capillary walls



tial liquid take place by simple diffusion and involve substances such as gas ions, molecules with low molecular weight. The diffusion mechanism becomes less efficient in the presence of edema, because the high amount of interstitial fluid increases the distance between the tissues and the capillary.

B) FILTRATION-ABSORPTION:

Filtration is defined as the passage of water and substances towards the outside of the capillaries while the movement in the opposite direction is called absorption. The regulation of this flow depends on three factors: hydraulic or hydrostatic pressure, oncotic or colloid-osmotic pressure (recall of water from less concentrated zone of proteins to zone with higher protein content) and permeability of the endothelial wall. Total filtration is usually higher than absorption. The return of the liquid lost from the capillary system to the systemic circulation is one of the functions of the lymphatic system. The lymphatic system does not have a pump similar to the heart. The skeletal muscle pump plays a fundamental role in the lymphatic flow. Edema is a sign that normal capillary-lymphatic exchange is impaired due to ina-



dequate lymphatic drainage or excessive capillary filtration. The edema can be caused by an increase in hydrostatic pressure, for example due to venous stasis, or by a reduction in colloid-osmotic pressure such as to no longer allow the lymphatic vessels to drain the fluid that accumulates in the interstitial spaces, inflating them. It can be caused by an obstruction of the lymphatic vessels that can no longer drain the interstitial fluid (lymphedema or excessive sodium retention).

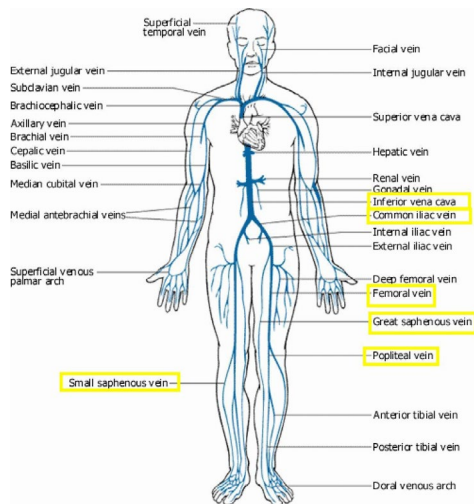
C) TRANSCYTOSIS:

transport of some molecules of high molecular weight which, after being incorporated into vesicles, pass through the epithelium and are released into the interstitial fluid.

VENOUS AND LYMPHATIC SYSTEM

The venous system is made up of a deep and dense network of profound and superficial veins contributing to supplying blood back to the heart.

Veins flow besides bones and arteries and they are surrounded by muscle mass. With regard to lower part of body, the profound veins are the popliteal vein and the femoral vein. They converge – close to the pelvic cavity – in the iliac veins. The iliac veins are directly connected to the inferior vena cava, collecting blood from all subdiaphragmatic organs and finally flowing into the heart. The lower limbs also include two important superficial veins: the small saphenous vein (flowing on the outer edge and ending up in the popliteal vein) and the longer great saphenous vein (flowing on the median edge and ending up in the femoral vein). Both saphenous veins are rich in collateral branches and they form a very dense network which is often affected by several venous pathologies.

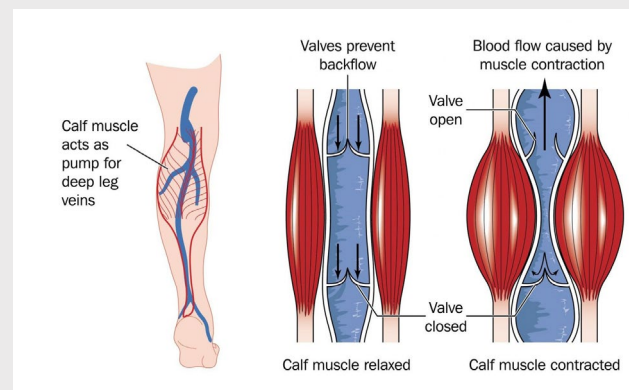


As we have already mentioned, the transportation medium of vital substances is the blood, circulating in a complex system of ducts, boosted by a pump: the heart.

The boost provided by the heart is very efficient up to peripheral zones, but it finds some obstacles on its way back: lack of strength uphill and gravitation. Both these situations are particularly limitative in the zone between feet and thorax. In order to avoid

this problem, there is a helpful mechanism: pressure developed on the plantar area when we are walking. This pressure is developed on the dense venous network present in the foot. This area is quite rich in blood. Thus, blood is pushed upwards and this boost is so efficient that it can be compared to heart boost. For this reason, in medical jargon the foot is also called “second heart”.

Each single movement of skeletal muscles around the vessels squeezes blood towards the heart (skeletal muscle pump). Likewise in the lymphatic system, medium-size veins include check valves allowing blood to go uphill and avoiding its reflux downwards.

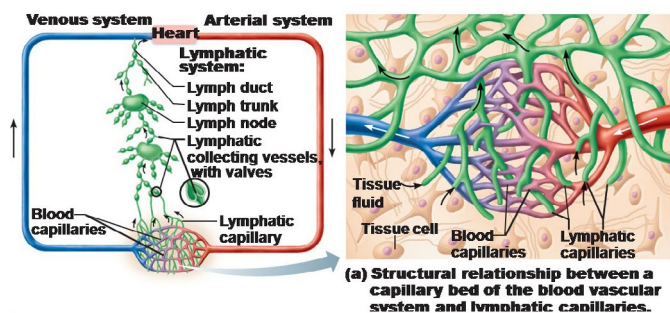


The lymphatic system has three main functions:

- removal of excessive fluids and toxins from body;
- absorption and transportation of fats;
- production of cells for the immune system.

As we have already mentioned, the lymphatic system plays a key role in the reabsorption of interstitial fluid. Indeed, the lymphatic system is an ancillary way through which fluids are able to flow from interstitial spaces to blood. It is estimated that the net movement of solutes (daily transferred from plasma to interstitial fluid to be reabsorbed by the lymphatic system) is about 3.6 litres. Once they enter the lymphatic system, the interstitial fluids are named lymph.

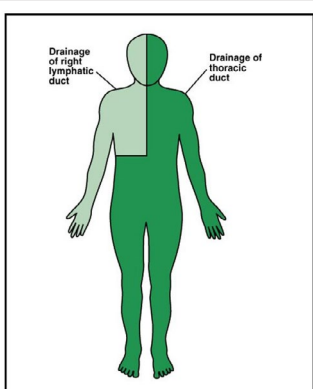
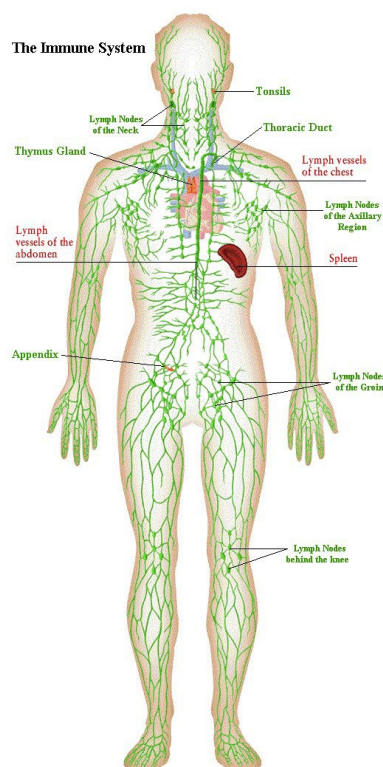
The lymphatic capillaries are quite permeable and they are featured by endothelial fenestrated cells with pores in cell junctions. Therefore, they allow access



node in order to be filtered and cleaned; and then it returns in the lymphatic circulation through an efferent vessel.

A moderate offence causes modest lymph node swelling, due to increase of the amount of lymphocytes and macrophages (active cells in immune defence mechanisms). Excessive and/or chronic lymph node swelling is the response of our organism to important bacterial, viral or parasite infections or also tumours.

not only of interstitial fluid with dissolved solutes, but also of proteins and corpuscular matter, viruses, cellular debris, and bacteria. Chemical and physical analysis of lymph contained in the capillaries allows us observing the status of the surrounding tissue. All body tissues (with very few exceptions) have lymphatic vessels for direct drainage of excessive fluid from interstitial spaces. Exceptions are represented by: cartilage, cornea, bone marrow and central nervous system.



Likewise, the venous system, even the lymphatic system includes capillaries and larger vessels like the large collector vessels called lymphatic ducts. In practical terms, the whole lymph coming out from the lower body part (incl. lymph from legs),

from left arm, and from the left thoracic part converge in the thoracic duct (flowing in the venous system in the junction points between the left internal jugular vein and the left subclavian vein); the head and the upper right part are drained in the right lymphatic duct (flowing in the venous system in the junction points between the right internal jugular vein and the right subclavian vein).

Along the path of the lymphatic vessels, we also find the lymph nodes (small oval elements, usually with diameter between 1 and 25 mm). The lymph getting to lymph nodes through various lymphatic vessels (afferent vessels) circulates very slowly in the lymph

PRODUCTS



.100 DETOXY

Total body detoxifying and oxygenating program

Total body professional treatment of the first RESET phase of Arosha method that exfoliates the epidermis, stimulates skin microcirculation and oxygenates the tissues, making the skin smooth, luminous and ready to receive RESTORE and ATTACK treatments.

warm-cold effect



PROBLEMS

- Impure skin with imperfections
- Skin in need of regeneration
- Asphyxiated skin
- Bad microcirculation



EFFECTS

- Removal of dead cells
- Deeply purified skin
- Smooth and uniform skin
- Reactivation of the skin microcirculation
- Tissue oxygenation



Cod. Art.: ARO101009

THE KIT CONTAINS

| | | |
|-----------------------|------------------------|-----------------|
| 4 Soft Peeling Gel | 4 Oxygen Active Gel | 4 Pure Detox |
|-----------------------|------------------------|-----------------|

INFO

Complete instructions inside the kit.
It can also be used as a "one shot" detoxifying and oxygenating treatment.

THE KIT CONTAINS 4 treatments for 4 clients: one treatment is enough to have immediate results. The treatment can be offered to customers of any age and at any time of the year including summer. It is suitable for sensitive skin.

FOR BEST RESULTS it is recommended to perform a scrub at home 1-2 times a week using .517 SUGARGEL SCRUB.

NOTE: During the treatment, a calibrated sensation of warmth may occur due to the activation of circulation.



...

HOW TO USE

1- PROPEDEUTIC MASSAGE

Prepare the client for the session by pumping to open the lymphatic ganglia starting from the neck and followed by the axillary cavity, popliteal cavity and ankles. Meanwhile, leave the Soft Peeling Gel and Oxygen Active Gel sachets in a bowl with hot water for a few minutes.

2- PEELING

Apply the Soft Peeling Gel all over the body with a brush and leave it to act for 2 minutes before removing it thoroughly. For easy application it is recommended that the customer stand upright.

3- ACTIVATION

Apply Oxygen Active Gel with a brush all over the body, excluding the breasts. Do not remove the product.

4- SHOCK ACTION

Proceed with the application of the Pure Detox pre-soaked bandage.

The bandage must be compressive. Bandage each leg, exerting slight tension, starting from the ankles up to the abdomen, breasts and arms in sequence. Wrap the client with the total body cartene and leave on for 30 minutes. It is advisable to use the treatment in combination with devices such as pressomassage and / or infrared.

5- FINAL MESSAGE

Conclude the treatment with skimming and discharge of toxins using the Detoxy Plus Cream.

TOTAL TREATMENT TIME

60 minutes.

COMBINABLE WITH

- Pressomassage
- Infraed

*The client is advised not to take a shower for the next 3 hours, to ensure the action of the active ingredients even after the treatment.

NOTES



Watch the tutorial on the Youtube channel:
<https://www.youtube.com/watch?v=8oLqMhD2v8s>



.101 SOFT PEELING GEL

Gentle exfoliating gel

Innovative peeling with acid pH (pH 3-3.5) based on latest generation polyhydroxy acids that renews, purifies and smoothes the skin and prepares it for the following steps. The delicate exfoliating power of Lactobionic Acids and Gluconolactone help eliminate dead cells favouring cell turnover and the Ferulic Acid, known for its antioxidant properties, it helps maintain a youthful appearance. Also suitable for the most sensitive skin.



PROBLEMS

- Impure skin with imperfections
- Skin that needs regeneration
- Glowless and dull skin

EFFECTS

- Exfoliation and tissue regeneration
- Soft and smooth skin
- Uniform and radiant skin

Single-dose sachet 30 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

LACTOBIONIC ACID

Disaccharide formed by the association of gluconic acid, a polyhydroxy acid, and a sugar molecule, galactose. It promotes gentle exfoliation and cell renewal, modulating the keratinization process. Applied to the skin it tends to produce a thin surface film. In fact, due to its high molecular weight, it is difficult to penetrate the skin compared to smaller alpha-hydroxy acids. At the same time, this slower and more delicate absorption makes it more tolerated by sensitive skin. In addition, it has anti-oxidant and soothing properties and has a stimulating effect on collagen production.

GLUCONOLACTONE

Like Lactobionic Acid, it is a polyhydroxy acid. Applied to the skin, it promotes exfoliation, modulating the keratinization process and stimulating skin renewal. From a chemical point of view, it consists of a lactone ring which releases gluconic acid, responsible for the activity of the molecule, due to the hydrolytic action of the moisture of the skin. Gluconolactone has a strong long-term hygroscopic and moisturizing power, thanks to the presence of numerous hydroxyl groups. It also has good antioxidant and restorative properties damaged skin barrier. Unlike the most common chemical ex-

foliants it is not irritating and does not induce photosensitization.

FERULIC ACID

Phytochemical substance present in the seeds and leaves of many plants (rice, oats, wheat). Thanks to its particular chemical structure it has a high antioxidant power. It is able to reduce the negative effects of many external agents, such as cold, pollution, overly aggressive products, counteracting dryness, irritation and redness. In addition, it promotes the synthesis of collagen and elastin maintaining the natural elasticity and firmness of the skin.

INSTRUCTIONS

Apply the Soft Peeling Gel all over the body with a brush and leave it to act for 2 minutes before removing it thoroughly. For easy application, it is recommended that the customer stands upright. For external use only. Avoid contact with eyes, mucous membranes and broken skin. Rinse immediately if irritation occurs.
PROFESSIONAL USE.



INGREDIENTS: AQUA/WATER, GLUCONOLACTONE, HYDROXYETHYLCELLULOSE, LACTOBIONIC ACID, SODIUM HYDROXIDE, CAPRYLYL GLYCOL, 1,2-HEXANEDIOL, FERULIC ACID, TROPOLONE.



.102 OXYGEN ACTIVE GEL

Oxygenating activator gel

A precious blend of essential oils immersed in a gel with a fresh and light texture that helps stimulate and reactivate the natural microcirculation, restoring the normal function of the skin barrier. Its formula is enriched with Trehalose, a humectant ingredient, which promotes sustained hydration for healthy and youthful-looking skin.

warm-cold effect



PROBLEMS

- Bad microcirculation
- Heavy, edematous and/or eczematous legs

EFFECTS

- Reactivation of the skin microcirculation
- Tissue oxygenation
- Light legs
- Uniform and radiant skin

Single-dose sachet 50 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

TREHALOSE

Disaccharide, composed of two moles of glucose, naturally present in many living organisms such as plants, fungi, bacteria and invertebrates. It allows the skin to retain moisture ensuring long lasting hydration. Furthermore, it has an exceptional antioxidant power, protects the skin from the most common pollutants

and slows down the aging process.

ALLANTOIN

Moisturizing, soothing and restorative agent. Promotes cell regeneration for softer and more looking skin healthier.

BLEND OF NATURAL ESSENTIAL OILS (Cinnamon, Ginger, Turmeric)

It allows to increase the lymphatic drainage at the dermo-hypodermic level and

to activate the blood circulation, distinguishing itself from the common local hyperaemia and superficial vasodilators, which instead of stimulating the blood and lymphatic circulation determine a stasis. In addition, it activates local microcirculation with a non-reddening thermographic effect.

INSTRUCTIONS

Spread Oxygen Active Gel with a brush all over the body, excluding the breast, and leave it on.

For external use only. Avoid contact with eyes, mucous membranes and broken skin. Rinse immediately if irritation occurs.

With the application of Oxygen Active Gel, following stimulation of cutaneous microcirculation, a momentary sensation of light warmth may occur. PROFESSIONAL USE.

NOTE: During the treatment, a calibrated sensation of warmth may occur due to the activation of circulation.



INGREDIENTS: AQUA/WATER, PROPANEDIOL, PPG-26-BUTETH-26, PEG-40 HYDROGENATED CASTOR OIL, AMMONIUM ACRYLOYLDIMETHYLTAURATE/VP COPOLYMER, TREHALOSE, CURCUMA LONGA (TURMERIC) ROOT OIL, ALLANTOIN, HYDROXYACETOPHENONE, OCTYLDECANOL, ZINGIBER OFFICINALE (GINGER) ROOT OIL, 1,2-HEXANEDIOL, CAPRYLYL GLYCOL, VANILLYL BUTYL ETHER, CINNAMOMUM ZEYLANICUM LEAF OIL, RIBES NIGRUM (BLACK CURRANT) SEED OIL, HELIANTHUS ANNUUS (SUNFLOWER) SEED OIL UNSAPONIFIABLES, CARDIOSPERMUM HALICACABUM FLOWER/LEAF/VINE EXTRACT, HELIANTHUS ANNUUS (SUNFLOWER) SEED OIL, TOCOPHEROL, ROSMARINUS OFFICINALIS (ROSEMARY) LEAF EXTRACT.



.103 PURE DETOX

Detoxifying and oxygenating bandage

Exclusive pre-soaked total body bandage in super-resistant, elastic and ultra-absorbent fabric with a powerful purifying action thanks to the exclusive CELL DETOXY SYSTEM which performs a double action: removes impurities from the epidermis and optimizes normal skin functions.




PROBLEMS

- Impure skin with imperfections
- Skin that needs regeneration
- Asphyxiated skin
- Bad microcirculation

EFFECTS

- Deeply purified skin
- Soft and smooth skin
- Uniform and radiant skin
- Reactivation of the skin microcirculation
- Tissue oxygenation

 Size 300 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

CELL DETOXY SYSTEM

Purified active ingredient extracted from Candida Saitoana yeast. This powerful biological discovery stimulates autophagy*, the cellular detoxification system, freeing the cells from the toxins that they accumulate within them and intoxicate them. In addition to strengthening the cellular detoxification process, cell

detoxy system Improves the texture of the skin giving it a smooth and naturally radiant appearance.

*Cellular autophagy or autophagocytosis is a cellular mechanism of selective removal of damaged cytoplasmic components and is critical for cell survival and health. This process ensures the disposal and recycling of waste within every

living cell.

LACTIC ACID


It decreases skin spots from photoaging, regulates keratinization by promoting a faster cell turnover and stimulates the neosynthesis of collagen and elastin, leaving the skin soft and smooth as silk.

INSTRUCTIONS

The bandage must be compressive. Bandage each leg, exerting a slight tension, starting from the ankles up to reach the abdomen, breasts and arms in sequence. Wrap the client with cartene and leave on for 30 minutes.

It is recommended to use the treatment in combination with pressotherapy. For external use only. Avoid contact with eyes, mucous membranes and not intact the skin. Rinse immediately in case of irritation.

PROFESSIONAL USE.

 The package contains n. 2 bandages 20 cm x 10 m in extension (50% Cotton - 50% Polyamide)



INGREDIENTS: AQUA/WATER, GLYCERIN, PROPANEDIOL, PEG-40 HYDROGENATED CASTOR OIL, PHENOXYETHANOL, BENZYL ALCOHOL, POTASSIUM SORBATE, SODIUM BENZOATE, PARFUM/FRAGRANCE, HYDROXYETHYLCELLULOSE, YEAST EXTRACT, LACTIC ACID, DISODIUM EDTA, SODIUM HYDROXIDE, LIMONENE, ETHYLHEXYLGLYCERIN.



.104 DETOXY PLUS CREAM

Intensive detoxifying cream

Rich professional massage cream with a detoxifying action. Thanks to the exclusive CELL DETOXY SYSTEM which removes impurities from the epidermis and optimizes normal skin functions. Its formula enriched with Hyaluronic Acid, Trehalose, Shea Butter promotes intense nourishment leaving the skin soft and velvety.



PROBLEMS

- Impure skin with imperfections
- Skin in need of regeneration
- Asphyxiated skin

EFFECTS

- Deeply purified skin
- Soft and smooth skin
- Uniform and radiant skin

Airless 500 ml

Cod. Art.: ARO201107

MAIN ACTIVE INGREDIENTS

CELL DETOXY SYSTEM

Purified active ingredient extracted from Candida Saitoana yeast. This powerful biological discovery stimulates autophagy*, the cellular detoxification system, freeing the cells from the toxins that they accumulate within them and intoxicate them. In addition to strengthening the cellular detoxification process, cell detoxy system improves the texture of the skin giving it a smooth and naturally radiant appearance.

*Cellular autophagy or autophagocytosis is a cellular mechanism of selective removal of damaged cytoplasmic components and is critical for cell survival

and health. This process ensures the disposal and recycling of waste within every living cell.

HYALURONIC ACID (Sodium Hyaluronate)

Fundamental constituent of the dermis with moisturizing, elasticizing and regenerating properties. It prevents the loss of water from the skin surface and activates the re-epithelialization mechanisms by regulating the proliferation and migration of skin cells. In addition, it helps stimulate collagen synthesis and increases the proliferation of fibroblasts.

TREHALOSE

Disaccharide, composed of two glucose molecules, naturally present in many liv-

ing organisms such as plants, fungi, bacteria and invertebrates. It allows the skin to retain moisture ensuring long lasting hydration. Furthermore, it has an exceptional antioxidant power, protects the skin from the most common pollutants and slows down the aging process.

SHEA BUTTER

Thanks to its rich composition in fat acids, it has strong emollient and moisturizing properties. Furthermore, it is rich in antioxidants, such as vitamin E, which fights free radicals and improves blood microcirculation, and vitamin A, which fights aging by rebuilding damaged cells.

INSTRUCTIONS

Apply Detoxy Plus Cream on the areas to be treated, massaging until completely absorbed. For external use only. Avoid contact with eyes, mucous membranes and broken skin. Rinse immediately if irritation occurs.

PROFESSIONAL USE.



INGREDIENTS: AQUA/WATER, CAPRYLIC/CAPRIC TRIGLYCERIDE, DIMETHICONE, CETYL ALCOHOL, PROPANEDIOL, GLYCERIN, GLYCERYL STEARATE CITRATE, CETEARYL GLUCOSIDE, BUTYROSPERMUM PARKII (SHEA) BUTTER, OLUS OIL, CETEARYL ALCOHOL, SORBITAN OLIVATE, GLYCERYL GLUCOSIDE, HYDROXYACETOPHENONE, TREHALOSE, YEAST EXTRACT, PARFUM/FRAGRANCE, ALLANTOIN, CAPRYLYL GLYCOL, 1,2-HEXANEDIOL, SODIUM HYALURONATE, HYDROGENATED VEGETABLE OIL, CANDELILLA CERA, XANTHAN GUM, TOCOPHEROL, LIMONENE, PHENOXYETHANOL, TROPOLONE, ETHYLHEXYLGLYCERIN, BETA-SITOSTEROL, SQUALENE.



.105 SUGARGEL SCRUB PLUS

Brown sugar exfoliating lipogel

Body Lipogel with an enveloping texture that combines the exfoliating power of brown sugar crystals with the precious sweet almond and rice oils. The micromassage action exerted by the sugar particles mechanically removes dead cells from the epidermal surface that hinder oxygenation. It also promotes physiological skin turnover, smoothes the skin and has a purifying action by freeing the skin from impurities. Sweet Almond and Rice Oils make the skin soft, supple and velvety.



PROBLEMS

- Impure skin with imperfections
- Skin in need of regeneration
- Asphyxiated skin
- Dull and dull skin



EFFECTS

- Deeply purified skin
- Soft and smooth skin
- Uniform and radiant skin



Jar 500 ml



Cod. Art.: ARO201109

MAIN ACTIVE INGREDIENTS

BROWN SUGAR

The micromassage action exerted by its crystals eliminates dead cells, promoting cell renewal; moreover, it nourishes the skin making it softer and more hydrated.

SWEET ALMOND OIL

Thanks to the high composition of essential fatty acids, it has highly moisturizing and emollient properties. It is also rich in Vitamin E, Vitamin B, phytosterols and antioxidant substances that prevent

skin aging and contribute to tissue regeneration.

RICE OIL

Rich in Vitamin E, tocotrienols and oryzanol, it has a protective and antioxidant action.

INSTRUCTIONS

Apply to damp skin for an ultra-delicate gommage or to dry skin for a deeper scrub, making a light massage with circular movements. Rinse with warm water or with the help of a damp cloth.

Do not apply to face, mucous membranes or skin that is not intact. Wash your hands thoroughly after use. Rinse immediately in case of irritation. External use.

PROFESSIONAL USE.



INGREDIENTS: PRUNUS AMYGDALUS DULCIS (SWEET ALMOND) OIL, SACCHARUM OFFICINARUM EXTRACT, ORYZA SATIVA (RICE) BRAN OIL, SILICA, PARFUM (FRAGRANCE), TOCOPHEROL, BETA-SITOSTEROL, SQUALENE.



.106 GLYCOLIC ACID

Peeling

Professional spray peeling with an important keratolytic and exfoliating action. Fundamental to prepare the skin before any professional treatment.



PROBLEMS

- Dry skin
- Asphyxiated skin



EFFECTS

- Removal of impurities and dead cells
- Preparatory



Bottle 120 ml



Cod. Art.: ARO201110

MAIN ACTIVE INGREDIENTS

GLYCOLIC ACID

The smallest and best known of the alpha-hydroxy acids; its small size allows for excellent transdermal penetration and good skin tolerability. It exerts a keratolytic action that favors the exfoliation of the superficial layers of the stratum corneum (reduces the adhesion between the corneocytes).

INSTRUCTIONS

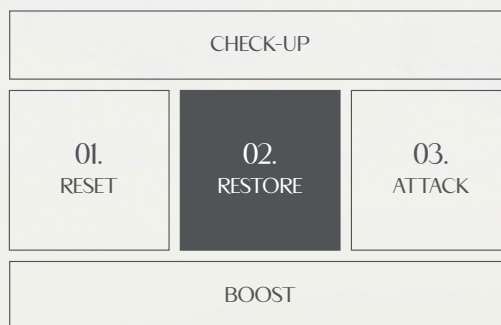
PH: 3.8 <math>pH <math>\le 4.5. It is the ideal product to prepare the skin for subsequent treatments.
PROFESSIONAL USE.



INGREDIENTS: AQUA (WATER), PROPYLENE GLYCOL, PENTYLENE GLYCOL, GLYCOLIC ACID, SODIUM HYDROXIDE

AROSHA METHOD

RESTORE



The SECOND PHASE of the METHOD is designed to rebalance and restore the skin barrier.

The beauty of the skin passes through its health: in fact, alterations to the permeability of the tissues and chronic edema create an imbalance which, if neglected, leads to the development of cellulite and localized adiposity.

For this reason, it is essential to RESTORE and REBALANCE the complex structure of the skin, so as to provide the necessary elements for its protection and integrity.

WATER RETENTION

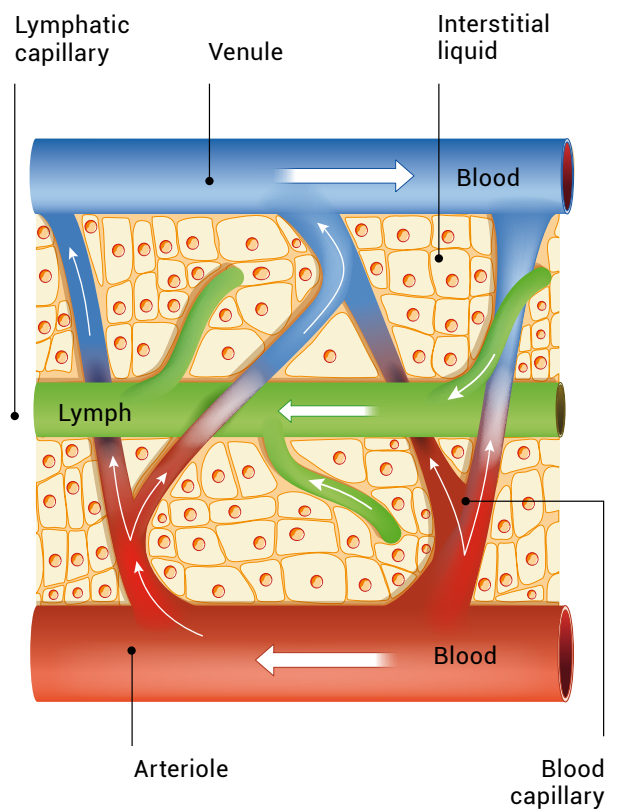
Water retention is one of the most common causes of tissue swelling, especially in women, since this disorder is the expression of hormonal imbalance, as well as to poor circulation and abnormal capillary permeability.

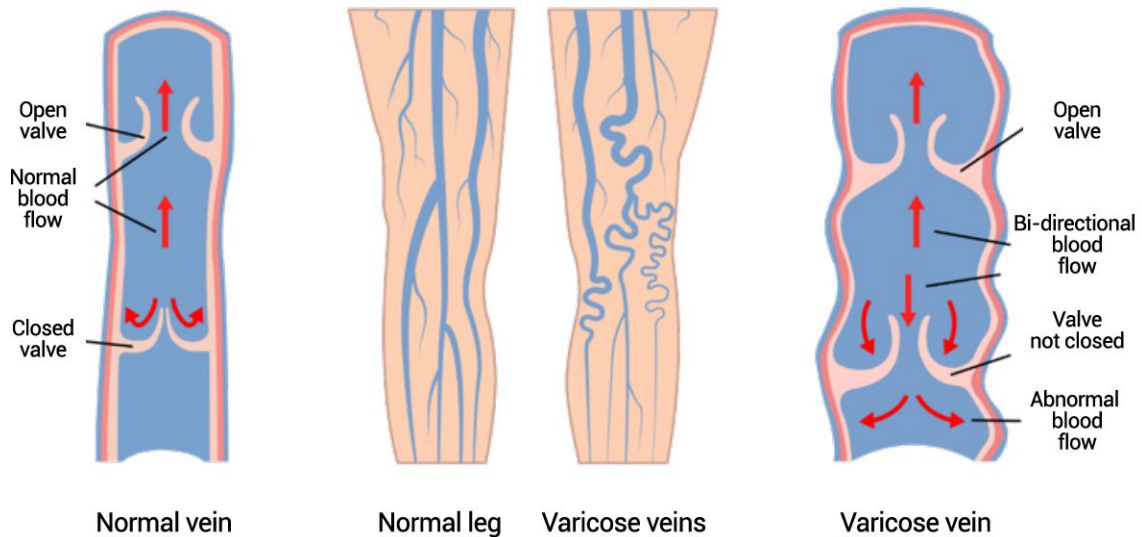
Generally speaking, water retention can be defined as a metabolic endocrine disease and is characterised by the swelling of soft tissues, due to the accumulation of liquids in the interstitial spaces, i.e. the portions of tissue located between one cell and another. These liquids are generated by a stasis in the circulation, caused by an alteration in the way the fluids circulate in our venous and lymphatic systems.

The venous system is a network of veins that carry blood from the arteries back to the heart.

The lymphatic system carries the lymph, which is a colourless or whitish liquid (aqueous white blood cells) containing proteins, fats, lymphocytes. Lymph circulates in the lymphatic vessels and interstitial tissue spaces.

The lymphatic system therefore consists of lymphatic tissue, lymph nodes, lymphatic vessels and interstitial lymphatic spaces.





The two systems are closely connected, in fact around 20 litres of water and solutes are filtered by the organism every single day: about 16 litres are reabsorbed by the venous system, while the remaining 4 constitute the lymph. There is also a flow of liquids and solutes through the capillary membrane of the venous vessels, by means of a diffusion process in the interstitial spaces where, if the system suffers from any form of abnormality, the liquids can stagnate causing swelling and oedema, i.e. water retention.

The efficiency of the venous system therefore plays a key role in situations of water retention and stasis of the lower limbs. As veins have thinner and less robust walls, any alterations can cause an abnormal partial return flow of the blood which, as it cannot proceed at the required flow rate, triggers phenomena of stagnation of the liquids. This mainly occurs in the lower limbs which consequently swell causing a sense of heaviness in the legs, the ankles become oedematous, an annoying itching and tingling can arise, skin discolouration can occur (alteration of the skin colour that turns dark and purple), and the capillaries dilate, in the most severe cases, leading to the onset of varicose veins. These manifestations are unequivocally the typical symptoms of poor blood circulation in the veins, further aggravated by the increase in temperature in the summer months.

This fact is explained by analysing the structure of the venous walls on the inside of which there are valves resembling dovetail nests which prevent the return flow of the blood. They adhere only partially to the inner wall of the veins; they remain detached on the opposite side where the blood flows freely in the vein and carried back to the heart.

When the veins dilate, because the walls lose their elasticity, the valve system is no longer efficient. Consequently, the blood tends to stagnate in the lower parts of the lower limbs and the fluids tend to exude from the endothelial wall cells toward the surrounding tissues causing an oedema, and all related disorders.

To improve venous microcirculation, it is necessary to act selectively on the walls of the veins, improving the tropic condition of their connective tissue, boosting tone and elasticity and therefore reducing its permeability. This results in blocking or reducing the flow of liquids from inside the vessels toward the surrounding tissues, a phenomenon, as mentioned above, responsible for oedema, swelling, heaviness, itching and sore legs.

PRODUCTS

.200 NIO DRAIN+ Intensive draining programme

Professional treatment of the second RESTORE phase of the Arosha method specially designed to stimulate the skin microcirculation and help the lymphatic system to drain toxins and excess fluids responsible for water retention, swelling and oedematous cellulite.



PROBLEMS

- Bad skin microcirculation
- Water retention
- Heavy legs



EFFECTS

- Vasoprotective
- Draining



Cod. Art.: ARO101010

THE KIT CONTAINS

4
Nio Active

4
Nio Synergy

4
Nio Aquadrain

INFO

One kit one client.

.200 NIODRAIN+ is a fundamental step after the Reset phase and an indispensable precursor for the treatments of the Attack phase. It can be offered to customers of any age and it is suitable for all skin types, including the most sensitive.

To maximize the results obtained in cabin, it is recommended to apply .501 NIO DRAIN intensive draining gel cream as home treatment, in the morning and in the evening.

Complete instructions inside the kit and on the following page.



...

HOW TO USE

1 - PREPARATION

Place the two sachets .201 NIO ACTIVE and .203 NIO AQUADRAIN in a bowl with hot water for 2 minutes.

2 - PEELING

It is recommended to prepare the client for the session by performing a mechanical dry peeling on legs, abdomen and back using the Arosha body brush. Spray .106 GLYCOLIC ACID on the area to be treated. Leave to act for 4 minutes and remove the residue with a damp cloth.

3 - ACTIVATION

Open .201 NIO ACTIVE and empty the entire content of the sachet into a bowl together with a vial of .202 NIO SYNERGY. Mix the two products until a single homogeneous gel is obtained. Wait a few seconds for the system to activate and apply to the area to be treated by proceeding with the specific DRAIN PLUS MASSAGE, as illustrated in the tutorial.

4 - SHOCK ACTION

Open the package of the pre-soaked bandage .203 NIO AQUADRAIN, squeeze the bandage and collect the excess liquid in a bowl. Apply the bandage on each leg starting from the ankles towards the abdomen, taking care not to tighten it too much. Apply the previously stored liquid with a brush, wrap the client with a cartene pants and leave on for 30 minutes.

5 - FINAL MASSAGE

Complete the treatment by massaging an adequate amount of draining cream .204 NIO DRAIN PLUS with wide and circular movements until completely absorbed.

TOTAL TREATMENT TIME

60 minutes.

COMBINABLE WITH

- Pressotherapy
- Infrared
- Electrostimulation / ultrasound

BEAUTY TIPS

The customer is advised not to shower for the next 3 hours, to ensure the action of the active ingredients even after the treatment.

NOTES



Watch the tutorial on the Youtube channel:
<https://www.youtube.com/watch?app=desktop&v=dx1cYQRGa8>



.201 NIO ACTIVE

Absorption promoter active serum

Serum gel developed with NIOCONTROL™ technology, an innovative delivery system based on Niosomes, that allow to make the functional principles more available and gradually released. Its formula based on Troxerutin, known for improving capillary elasticity, and its precursors of hyaluronic acid, which enhance deep hydration and increase connective permeability, favor the drainage of interstitial fluids and the absorption of active principles. Used in combination with Nio-Synergy, it improves the penetration of the active ingredients in the formula.



PROBLEMS

- Bad skin microcirculation
- Water retention



EFFECTS

- Vasoprotective
- Draining
- Detox



Single-dose Sachet 50 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

NIOCONTROL™

Innovative delivery system based on Niosomes, that allow to make the functional principles more available and gradually released. In NIOCONTROL™ the natural active ingredients have a well-known biochemical mechanism of action at the level of skin cells. They are encapsulated in small elastic vesicles (Niosomes) which work as an effective release system and enhancer of skin penetration, thus increasing the bioavailability of the active ingredients in the skin and ensuring maximum effectiveness.

TROXERUTINA

Thanks to its extraordinary anti-inflammatory, trophic and antioxidant action on the venous endothelium, it promotes capillary elasticity by improving skin microcirculation.

GLYCACID ECO

Biotechnological active consisting of mucopolysaccharide precursors with a high concentration of the basic monomer of Hyaluronic Acid. The small molecular size of Glycacid Eco favors intradermal penetration and constitutes a valuable source of raw material for the formation of medium molecular weight Hyaluronic

Acid, which is particularly suitable for the retention of water in the connective tissue and therefore responsible for deep hydration. Glycacid Eco also induces an increase in connective tissue permeability, which is an important factor for the penetration of hydrophilic active ingredients. The increase in connective permeability promotes the drainage of interstitial fluids and the penetration of active ingredients that favor the decrease of the inflammatory state and the recovery of vascular circulation.

INSTRUCTIONS

Empty the content of the entire sachet into a bowl and mix together with .202 NIO SYNERGY until a homogeneous mixture is obtained. Apply on the area to be treated proceeding with the specific DRAIN PLUS MASSAGE, as per tutorial. See application protocol. Wash the hands thoroughly after use and avoid contact with eyes, mucous membranes and not intact skin. Rinse immediately in case of irritation.

PROFESSIONAL USE.



INGREDIENTS: AQUA (WATER), GLYCERIN, PROPANEDIOL, AMMONIUM ACRYLOYLDIMETHYLTAURATE/VP COPOLYMER, HYDROLYZED GLYCOSAMINOGLYCANS, POLYGLYCERYL-10 LAURATE, POLYGLYCERYL-6 OLEATE, TROXERUTIN, SORBITAN PALMITATE, HONOKIOL, MAGNOLOL, SODIUM HYDROXIDE, CAPRYLYL GLYCOL, HYDROXYACETOPHENONE, 1,2-HEXANEDIOL.



.202 NIO SYNERGY

Concentrated draining fluid

Precious blend of plant extracts with a strong draining action. Its formula based on Birch, Centella Asiatica, Horse Chestnut and Aescin, improve the elasticity and compactness of the vascular walls, promotes proper microcirculation and helps the lymphatic system to eliminate waste and excess fluids, counteracting water retention.



PROBLEMS

- Bad skin microcirculation
- Water retention



EFFECTS

- Vasoprotective
- Draining
- Detox



Ampoule 5 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

ESCIN

Mixture of saponins present in horse chestnut particularly useful for the treatment of disorders related to adipose tissues. In particular, it performs an anti-inflammatory, antioxidant, lipolytic and vasotonic activity.

HORSE CHESTNUT EXTRACT

The phytocomplex obtained from different parts of the plant contains a mix of saponins very rich in components particularly useful for the treatment of disorders related to adipose tissues. In particular, it has an anti-inflammatory, antioxidant, lipolytic and vasotonic action.

CENTELLA ASIATICA EXTRACT

It improves skin microcirculation and exerts a draining action. Vasoprotective and venotonic.

BIRCH EXTRACT

It has a draining action, preventing venous problems and circulatory disorders in case of heavy legs, swelling, edema and lymphatic stagnation. It also has toning, astringent, elasticizing and soothing properties.

INSTRUCTIONS

Pour the contents of a vial into a bowl together with Nio-Active until a homogeneous mixture is obtained. Apply on the areas to be treated and proceed with the specific massage technique, as per tutorial. See application protocol. Wash the hands thoroughly after use and avoid contact with eyes, mucous membranes and not intact skin. Rinse immediately in case of irritation.

PROFESSIONAL USE.



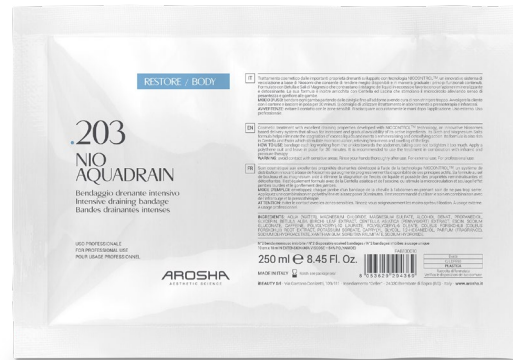
INGREDIENTS: AQUA (WATER), PROPANEDIOL, GLYCERIN, POLYGLYCERYL-6 CAPRYLATE, CAPRYLYL GLYCOL, ESCIN, AESCULUS HIPPOCASTANUM (HORSE CHESTNUT) LEAF EXTRACT, BETULA ALBA (BIRCH) LEAF EXTRACT, CENTELLA ASIATICA (PENNYWORT) EXTRACT, 1,2-HEXANEDIOL, AMMONIUM ACRYLOYLDIMETHYLTAURATE/VP COPOLYMER, SODIUM DEHYDROACETATE, PROLINE, PHENOXYETHANOL, POTASSIUM SORBATE, ETHYLHEXYLGLYCERIN, TETRASODIUM GLUTAMATE DIACETATE.



.203 NIO AQUADRAIN

Intensive draining bandage

Cosmetic treatment with important draining properties developed with NIOCONTROL™ technology, an innovative delivery system based on Niosomes that allows the functional principles contained to be made better and gradually available. Formulated with Birch and Magnesium Salts which counteract the stagnation of excess fluids and promote a remineralizing and detoxifying action. Its formula is also enriched with Centella and Escin which stimulate the microcirculation relieving the sense of heaviness and swelling in the legs.




PROBLEMS

- Water retention
- Bad skin microcirculation
- Swelling
- Heavy legs
- Edematous cellulite

EFFECTS

- Draining
- Vasoprotective
- Detox
- Remineralizing
- Reducing

 Size 250 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

NIOCONTROL™
Innovative delivery system based on Niosomes, that allow to make the functional principles more available and gradually released. In NIOCONTROL™ the natural active ingredients have a well-known biochemical mechanism of action at the level of skin cells. They are encapsulated in small elastic vesicles (Niosomes) which work as an effective release system and enhancer of skin penetration, thus increasing the bioavailability of the active ingredients in the skin and ensuring maximum effectiveness.

ESCIN
Mixture of saponins present in horse chestnut particularly useful for the treatment of disorders related to adipose tissues. In particular, it performs an anti-inflammatory, antioxidant, lipolytic and vasotonic activity.

CENTELLA ASIATICA EXTRACT
It improves skin microcirculation and exerts a draining action. Vasoprotective and venotonic.

BIRCH EXTRACT
It has a draining action, preventing venous problems and circulatory disorders in case of heavy legs, swelling, edema and lymphatic stagnation. It also has toning, astringent, elasticizing and soothing properties.


SALTS OF MAGNESIUM SULPHATE HEPTAHYDRATE AND MAGNESIUM CHLORIDE

They promote an intense draining action, counteracting water retention. In addition, they give tone and remineralize the skin and tissues.

INSTRUCTIONS

Bandage each leg starting from the ankles up to the abdomen, taking care not to over-tighten. Wrap the client with a with cartene pants and leave on for 30 minutes. It is recommended to use the treatment in combination with pressotherapy and infrared. Avoid contact with sensitive areas. Rinse your hands thoroughly after application.

PROFESSIONAL USE.

 The package contains n. 2 bandages 10 cm x 10 m in extension (46% Viscose - 54% Polyamide)



INGREDIENTS: AQUA (WATER), MAGNESIUM CHLORIDE, MAGNESIUM SULFATE, ALCOHOL DENAT., PROPANEDIOL, GLYCERIN, BETULA ALBA (BIRCH) LEAF EXTRACT, CENTELLA ASIATICA (PENNYWORT) EXTRACT, ESCIN, SODIUM GLUCONATE, CAFFEINE, POLYGLYCERYL-10 LAURATE, POLYGLYCERYL-6 OLEATE, COLEUS FORSKOHLII (COLEUS FORSKOHLII) ROOT EXTRACT, POTASSIUM SORBATE, CAPRYLYL GLYCOL, 1,2-HEXANEDIOL, PARFUM (FRAGRANCE), SODIUM DEHYDROACETATE, XANTHAN GUM, SORBITAN PALMITATE, SODIUM HYDROXIDE.



.204 NIO DRAIN PLUS

Intensive draining cream

Rich massage cream formulated with specific active ingredients with draining and vasotonic properties that help improve microcirculation and promote the drainage of excess fluids. Thanks to NIOCONTROL™ technology, an innovative delivery system based on Niosomes, it makes the functional principles contained better and gradually available, for an optimal result. Moreover, thanks to its refreshing effect it is ideal for giving intense and immediate relief to heavy legs.



PROBLEMS

- Bad skin microcirculation
- Water retention
- Swelling
- Heavy legs



EFFECTS

- Draining
- Vasoprotective
- Refreshing
- Moisturizing



Airless 500 ml



Cod. Art.: ARO201108

MAIN ACTIVE INGREDIENTS

NIOCONTROL™

Innovative delivery system based on Niosomes, that allow to make the functional principles more available and gradually released. In NIOCONTROL™ the natural active ingredients have a well-known biochemical mechanism of action at the level of skin cells. They are encapsulated in small elastic vesicles (Niosomes) which work as an effective release system and enhancer of skin penetration, thus increasing the bioavailability of the active ingredients in the skin and ensuring maximum effectiveness.

HORSE CHESTNUT EXTRACT

The phytocomplex obtained from different parts of the plant contains a mix of saponins very rich in components particularly useful for the treatment of

disorders related to adipose tissues. In particular, it has an anti-inflammatory, antioxidant, lipolytic and vasotonic action.

CENTELLA ASIATICA EXTRACT

It improves skin microcirculation and exerts a draining action. Vasoprotective and venotonic.

ESCIN

Mixture of saponins present in horse chestnut particularly useful for the treatment of disorders related to adipose tissues. In particular, it performs an anti-inflammatory, antioxidant, lipolytic and vasotonic activity.

MENTHYL LACTATE

Derivative of menthol esterified with lactic acid. It stimulates the cold receptors present on the skin, giving a pleasant sensation of freshness

without changing the temperature of the epidermis. Compared to menthol, it has a milder but longer lasting action and, being lighter, it is less irritating. It is therefore also indicated on sensitive, irritated skin or with delicate capillaries.

ALLANTOIN

Promotes cell regeneration for softer and healthier-looking skin. Calming and soothing.

SHEA BUTTER

Thanks to its rich composition in fatty acids, it has strong emollient and moisturizing properties. Furthermore, it is rich in antioxidants, such as vitamin E, which fights free radicals and improves blood microcirculation, and vitamin A, which fights aging by rebuilding damaged cells.

INSTRUCTIONS

Apply an adequate amount by massaging until completely absorbed with large and circular movements. Wash your hands thoroughly after use and avoid contact with eyes and mucous membranes. Avoid contact with not intact skin. Rinse immediately if irritation occurs.

PROFESSIONAL USE.



INGREDIENTS: AQUA (WATER), CAPRYLIC/CAPRIC TRIGLYCERIDE, CETYL ALCOHOL, PROPANEDIOL, GLYCERYL STEARATE CITRATE, CETEARYL GLUCOSIDE, BUTYROSPERMUM PARKII (SHEA) BUTTER, PHENOXYETHANOL, OLUS OIL, CETEARYL ALCOHOL, SORBITAN OLIVATE, HYDROXYACETOPHENONE, MENTHYL LACTATE, PARFUM (FRAGRANCE), ALLANTOIN, GLYCERIN, HYDROGENATED VEGETABLE OIL, XANTHAN GUM, ETHYLHEXYLGLYCERIN, CANDELLILA CERA, AESCULUS HIPPOCASTANUM (HORSE CHESTNUT) LEAF EXTRACT, TOCOPHEROL, ESCIN, CENTELLA ASIATICA (PENNYWORT) LEAF EXTRACT, MALTODEXTRIN, CAFFEINE, POLYGLYCERYL-10 LAURATE, POLYGLYCERYL-6 OLEATE, BETA-SITOSTEROL, COLEUS FORSKOHLII (COLEUS FORSKOHLII) ROOT EXTRACT, TETRASODIUM GLUTAMATE DIACETATE, SQUALENE, SORBITAN PALMITATE.

AROSHA METHOD

ATTACK



It is the THIRD and final PHASE of the METHOD which involves the treatment of each specific imperfection: thoroughly purified, detoxified and "reactivated", the skin is ready to receive actions aimed at REDUCING the imperfections present in order to obtain the desired result.



03. ATTACK

PROFESSIONAL

LOCALIZED ADIPOSITY

.320 LIPOFIT

.325 LIPOLYTIC PLUS

CELLULITE

.330 FIBROCEL*

.306 CEL TERM

.307 CELLULITE PLUS

FIRMING

.340 ACTIVE UP

.345 TONING PLUS

.316 CRIO TONIC



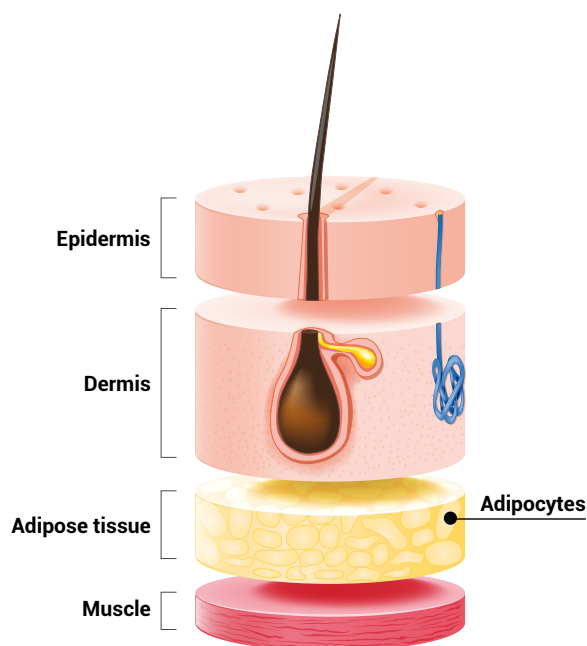
AROSHA
AESTHETIC SCIENCE

AROSHA
SKIN HD

THE ADIPOSE TISSUE

The subcutaneous adipose tissue represents that part of the white adipose tissue located below the skin, whose distribution is prevalent in the gluteal-femoral and in the superficial abdominal area.

Subcutaneous tissue is composed of three layers of fat with two planes of connective tissue between them and a series of vertical streaks (fibrous septa) which connect the deep dermis to fascia concurrent with fat lobules.



The main functions of adipose tissue are energy reserve, impact protection, body shape modeling, thermal insulation, protein production, which regulate metabolism together with other hormones, and biologically active substances that act on immune cells and endothelial cells of the vessel walls.

Subcutaneous tissue is, like dermis, a type of loose connective tissue, it's vascularized, made for the most part by very large cells (adipocytes), with a diameter of more than 100 micron, globose, surrounded by a network of reticular fibers, organized into lobules, leaning against each other

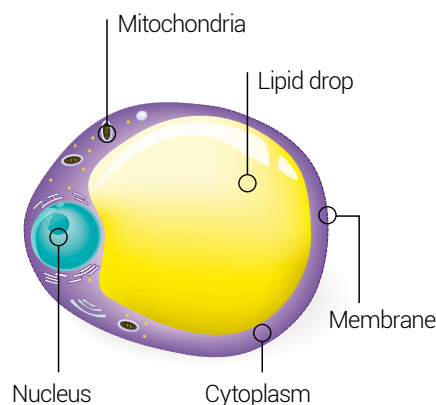
with poor intercellular substance interposition.

The cytoplasm of the adipocytes is almost totally occupied by a large lipid drop.



The adipocyte carries out both a lipogenetic function, ie accumulates lipids to be used as energy reserve, and the opposite can release them (lipolysis) in case of energy needs by the body.

90% of the accumulated lipids in adipocytes derive from blood fats (circulating bound to lipoproteins) and fats taken with food (chylomocrons).



LOCALIZED ADIPOSITY

Adipocytes are metabolically active cells for which lipids are continuously degraded and reconstructed.

Body fat may increase due to increased size of fat cells (hypertrophy) or increase in the number of cells (hyperplasia). In reality, the 'adipocyte heritage' of each is determined at birth: the increase in the number of adipocytes is significant in the first year of life and at the beginning of puberty; in adults this phenomenon can occur only during the transition from a mean obesity (BMI > 30) to a severe obesity (BMI > 35).

The weight loss associated with a reduction in nutrition causes an emptying of the adipocytes that deflate, but not to a decrease in number.

Because the cells are not dead but only reduced in volume, weight loss can be regained. To maintain the results achieved, a lifestyle that includes an appropriate diet and an appropriate exercise is essential.

How are lipogenesis and lipolysis regulated?

Insulin is the hormone most responsible for the accumulation of fat in adipose tissue. In fact, insulin stimulates the activity of LipoProtein Lipase (LPL, which breaks down the fat-protein binding), conveys the absorption of lipids by the adipocyte (to the detriment of the muscles for example) and at the same time inactivates the enzyme that regulates the lipolysis.

Lipolysis is the metabolic process that involves, through a group of enzymes (lipases), the cleavage of triglycerides contained in the adipocyte in glycerol and fatty acids then placed in the bloodstream.

Lipolysis is induced by numerous hormones, mainly glucagon, somatotropin (or GH), cortisol, adrenaline and noradrenaline (beta adrenergic response), testosterone, thyroid hormones.

In general, subcutaneous fat is more sensitive than visceral fat to insulin action and less sensitive to the action of catecholamines (adrenaline and noradrenaline).

Different factors may play a role in the variation in net regional fat storage between men and women. Differential regional regulation of adipose tissue lipolysis and lipogenesis must underlie gender-related differences in the tendency to accumulate fat in specific fat depots.

However, empirical data to support current hypothesis remain limited at the present time.

Experimentally, estrogen increases the size and number of subcutaneous adipocytes and attenuates lipolysis. In vitro and in vivo data show greater lipolytic sensitivity of abdominal subcutaneous fat and lesser lipolytic sensitivi-

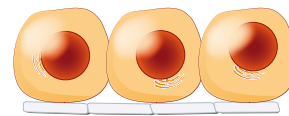
ty of femoral and gluteal subcutaneous fat in women than in men.

These differences appear to be due to fewer inhibitory alpha-adrenergic receptors in abdominal regions and greater alpha-adrenergic receptors in gluteal and femoral regions in women than in men.

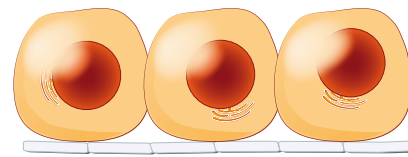
There do not appear to be major gender-related differences in rates of fatty acid uptake (lipogenesis) in different subcutaneous adipose tissue regions.

There are pronounced regional differences in the regulation of regional fatty acid metabolism between men and women. Firstly, there is evidence that in vivo, catechola-

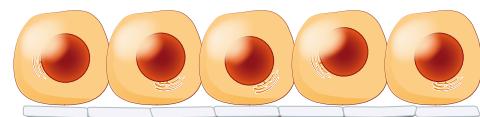
Normal Cell



Hypertrophy



Hyperplasia



mine mediated leg free fatty acid release is lower in women than in men, whereas free fatty acid release from the upper body depots is comparable.

Men had larger internal fat cell size than women while women had larger subcutaneous fat cell size in the gluteal and femoral depots. Women had higher LipoProtein Lipase Activity (LPL) than men. Higher LPL activities were found in the lower-body subcutaneous sites with enlarged fat cells in women.

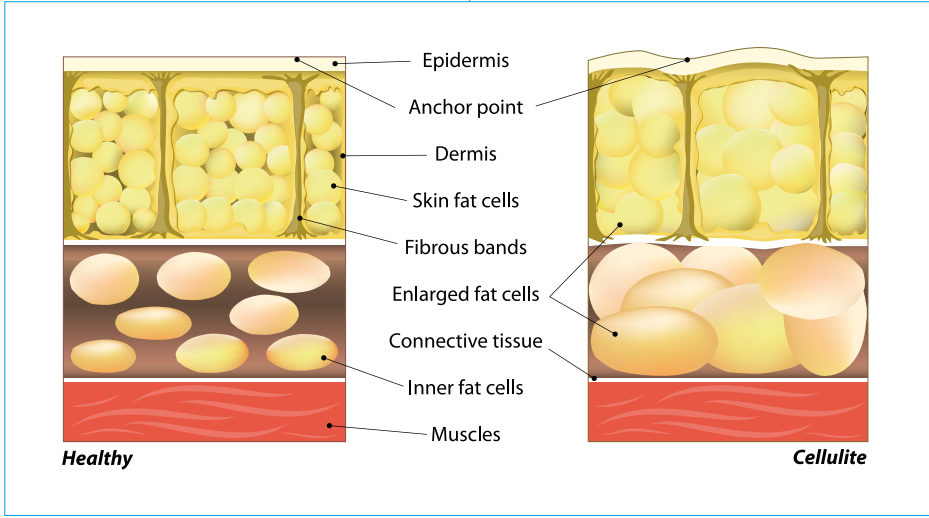
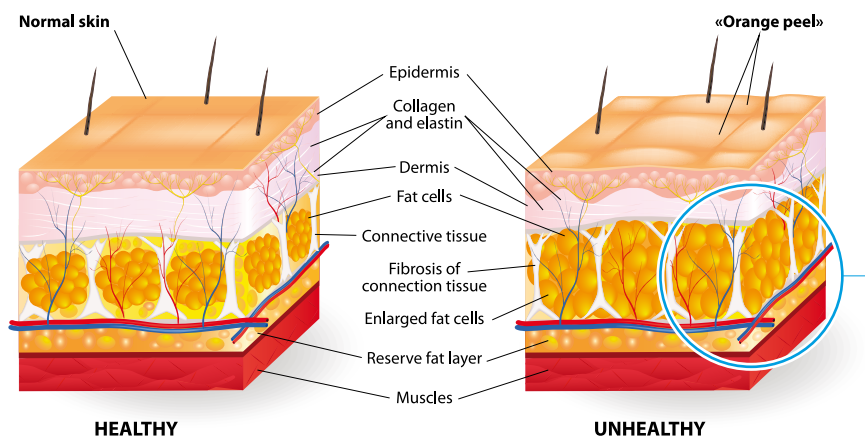
However, the relative enlargement of intra-abdominal FCS in men was not associated with increased LPL.

CELLULITE

In recent decades, conflicting theories have emerged on the etiopathogenesis of cellulite. These theories indicate, respectively, the following causes of the problem:

1

Oedema resulting from excessive hydrophilia of the intercellular matrix: it attributes the cause to an abnormal increase in tissue hydrophilia, provoking a chronic oedema, resulting in fibrosclerosis. Recently electronic microscopy analysis, examined the dermis of the skin covering the areas of adipose tissue affected by cellulite; there was a marked increase in the presence of glucosaminoglycans, together with signs of fibroblast activation, alterations in microvessel walls, as well as rarefaction of subepidermal collagen and elastic fibres.



2

A microcirculatory alteration. The most popular theory, at least in Europe, explains cellulite as the consequence of a primitive dysfunction of the tissue microcirculation. Recent advances have clarified that endothelium is key to the microcirculatory homeostasis. Endothelium does not just perform a purely mechanical role function of endoluminal coating; it also modulates blood–tissue exchanges and, through a complex biosynthesis action manages the equilibrium between many phenomena in order to regulate, in real time, the local functionality of the microcirculation according to the changeable demands of the cells (in practice it rules vasodilation, vasoconstriction, permeability according to the signals/needs sent by tissue).

The presence of oestrogen receptors in the endothelial cells and smooth muscle could explain the functional differences of the female microcirculation, especially in relation to vascular tone and permeability. The causal factor is identified as a chronic microcirculatory maldistribution.

The main consequences of this condition are as follows:

- slowdown of blood circulation;
- compromission of the hydrostatic capillary equilibrium;
- endothelial damage (endothelial swelling, microaneurisms, microhaemorrhaging);
- abnormal capillary-venular permeability;
- increase in the hydrostatic pressure of the interstitial;
- liquid and in its protein content;
- recurring episodes of inter-adipocyte oedema.

The damage caused to the adipocytes manifests itself initially with a variation in the size and form of the adipocytes, followed by ruptures of the plasmatic membrane and leakage of lipidic material. The fine interweaving of delicate fibrils which serve as the framework for the adipose lobule, enveloping each individual cell, thickens due to hypoxia and the consequent oxidative stress.

Bands of young connective tissue form, creating the lobule by encircling clusters of degenerate adipose cells. Subsequently, the micronodules formed in this way tend to merge due to the further apposition of collagen material which becomes sclerotic, leading to the production of palpable macronodules, which cause the irregularity of the skin's surface.

3

Cellulite is a physiological condition which is more prevalent in women than in men, irrespective of the body weight, because of their anatomical differences.

The manifestation of cutaneous irregularity is due to the peculiar architecture of the subcutaneous tissue: in the women the fibrous branches perpendicular the skin's surface separate voluminous lobules in rectangular sections, while in male subcutaneous tissue, the bands take a crisscrossing and thus forming smaller polygon-shaped lobules. In women, the dermo-hypodermic border is therefore characterized by a 'hill' profile which, in the case of perfect normality, can be proved with the 'pinch test' also in very slim subject.

When the lobules enlarge (hypertrophic adipose lobe) they are held back along the sides by the bands, however, at the centre they stretch out into the dermis creating an unattractive alternation of bumps. On the other hand, in men also in cases of lipidic hyper-accumulation, lobules do not tend to protrude towards the dermis. Different studies attribute cellulite to modifications of the connective tissue strands partitioning the fat lobules.

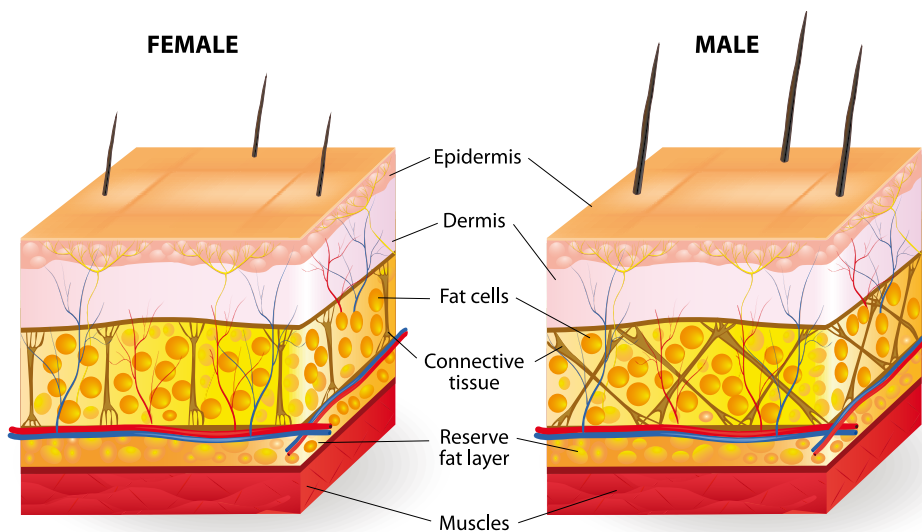
Querleux et al. employed, in over 70 subjects, magnetic nuclear resonance. They proved once again the pathogenetic significance of the 'herniation' of adipose lobes in the reticular dermis in female subjects suffering from cellulite. Furthermore, it brought to light two interesting pieces of data: the first relates to the absence of a direct correlation between the body mass index (BMI) and the appearance of irregularities of the cutaneous surface; the second concerning fibrous component of the subcutaneous tissue affected by cellulite: the images showed that its overall

3

size did not increase but, on the contrary, appeared to have reduced substantially in comparison with the controls. The authors therefore identify one of the pathogenic elements of cellulite as a constitutional thinness and laxity in the fibrous interlobular bands.

On the other hand, Quatresooz et al. argue that the bumpy appearance of the skin surface on pinching the tissues results from the fact that a network of connective tissue strands strongly tethers the dermis to the deeper layers. This functional aspect probably corresponds to the presence of areas where strands are thickened, fibrosclerotic and contain some myofibroblasts. This could be a reactive process mediated by cytokines to compensate for the sustained pressure exerted by the adipocyte volume (Incipient cellulite). In contrast, dimpling of the skin in full-blown cellulite appears associated with enlarged fat lobules bounded by thin and focally loose connective tissue strands.

About different BMI other authors noted that in individuals with high BMI, cellulite is determined by the lower density and relative weakness of connective tissue; in this case the indentation in dermis is larger and dermis itself is significantly thinner than in unaffected area. In individual with low BMI the cellulite appears to be related to differences in adipose tissue itself. There is an increase in its thickness with large lobules in women with higher degree of cellulite.



4

Chronic inflammation: the ovarian hormones have extragenital function and are responsible for the differences between men and women in the incidence of certain disorders. Woman's menstrual cycle is the cause of dermal collagen mesh deterioration which triggers a chronic inflammation.

5

Genetic influence: the debate surrounding the topic of cellulite remains unresolved, besides new developments are bringing to light a limitation which is shared by the two main theories on the origin of cellulite.

Today we know that the adipose organ is able to release numerous endocrine and/or paracrine substances and it performs sophisticated and composite functions.

Amongst other observations, one factor which has been highlighted is the significant plasticity of the adipose tissue, due to the presence of undifferentiated mesenchymal elements which are capable, when necessary, of converting themselves into adipocytes. Apoptosis phenomena counteract the neoadipogenesis; these can reduce the number of adipocytes in a certain area. The extraordinary capabilities of the adipose tissue which are recognized nowadays cannot fail to have repercussions concerning the physiopathology of cellulite.

For example, the theory suggesting that the subcutaneous tissue passively suffers the consequences of a microcirculatory dysfunction must, in all probability, be reviewed in light of new developments which identify, between the vessel and adipocyte components, an interweaving of far more dynamic connections, with a bidirectional course. In fact, we know that adipose tissue is able to modulate, directly or indirectly, the blood flow which passes through it in accordance with the demands exerted on it. Furthermore, the adipocytes secrete neoangiogenetic elements and numerous other substances with the ability to regulate the activity of the endothelial cells.

CELLULITE CLASSIFICATION

The **Nurnberger** and **Muller** scale is the most commonly used classification for cellulite.

According to this scale, three grades were defined:

- I** visible changes with skin clamping or muscle contraction;
- II** visible changes without manipulation;
- III** visible changes associated with nodules.

In addition to Nurnberger and Muller grading-score, recent classifications include four additional variables:

- (i)** the number of evident depressions;
- (ii)** the depth of visible depressions;
- (iii)** appearance of alterations of skin surface;
- (iv)** laxity grade.

According to these items, cellulite is classified with three degrees:

mild, moderate and severe.

PRODUCTS

.320 LIPOFIT

Program to treat localized adiposity

Professional treatment designed to counteract and treat localized fat on the abdomen and related imperfections. Thanks to the synergy of its components, it promotes the reduction of localized fat deposits on the belly and hips, reactivates the skin microcirculation, and improves the elasticity of the skin tissues, thus aiding in the reshaping of the silhouette. The treatment features a hot-cold action that enhances microcirculation, providing a sense of vitality and well-being. Also ideal for men.

 warm-cold effect



PROBLEMS

- Localized adiposity
- "Love handles"
- Loss of firmness

EFFECTS

- Slimming
- Remodeling
- Lipolytic



Cod. Art.: ARO101013

THE KIT CONTAINS

4
Adiposlim

4
Adipoless

4
Liposolve

INFO

Complete instructions inside the kit.

FOR BEST RESULTS COMBINE WITH Pressotherapy / WaveShape (ultrasound).



...

HOW TO USE

1 - PREPARATION

Leave the .321 ADIPOLESS, .322 ADIPOS LIM, and .323 LIPOSOLVE envelopes in a bowl with hot water for 2 minutes.

2 - PEELING

It is recommended to prepare the client by performing a mechanical peeling on the legs, abdomen and back using the Aroscha body brush. Spray .106 GLYCOLIC ACID on the area to be treated. Leave to act for 4 minutes and remove the residue with a damp cloth.

3 - ACTIVATION

Empty all the contents of both envelopes .321 ADIPOLESS and .322 ADIPOS LIM into a suitable bowl and mix the two products until a homogeneous gel is obtained. Wait for few seconds until hot-cold reaction is activated. Apply the homogeneous gel with a brush, on the area to be treated, without any massage

4 - SHOCK ACTION

Wrap the entire abdomen with the pre-soaked .323 LIPOSOLVE matrix. Apply any residual gel on the matrix with a brush. Then wrap the client with cartene and leave it on for 30 minutes.

5 - FINAL MASSAGE

Conclude the treatment by massaging an adequate quantity of .325 LIPOLYTIC PLUS cream with large, circular movements until completely absorbed.

TOTAL TREATMENT TIME

60 minutes.

COMBINABLE WITH

- Pressomassage
- Aroscha WaveShape
- Electrostimulation/Ultrasound

*The customer is advised not to shower for the next 3 hours, to ensure the action of the active ingredients even after the treatment.

NOTES



Watch the tutorial on the Youtube channel:
<https://www.youtube.com/watch?v=SRneh5gFxsY>

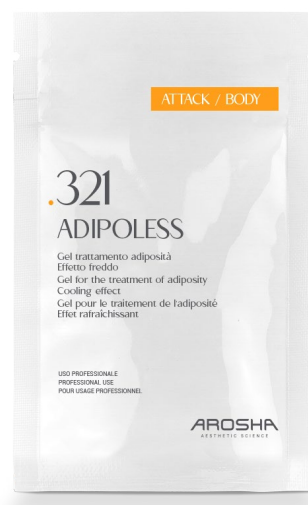


.321 ADIPOLESS

Adiposity treatment gel

Cold effect gel for the abdomen. Contains an anti-adipogenic complex of marine origin that helps to counteract the new production of adipocytes. The combination with ADIPOSIM ensures an effective and targeted action on localized fat deposits. The derivative of the menthol also gives the gel a toning action.

 warm-cold effect



PROBLEMS

- Localized adiposity
- Love handles
- Loss of firmness



EFFECTS

- Slimming
- Remodeling
- Lipolytic



Single-dose sachet 20 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

ANTI-ADIPOGENETIC COMPLEX OF MARINE ORIGIN

Obtained through biotechnological processes from a microorganism (bacillus / soybean ferment extract) present in Bermuda, it helps to counteract ADIPOGENESIS, that is, the new production of ADIPOCYTES. This ingredient has the ef-

fect of re-defining the silhouette; in vivo studies have shown that its use in a cosmetic product associated with constant physical activity significantly reduces the contour of the abdomen, thighs and arms.

MENTHYL LACTATE

Menthol derivative with a cooling effect;

its combination with the thermoactive ingredient VBE enhances its effectiveness and prolongs the sensation of heat, stimulating the microcirculation. It has greater tolerability than pure menthol, and thanks to its structure it quickly penetrates the skin giving an immediate feeling of freshness..

INSTRUCTIONS

Cold effect heat treatment (Crio Technology); to be used only after mixing with Adiposlim (see application protocol). Available in the Lipofit kit.

PROFESSIONAL USE



INGREDIENTS: AQUA (WATER), GLYCERIN, MENTHYL LACTATE, BACILLUS/SOYBEAN FERMENT EXTRACT, PHENOXYETHANOL, AMMONIUM ACRYLOYLDIMETHYLTAURATE/VP COPOLYMER, PPG-26-BUTETH-26, IMIDAZOLIDINYL UREA, PEG-40 HYDROGENATED CASTOR OIL.

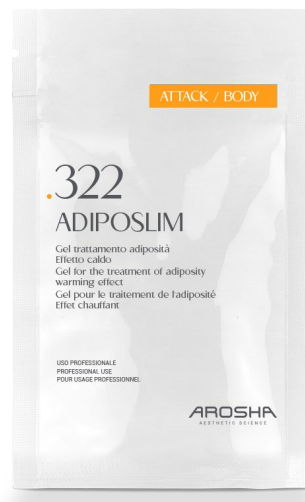


.322 ADIPOSIM

Adiposity treatment gel

Warm effect gel for the abdomen. Contains a precious lipolytic complex that stimulates lipolysis, promoting the "fat burning" effect. Use in combination with ADIPOLESS ensures a synergistic and enhanced action, ideal for effectively combating localized adiposity.

 warm-cold effect



PROBLEMS

- Localized adiposity
- "Love handles"
- Loss of firmness



EFFECTS

- Slimming
- Remodeling
- Lipolytic



Single-dose sachet 20 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

LIPOLITHIC COMPLEX CONSTITUTED BY GLAUCINE

Molecule of vegetable origin that intervenes in the mechanisms of differentiation of adipocytes; it also increases lipolysis by inhibiting phosphodiesterases. Clinical tests show its ability to reduce fat pads by 43% while also improving skin elasticity (+ 20%).

TRIPEPTIDE-41

Peptide with lipolytic effect: it converts triacylglycerol into glycerol and free fatty acids; clinical tests show its ability to improve the appearance of fat deposits on the belly.

CAFFEINE

One of the most effective active ingredients in body treatments thanks to its lipo-

lytic action. It is in fact able to promote the degradation of triglycerides present in adipocytes, causing a reduction in volume. It also has strong antioxidant properties.

THERMO-ACTIVE INGREDIENT (VBE)

Synthesis agent with a warming effect.

INSTRUCTIONS

Hot effect heat treatment (Hot Technology); to be used only after mixing with Adipoless (see application protocol).

PROFESSIONAL USE



INGREDIENTS: AQUA (WATER), GLYCERIN, PROPANEDIOL, AMMONIUM ACRYLOYLDIMETHYLTAURATE/VP COPOLYMER, CAFFEINE, VANILLYL BUTYL ETHER, CO-CO-GLUCOSIDE, GLAUCINE, TRIPEPTIDE-41, CAPRYLYL GLYCOL, PHENOXYETHANOL, IMIDAZOLIDINYL UREA, DISODIUM EDTA, ALCOHOL, STEARETH-20, ETHYLHEXYLGLYCERIN.



.323 LIPOSOLVE

Lipolytic cosmetic treatment

Precious concentrated liquid with lipolytic action supported by an innovative 100% vegetable and 100% biodegradable matrix with exclusive ability to promote the absorption and transfer of functional substances from the liquid to the skin. The solution contains a mix of substances among which a synthetic molecule stands out, free of any toxicity, which acts quickly and targeted on the adipocyte, activating its metabolism and thus stimulating the mobilization of the adipose tissue.




PROBLEMS

- Localized adiposity
- "Love handles"
- Loss of firmness

EFFECTS

- Slimming
- Remodeling
- Lipolytic

 Size 150 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

IODOTRAT®
Highly specialized synthesis molecule, designed and developed using rigorous toxicological and dermatological protocols. It acts quickly and specifically on the adipocyte, activating its metabolism and thus stimulating the mobilization of the adipose tissue. In vivo tests demonstrate its ability to significantly reduce fat deposits.

CAFFEINE
One of the most effective active ingredi-

ents in body treatments thanks to its lipolytic action. It is in fact able to promote the degradation of triglycerides present in adipocytes, causing a reduction in volume. It also has strong antioxidant properties.

HORSE CHESTNUT EXTRACT
The phytocomplex obtained from different parts of the plant contains a mix of saponins very rich in components particularly useful for the treatment of disorders related to adipose tissues. In particular, it has an anti-inflammatory,


antioxidant, lipolytic and vasotonic action.


CENTELLA ASIATICA EXTRACT
Improves skin microcirculation and exerts a draining action. Vasoprotective and venotonic.

GUARANÀ EXTRACT
It has a fat burning action and gives energy to the cells. Thanks to its high caffeine content, it is able to give an important detox and slimming action.

INSTRUCTIONS

Athermic treatment; Ideal its association with pressomassage and WaveShape (ultrasound). Disposable fabric soaked 150 ml / each. Available in the Lipofit kit. For best results combine with Lipolytic. PROFESSIONAL USE.

 The package contains n. 1 matrix of 105 x 40 cm

 INGREDIENTS: AQUA, GLYCERIN, PEG-40 HYDROGENATED CASTOR OIL, CAFFEINE, TEA-HYDROIODIDE, PHENOXYETHANOL, BENZYL ALCOHOL, POTASSIUM SORBATE, SODIUM BENZOATE, PARFUM (FRAGRANCE), HYDROXYETHYLCELLULOSE, LACTIC ACID, AESCULUS HIPPOCASTANUM (HORSE CHESTNUT) LEAF EXTRACT, CENTELLA ASIATICA EXTRACT, DISODIUM EDTA, SODIUM HYDROXIDE, PAULLINIA CUPANA (GUARANA) SEED EXTRACT, LIMONENE, ETHYLHEXYLGLYCERIN, TETRASODIUM GLUTAMATE DIACETATE.



.325 LIPOLYTIC PLUS

Intensive reducing cream

Cosmetic treatment with DRONE™ technology, ideal for treat localized adiposity, reshape the waist and the belly-hips area. The presence of an innovative vehicle system of active ingredients, the COSMETIC DRONE™, highly specific and selective, it ensures targeted and effective action in counteracting imperfections and localized adiposity.



PROBLEMS

- Localized adiposity
- Accumulations of fat in the belly-hips area



EFFECTS

- Fat-burning effect
- Reduction of adiposity
- Increased basal metabolism
- Microcirculation stimulation



Airless 500 ml



Cod. Art.: ARO201104

MAIN ACTIVE INGREDIENTS

COSMETIC DRONE™

Anticellulite*

Last generation active with a selective and univocal delivery system. The particular release technology identifies the adipocytes in a selective and univocal way, releasing inside them the active principle with a lipolytic action and inhibiting the adipogenesis. Its action is 2.5 times more effective than one of the caffeine.

CAFFEINE

Is one of the most used actives in cos-

metics thanks to its ability to prevent the fat deposits in the cells and to exert a lipolytic action.

CARNITINE

Substance naturally present in our body, it intervenes in the cellular processes of energy production.

PHOSPHATIDYLCHOLINE

Phospholipid used in the treatment of localized adiposity due to its ability to solubilize fats, reducing the volume of adipocytes

ESCIN

Useful for the health of the circulatory system.

CENTELLA EXTRACT

Improves the microcirculation and exerts a draining action. Vasoprotector and venotonic.

THERMO-ACTIVE INGREDIENT (VBE)

Synthetic agent with a warming effect.

*Cosmetic action on cellulite blemishes.

INSTRUCTIONS

Apply an adequate amount of product on the areas to be treated and massage until completely absorbed.

PROFESSIONAL USE.



INGREDIENTS: AQUA (WATER), GLYCERIN, CAPRYLIC/CAPRIC TRIGLYCERIDE, ORYZA SATIVA (RICE) BRAN OIL, PRUNUS AMYGDALUS DULCIS (SWEET ALMOND) OIL, ETHOXYDIGLYCOL, ETHYLHEXYL PALMITATE, POLYSORBATE 80, SODIUM POLYACRYLATE, ALUMINUM STARCH OCTENYLSUCCINATE, CAFFEINE, MENTHOL, CAPRYLYL GLYCOL, CARNITINE, POLYSORBATE 20, VANILLYL BUTYL ETHER, PHOSPHATIDYLCHOLINE, 1,2-HEXANEDIOL, HYDROXYETHYL ACRYLATE/SODIUM ACRYLOYLDIMETHYL TAURATE COPOLYMER, ISOHEXADECANE, ESCIN, CENTELLA ASIATICA EXTRACT, TOCOPHEROL, GLYCYRRHETINIC ACID, DISODIUM EDTA, PHENOXYETHANOL, TROPOLONE, XANTHAN GUM, BETA-SITOSTEROL, GLYCERYL CAPRYLATE, PHENYLPROPANOL, SQUALENE, COCCOLOBA UVIFERA FRUIT EXTRACT, LACTIC ACID/GLYCOLIC ACID COPOLYMER, POLYVINYL ALCOHOL, ACETYL CYCLOHEXAPEPTIDE-34.



.330 FIBROCEL⁺

Program to treat skin blemishes caused by advanced cellulite

Professional program with dual activity, lipolytic and collagenolytic, specifically developed to counteract skin blemishes due to the more advanced stages of cellulite. It contrasts the "orange peel" appearance, reduces the visibility of subcutaneous nodules, improves skin elasticity and tone.



PROBLEMS

- Fibrous cellulite
- Sclerotic cellulite



EFFECTS

- Slimming
- Lipo-reducing
- Volume reduction
- "Orange peel" reduction
- Degradation of fibrous nodules



Cod. Art.: ARO101011

THE KIT CONTAINS

| | | | |
|------------------|---------------|----------------------|------------------|
| 4 Collagenact | 4 Lipolyse | 2 Collagen Reduce | 2 Lipo Reduce |
|------------------|---------------|----------------------|------------------|

INFO

One kit one client.

It can be offered to clients of any age and is suitable for all skin types including the most sensitive ones. It can be combined with technologies such as pressomassage, infrared and ultrasound plates. The client is advised not to take a shower in the following 3 hours, to guarantee the action of the active ingredients even after the treatment.

BEAUTY TIPS

In order not to lose the results obtained, we recommend applying .515 CELLULITE at home, every day, in the morning and .516 CELLUNIGHT in the evening and using .521 SILHOUETTE PANTS 1-2 times a week. Complete instructions inside the kit and on the following page.



...

HOW TO USE

1 - PREPARATION

Leave .332 LIPOLYSE and the package of the selected bandage as per protocol in a bowl of warm water for 2 minutes.

2 - PEELING

It is recommended to prepare the client by performing a mechanical peeling on the legs, abdomen and back using the Arosha body brush. Spray .106 GLYCOLIC ACID on the area to be treated. Leave to act for 4 minutes and remove the residue with a damp cloth.

3 - ACTIVATION

Apply the content of a vial of .331 COLLAGENACT to the critical points and massage with light movements until completely absorbed.

Then, massage the entire content of a .332 LIPOLYSE sachet on the areas to be treated until completely absorbed.

4 - SHOCK ACTION

Open the package of the bandage, squeeze the bandage and collect the excess liquid in a bowl.

Proceed with applying the bandage by choosing one of the following options depending on the area to be treated:

LEGS AND GLUTEALS > bandage each leg starting from the ankle up to the abdomen by matching the two bandages.

ARMS > bandage each arm starting from the wrists up to the shoulders.

Then proceed with the application by spreading the previously stored liquid with a brush. Wrap the client with cartene and leave on for 30 minutes.

5 - FINAL MESSAGE

Conclude the treatment by massaging an adequate quantity of .307 CELLULITE PLUS cream with large, circular movements until completely absorbed.

TOTAL TREATMENT TIME

60 minutes.

COMBINABLE WITH

- Pressomassage
- Electrolipolysis/Ultrasound
- Infrared
- Vibrating platform

*The client is advised not to take a shower for the next 3 hours, to ensure the action of the active ingredients even after the treatment.

PRODUCTS AND PROTOCOLS

| Sessione Session Séance Sitzung Sesión Sessão Sesja | 1 | 2 | 3 | 4 |
|---|-----------------|-------------|-----------------|-------------|
| Trattamento Treatment Traitement Behandlung Tratamiento Tratamento Zabieg | COLLAGEN REDUCE | LIPO REDUCE | COLLAGEN REDUCE | LIPO REDUCE |

NOTES



Watch the tutorial on the Youtube channel:
<https://www.youtube.com/watch?v=gYdzxkRbKwI>



.331 COLLAGENACT

Collagenase-based localized fluid

Localized treatment with a high concentration of Collagenase, a particular enzyme that selectively breaks down the amorphous collagen around the fat cells, promoting the degradation of fibrous nodules and the reduction of "orange peel" skin.



PROBLEMS

- Fibrous cellulite
- Sclerotic cellulite



EFFECTS

- Degradation of fibrous nodules
- "Orange peel" reduction



Ampoule 10 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

COLLAGENASE

Enzyme of the metalloprotease group capable of cutting the peptide bonds present in collagen. It intervenes in the breakdown of defective collagen fibers which on the one hand, by compressing the fat cells, lead to the formation of

fibrous nodules and on the other, by exerting traction on the skin, causing the so-called "orange peel" effect. The result is therefore a real restructuring of the skin and a consequent smoothing and toning effect.

INSTRUCTIONS

Apply the contents of the entire vial to the critical points and massage with light movements until completely absorbed. See application protocol. Wash hands thoroughly after use and avoid contact with eyes and mucous membranes. Avoid contact with non-intact skin. Rinse immediately if case of irritation. External use.

PROFESSIONAL USE.



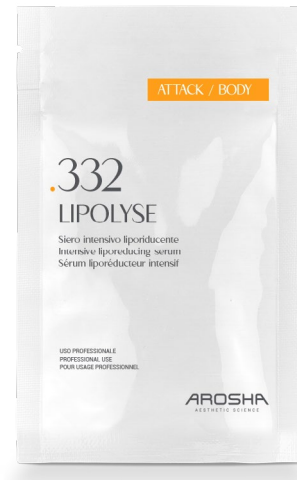
INGREDIENTS: AQUA (WATER), PROPANEDIOL, POLYGLYCERYL-6 CAPRYLATE, R-CLOSTRIDIUM HISTOLYTICUM COLLAGENASE, CAPRYLYL GLYCOL, 1,2-HEXANEDIOL, AMMONIUM ACRYLOYLDIMETHYLTAURATE/VP COPOLYMER, SODIUM DEHYDROACETATE, PROLINE.



.332 LIPOLYSE

Intensive liporeducing serum

Lipo-reducing treatment specifically developed to counteract skin blemishes due to the more advanced stages of cellulite. Based on Caffeine, Carnitine and Phosphatidylcholine which, thanks to their high lipolytic power, stimulate the mobilization of fats in the adipose tissue, favor the reduction of adipocytes and counteract the formation of new adipose cells.



PROBLEMS

- Fibrous cellulite
- Sclerotic cellulite



EFFECTS

- Slimming
- Lipo-reducing
- Volume reduction



Single-dose sachet 40 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

CAFFEINE

One of the most effective active ingredients in body treatments thanks to its lipolytic action. It is in fact capable of promoting the degradation of the triglycerides present in the adipocytes, causing

their volume to be reduced. It also has strong antioxidant properties.

CARNITINE

Naturally contained in the cells of our body, this substance intervenes in the cellular processes of energy production,

promoting the burning of fat.

PHOSPHATIDYLCHOLINE

It is one of the most abundant phospholipids in tissues. Thanks to its properties it is able to dissolve fat by reducing the size of adipocytes.

INSTRUCTIONS

Massage the entire contents of the sachet on the areas to be treated until completely absorbed. See application protocol. Wash hands thoroughly after use and avoid contact with eyes and mucous membranes. Avoid contact with non-intact skin. Rinse immediately in case of irritation. External use.

PROFESSIONAL USE.

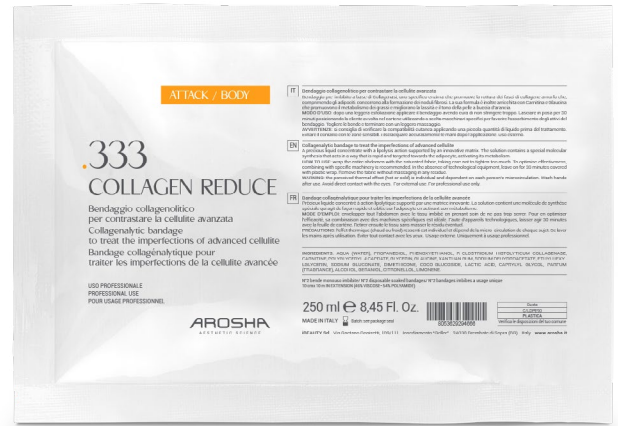


INGREDIENTS: AQUA (WATER), DIETHYLHEXYL CARBONATE, GLYCERIN, ETHOXYDIGLYCOL, CAFFEINE, CARNITINE, PHOSPHATIDYLCHOLINE, SODIUM POLYACRYLATE, HYDROXYACETOPHENONE, POLYSORBATE 20, TOCOPHERYL ACETATE, PHENOXYETHANOL, PARFUM (FRAGRANCE), CAPRYLYL GLYCOL, 1,2-HEXANEDIOL, ETHYLHEXYLGLYCERIN, TOCOPHEROL.

.333 COLLAGEN REDUCE

Collagenase-based bandage

Pre-soaked bandage based on Collagenase, a specific enzyme that promotes the breaking of amorphous collagen bundles which, by compressing the adipocytes, contribute to the formation of fibrous nodules. Its formula is also enriched with Carnitine and Glaucine which promote fat metabolism and improve the laxity and "orange peel" skin tone.



PROBLEMS

- Fibrous cellulite
- Sclerotic cellulite

EFFECTS

- Degradation of fibrous nodules
- "Orange peel" reduction
- Lipo-reducing

Size 250 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

COLLAGENASE
Enzyme of the metalloprotease group capable of cutting the peptide bonds present in collagen. Specifically, it intervenes in the breakdown of defective collagen fibers which, on the one hand, by compressing the fat cells lead to the formation of fibrous nodules and, on the other, by exerting traction on the skin, causing


the so-called "orange peel" effect. The result is therefore a real restructuring of the skin and a consequent smoothing and toning effect.


CARNITINE
Naturally contained in the cells of our body, this substance intervenes in the cellular processes of energy production, promoting the burning of fat.

GLAUCINE
Molecule of vegetable origin that intervenes in the differentiation mechanisms of adipocytes, inducing the structural reversion of adipose tissue into fibroblastic tissue; it also increases lipolysis by inhibition of phosphodiesterases.

INSTRUCTIONS

After a light exfoliation, apply the bandage taking care not to tighten too much. Leave it on for 30 minutes positioning the client wrapped in a cartene pants and optionally combining a specific technology to facilitate the absorption of the bandage's active ingredients. Remove the bandages and conclude with a light massage. It is recommended to check skin compatibility by applying a small amount of liquid before the treatment. Avoid contact with sensitive areas. Rinse hands thoroughly after application. External use.
PROFESSIONAL USE.

 The package contains n. 2 bandages 10 cm x 10 m in extension (46% Viscose - 54% Polyamide)

 **INGREDIENTS:** AQUA (WATER), PROPANEDIOL, PHENOXYETHANOL, R-CLOSTRIDIUM HISTOLYTICUM COLLAGENASE, CARNITINE, POLYGLYCERYL-4 CAPRATE, GLYCERIN, GLAUCINE, XANTHAN GUM, SODIUM DEHYDROACETATE, ETHYLHEXYLGLYCERIN, SODIUM GLUCONATE, COCO-GLUCOSIDE, LACTIC ACID, CAPRYLYL GLYCOL, PARFUM (FRAGRANCE), ALCOHOL, GERANIOL, CITRONELLOL, LIMONENE.



.334 LIPO REDUCE

Lipo-reducing bandage

Pre-soaked bandage with a marked lipolytic action. Its formula contains an innovative liposomal delivery system which encapsulates Phosphatidylcholine which, thanks to its properties, is able to dissolve fat by reducing the size of adipocytes. Associated with Caffeine and Carnitine, it promotes the metabolism of fatty acids, favoring their conversion into energy, and counteracts their accumulation in adipose tissue.



PROBLEMS

- Fibrous cellulite
- Sclerotic cellulite

EFFECTS

- Slimming
- Lipo-reducing
- Volume reduction
- "Orange peel" reduction

Size 250 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

PHOSPHATIDYLCHOLINE
It is one of the most abundant phospholipids in tissues. Thanks to its properties it is able to dissolve fat by reducing the size of adipocytes.

CAFFEINE
One of the most effective active ingredients in body treatments thanks to its


lipolytic action. It is in fact capable of promoting the degradation of the triglycerides present in the adipocytes, causing their volume to be reduced. It also has strong antioxidant properties.

CARNITINE
Naturally contained in the cells of our body, this substance intervenes in the

cellular processes of energy production, promoting the burning of fat

INSTRUCTIONS

After a light exfoliation, apply the bandage taking care not to tighten too much. Leave it on for 30 minutes positioning the client wrapped in a cartene pants and optionally combining a specific technology to facilitate the absorption of the bandage's active ingredients. Remove the bandages and conclude with a light massage. It is recommended to check skin compatibility by applying a small amount of liquid before the treatment. Avoid contact with sensitive areas. Rinse hands thoroughly after application. External use. PROFESSIONAL USE.

 The package contains n. 2 bandages 10 cm x 10 m in extension (46% Viscose - 54% Polyamide)



INGREDIENTS: AQUA (WATER), PROPANEDIOL, CAFFEINE, CARNITINE, PHENOXYETHANOL, PHOSPHATIDYLCHOLINE, POLYGLYCERYL-4 CAPRATE, XANTHAN GUM, SODIUM DEHYDROACETATE, PARFUM (FRAGRANCE), ETHYLHEXYLGLYCERIN, SODIUM GLUCONATE, LACTIC ACID, TOCOPHEROL.



.307 CELLULITE PLUS

Intensive slimming cream

Intensive professional slimming and anti-water retention cosmetic treatment. It contains the innovative SLIM COMPLEX that helps improve skin circulation and Caffeine with a lipolytic action that facilitates the destocking and melting of fats. Its formula is also enriched with Carnitine and compounds of essential oils that promote the drainage of liquids while vegetable oils and shea butter nourish and improve the elasticity of the skin, leaving it smooth and compact.



PROBLEMS

- Fibrous cellulite
- Sclerotic cellulite



EFFECTS

- Slimming
- Remodeling
- Draining
- Orange peel reduction
- Smoothing



Airless 500 ml



Cod. Art.: ARO201105

MAIN ACTIVE INGREDIENTS

SLIM COMPLEX

Revolutionary complex consisting of Nicotinic Acid and Menthol that activate the skin microcirculation without causing annoying hyperaemia or irritation; it also promotes oxygenation and nourishment of cells and has an anti-inflammatory function. SLIM COMPLEX consists of a "niacin" part (derived from nicotinic acid) and a "menthyl" part (derived from menthol). The niacin part produces a vasodilatory effect, while the menthyl part tends to produce a vasoconstrictor effect.

COMPOUND OF VEGETABLE ESSENTIAL OILS

(Ginger, Turmeric and Cinnamon)

The synergy of all the ingredients and their properties improves microcirculation and lymphatic drainage, accelerating metabolic exchanges and promoting tissue oxygenation. Furthermore, the perfume has an aromatherapy action.

LIPO-ACTIVE

Blend of Caffeine and Escin which acts synergistically to promote weight loss by reducing the thickness and the mass of adipose tissue.

CAFFEINE

One of the most effective active ingre-

dients in body treatments thanks to its lipolytic action. It is able to promote the degradation of triglycerides located in the adipocytes, causing their volume reduction. It also has strong antioxidant properties.

CARNITINE

It is naturally contained in the cells of our body and works in the cellular processes of energy production by promoting the burning of fats.

SHEA BUTTER

Moisturizing, nourishing and smoothing.

ALMOND AND RICE OILS

Elasticizing and emollient.

INSTRUCTIONS

Apply the product starting from the ankles up to the abdomen and massage until completely absorbed. External use.
PROFESSIONAL USE.



INGREDIENTS: AQUA, CAPRYLIC/CAPRIC TRIGLYCERIDE, DIMETHICONE, PROPANEDIOL, CETEARYL GLUCOSIDE, CETYL ALCOHOL, GLYCERIN, CETEARYL ALCOHOL, SORBITAN OLIVATE, CAFFEINE, BUTYROSPERMUM PARKII BUTTER, OLUS OIL, ALLANTOIN, CARNITINE, HYDROXYACETOPHENONE, ORYZA SATIVA BRAN OIL, PRUNUS AMYGDALUS DULCIS OIL, MENTHYL NICOTINATE, CAPRYLYL GLYCOL, 1,2-HEXANEDIOL, CURCUMA LONGA ROOT OIL, HYDROGENATED VEGETABLE OIL, CANDELILLA CERA, XANTHAN GUM, ZINGIBER OFFICINALE ROOT OIL, TOCOPHEROL, CINNAMOMUM ZEYLANICUM LEAF OIL, POLYGLYCERYL-10 LAURATE, POLYGLYCERYL-6 OLEATE, COLEUS FORSKOHLII ROOT EXTRACT, ESCIN, TROPOLONE, SORBITAN PALMITATE, BETA-SITOSTEROL, SQUALENE.



.306 CEL TERM

Cosmetic treatment for cellulite skin blemishes

Thermoactive cosmetic treatment indicated for the most advanced stages of cellulite. It helps to counteract the stagnation of liquids and toxins.

 warm effect



PROBLEMS

- Advanced stages of cellulite



EFFECTS

- Slimming
- Lipolytic
- Reducing



Box composed of 4 packages



Cod. Art.: ARO102003

MAIN ACTIVE INGREDIENTS

CAFFEINE

One of the most effective active ingredients in body treatments thanks to its lipolytic action. It is in fact able to promote the degradation of triglycerides in adipocytes by reducing their volume. It also has strong antioxidant properties.

CENTELLA ASIATICA EXTRACT

Improves skin microcirculation and exerts a draining action. Vasoprotective and venotonic.

FUCUS VESICULOSUS EXTRACT

Composed mainly of mucilage, mineral salts, iodine, proteins and amino acids.

VANILLIL BUTYL ETHER

Active ingredient able to act on neuronal

receptors by inducing the release of the neuropeptide CGRP (calcitonin gene related peptide) which stimulates endothelial cells causing endothelium-dependent vasodilation. The activation of skin microcirculation is accompanied by a moderate sensation of heat inside the tissues without causing redness on the skin.

INSTRUCTIONS

Heat treatment (hot). Ideal its association with pressomassage and WaveShape (ultrasound).

- causes a feeling of warmth;
- does not cause redness;
- not to be used in case of varicose veins and important problems to the capillaries.



The package contains n. 2 bandages 10 cm x 10 m in extension (46% Viscose - 54% Polyamide)



INGREDIENTS: AQUA (WATER), PROPYLENE GLYCOL, GLYCERIN, CAFFEINE, CENTELLA ASIATICA (CENTELLA ASIATICA) EXTRACT, FUCUS VESICULOSUS (FUCUS VESICULOSUS) EXTRACT, HYDROXYETHYLCELLULOSE, PEG-40 HYDROGENATED CASTOR OIL, SODIUM BENZOATE, POTASSIUM SORBATE, BENZYL ALCOHOL, EDTA, MENTHA VIRIDIS (SPEARMINT) LEAF OIL, VANILLYL BUTYL ETHER, LACTIC ACID.



.340 ACTIVE UP

Program to treat the loss of tone

Professional firming and toning treatment; suitable for improving the appearance of recently formed stretch marks. Enhanced with the special Architekt Define Technology which combats the effects of gravity by restructuring the elastic fibres, stimulates the synthesis of new collagen and improves the skin's natural hydration system, making it more compact, toned and firm.



PROBLEMS

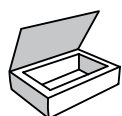
- Lack or loss of tone
- Lack of elasticity
- Recently formed stretch marks

EFFECTS

- Firming
- Restructuring
- Toning

Cod. Art. AR0101014

THE KIT CONTAINS



4
.341 B-TONE

2
.342 REDEFINE MASK

2
.343 UP&TONE

INFO

One kit one client.
It can be offered to clients of any age and is suitable for all skin types including the most sensitive ones. It can be combined with technologies. The client is advised not to take a shower in the following 3 hours, to guarantee the action of the active ingredients even after the treatment.
Complete instructions inside the kit and on the following page.

BEAUTY TIPS

To maximise results obtained in the cabin, it is recommended applying .518 B-TONE at home, every day, and using .522 UP&TONE PANTS 1-2 times a week.



HOW TO USE

1 - PREPARATION

Leave the sachet of the product selected as per the protocol (.342 REDEFINE MASK or .343 UP&TONE) in a bowl with hot water for 2 minutes.

2 - PEELING

It is recommend preparing the client by performing a mechanical peeling on the legs, abdomen, arms and back using the Arosha body brush. Spray .106 GLYCOLIC ACID on the area to be treated. Leave to act for 4 minutes and remove the residue with a damp cloth.

3 - ACTIVATION

Shake a vial of .341 B-TONE until obtaining a homogeneous solution and apply the entire contents to the critical points, massaging with light firming movements until completely absorbed.

4- SHOCK ACTION

Differentiate the treatment depending on the specific session:

Session 1 and 3

Open the .342 REDEFINE MASK pouch and apply the entire contents to the areas to be treated. Cover the client with the cartene and leave on for about 30 minutes without any massage.

NOTE: To maximize results, use the specific electrostimulation/ultrasound equipment or, alternatively, wear cartene pants and proceed with the specific ACTIVE UP WORKOUT (watch tutorial on Youtube channel AROSHA OFFICIAL).

Session 2 and 4

Open the .343 UP&TONE sachet, wring out the bandage and collect the excess liquid in a bowl. Proceed with the application of the bandage as per the following methodology:

ABDOMEN AND GLUTEALS: wrap each leg starting from the knee up to the abdomen joining the two bandages together.

LEGS AND GLUTEALS: wrap each leg starting from the ankle up to the abdomen joining the two bandages together.

ARMS: wrap each arm starting from the wrist up to the shoulder.

BREAST: starting from the upper part of the abdomen, bandage the breast making upwards a cross-over movement passing behind the neck.

- Apply the previously stored liquid with a brush.
- Leave on for 30 minutes.
- Use the cartene or specific equipment where permitted to facilitate the absorption of the active ingredients.

Conclude the treatment by massaging an adequate amount of .345 TONING PLUS cream with large, circular movements.

TOTAL TREATMENT TIME

60 minutes.

COMBINABLE WITH

- Electrostimulation/ultrasound

* The client is advised not to take a shower for the next 3 hours, to ensure the action of the active ingredients even after the treatment.

PRODUCTS AND PROTOCOLS

| Session Session Séance Sitzung Sesión Sessão Sesja | 1 | 2 | 3 | 4 |
|---|--------------------|--------------|--------------------|--------------|
| Trattamento Treatment Traitement Behandlung Tratamiento Tratamento Zabieg | .342 REDEFINE MASK | .343 UP&TONE | .342 REDEFINE MASK | .343 UP&TONE |

NOTE



Watch the tutorial
on the Youtube channel



.341 B-TONE

Biphasic serum with restructuring effect

Treatment with a restructuring effect in two synergistic phases. The upper oily phase, enriched with Sweet Almond, Jojoba, Rosa Mosqueta oils and a compound of fermented oils (Olive, Argan, Sunflower seeds, Korean herb Glycyrrhiza Uralensis and Shiunko), combats the onset of stretch marks and nourishes the skin in depth, making it soft and silky. The lower aqueous phase is instead enhanced with the special Architekt Define Technology which combats the effects of gravity by restructuring the elastic fibres, stimulates the synthesis of new collagen and improves the skin's natural hydration system, making it more compact, toned and firm. Thanks to its innovative two-phase formulation, it applies easily and is quickly absorbed without leaving a greasy residue.



 Ampoule 10 ml

Product included in the kit and not sold individually



PROBLEMS

- Lack or loss of tone
- Lack of elasticity
- Recently formed stretch marks



EFFECTS

- Restructuring
- Elasticising
- Nourishing
- Protective

MAIN ACTIVE INGREDIENTS

ARCHITEKT DEFINE TECHNOLOGY

It combines the work of three active ingredients with different specific functions: Hydroxypropylsilane, Hydagen® Aquaporin and Actygy®. Like a true architect of skin rejuvenation, this special technology acts on the different fronts of the skin's structural framework to give it firmness and tone.

HYDROLYSED COLLAGEN

Collagen is a fibrous protein and one of the major components of the dermis. Applied to the skin, it increases its turgidity, firmness and thickness. Hydrolysed collagen is obtained by hydrolysis, a process that breaks down its long native chains into

smaller fragments, making it easier to penetrate and absorb through the skin.

FERMENTOIL

Thanks to fermentation technology, patented in collaboration with the Korea Research Institute of Bioscience & Biotechnology, and the use of the micro-organism Pseudozyma Sp., known to clean waste oils in the ocean, an exceptional mix of fermented oils including Olive, Argan, Sunflower seed, Korean grass - Glycyrrhiza uralensis and Shiunko has been created. Compared to traditional oils, they have a superior consistency, offering powerful moisturising and skin-penetrating benefits, and boast

intense anti-oxidant, protective and regenerative action, along with anti-irritation and anti-inflammatory properties.

VEGETABLE OILS (ROSA MOSQUETA, JOJOBA, SWEET ALMOND and ARGAN)

Thanks to their high composition in essential fatty acids, they have highly moisturising and emollient properties. They are also rich in phytosterols and antioxidant substances that prevent skin ageing and contribute to tissue regeneration. Finally, thanks to their regenerating and elasticising properties, they are ideal for preventing the formation of stretch marks and improving skin healing.

INSTRUCTIONS

Shake the ampoule until a homogeneous solution is obtained and apply the entire contents to the critical points, massaging with gentle firming movements until completely absorbed. Wash hands after use and avoid contact with eyes and mucous membranes. Avoid contact with non-intact skin. Rinse immediately in case of irritation. External use.

PROFESSIONAL USE



INGREDIENTS: AQUA (WATER), PRUNUS AMYGDALUS DULCIS (SWEET ALMOND) OIL, COCONUT/PALM KERNEL ALKANES, SIMMONDSIA CHINENSIS (JOJOBA) SEED OIL, GLYCERIN, METHYLSILANOL HYDROXYPROLINE ASPARTATE, CANDIDA BOMBICOLA/GLUCOSE/METHYL RAPESEEDATE FERMENT, ARGANIA SPINOSA (ARGAN) KERNEL OIL, ROSA MOSCHATA SEED OIL, OLEA EUROPAEA (OLIVE) FRUIT OIL, PARFUM (FRAGRANCE), HELIANTHUS ANNUUS (SUNFLOWER) SEED OIL, TOCOPHEROL, BENZYL SALICYLATE, ANGELICA GIGAS ROOT EXTRACT, GLYCYRRHIZA URALENSIS (LICORICE) ROOT EXTRACT, LITHOSPERMUM ERYTHRORHIZON ROOT EXTRACT, HYDROLYZED COLLAGEN, BACILLUS/SOYBEAN FERMENT EXTRACT, BETA-SITOSTEROL, SQUALENE, GLYCERYL GLUCOSIDE, HYDROXYACETOPHENONE, SODIUM CHLORIDE, CAPRYLYL GLYCOL, 1,2-HEXANEDIOL, SODIUM GLUCONATE, PHENOXYETHANOL, ETHYLHEXYLGLYCERIN, TETRASODIUM GLUTAMATE DIACETATE, HEXYL CINNAMAL, CITRONELLOL, ALPHA-ISOMETHYL IONONE, LINALOOL, COUMARIN.

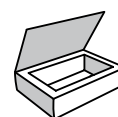



.342 REDEFINE MASK

Mask with firming and elasticising effect


Body mask with a gel texture specifically formulated to counteract sagging skin and improve the appearance of recently formed stretch marks. Developed with the new Architekt Define Technology which combats the effects of gravity by restructuring the elastic fibres, stimulates the synthesis of new collagen and improves the skin's natural hydration system, making it more compact, toned and firm. Enriched with Hydrolyzed Collagen capable of reaching the deepest layers of the skin and Betaine known for its high hydrating and protective power.

 fresh effect




 **PROBLEMS**

- Lack or loss of tone
- Lack of elasticity
- Recently formed stretch marks

 **EFFECTS**

- Firming
- Toning
- Moisturizing

 Single-dose sachet 75 ml

Product included in the kit and not sold individually

MAIN ACTIVE INGREDIENTS

ARCHITEKT DEFINE TECHNOLOGY

It combines the work of three active ingredients with different specific functions: Hydroxypropylsilane, Hydagen® Aquaporin and Actygy®. Like a true architect of skin rejuvenation, this special technology acts on the different fronts of the skin's structural framework to give it firmness and tone.

HYDROLYSED COLLAGEN

Collagen is a fibrous protein and one of

the major components of the dermis. Applied to the skin, it increases its turgidity, firmness and thickness. Hydrolysed collagen is obtained by hydrolysis, a process that breaks down its long native chains into smaller fragments, making it easier to penetrate and absorb through the skin.

BETAINE

A natural substance extracted from sugar beet (*Beta vulgaris*), to which it owes its name. Thanks to its solubility and ability

to make water molecules cohesive, it is an excellent ingredient with a moisturising and humectant action. Its ability to combat cellular ageing processes and free radicals also make it an active ingredient with a strong tissue-repairing and protective action.

MENTHOL

Thanks to its special chemical structure, it is characterised by its refreshing and de-fatiguing action.

INSTRUCTIONS

Apply the entire contents to the areas to be treated. Cover the client with cartene and leave on for about 30 minutes. Massage the remaining product until completely absorbed. Wash hands thoroughly after use and avoid contact with eyes and mucous membranes. Avoid contact with non-intact skin. Rinse immediately in case of irritation. External use.

PROFESSIONAL USE.

BEAUTY TIPS

To maximise results, use the specific electrostimulation/ultrasound equipment or, alternatively, wear the pantacartene and proceed with ACTIVE UP WORKOUT (watch tutorial on Youtube channel AROSHA OFFICIAL).



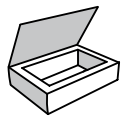
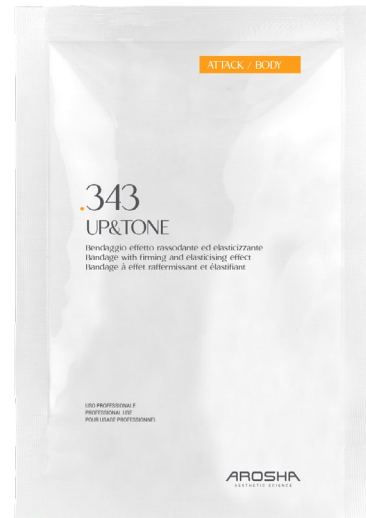
INGREDIENTS: AQUA (WATER), BETAINE, PROPANEDIOL, GLYCERIN, GLYCERYL GLUCOSIDE, METHYLSILANOL HYDROXYPROLINE ASPARTATE, PPG-26-BUTETH-26, CARBOMER, HYDROLYZED COLLAGEN, BACILLUS/SOYBEAN FERMENT EXTRACT, PEG-40 HYDROGENATED CASTOR OIL, HYDROXYACETOPHENONE, PARFUM (FRAGRANCE), CAPRYLYL GLYCOL, XANTHAN GUM, 1,2-HEXANEDIOL, SODIUM HYDROXIDE, MENTHOL, SODIUM GLUCONATE, PHENOXYETHANOL, ETHYLHEXYLGLYCERIN, TETRASODIUM GLUTAMATE DIACETATE




.343 UP&TONE

Bandage with firming and elasticising effect

Cosmetic treatment with a firming and elasticising effect developed with Architekt Define Technology which combats the effects of gravity by restructuring the elastic fibres, stimulates the synthesis of new collagen and improves the skin's natural hydration system, making it more compact, toned and firm.



 Size 250 ml

Product included in the kit and not sold individually



PROBLEMS

- Lack or loss of tone
- Lack of elasticity
- Recently formed stretch marks



EFFECTS

- Firming
- Toning
- Moisturizing

MAIN ACTIVE INGREDIENTS

ARCHITEKT DEFINE TECHNOLOGY

It combines the work of three active ingredients with different specific functions: Hydroxyprolysilane, Hydagen® Aquaporin and Actygy®. Like a true architect of

skin rejuvenation, this special technology acts on the different fronts of the skin's structural framework to give it firmness and tone.

INSTRUCTIONS

Apply the bandage, taking care not to squeeze too tightly. Leave on for 30 minutes by placing the client wrapped in cartene. To maximise results, use the specific electrostimulation/ultrasound equipment. Remove the bandages and finish with a gentle massage. It is recommended to check skin compatibility by applying a small amount of liquid before treatment. Avoid contact with sensitive areas. Rinse hands thoroughly after application. External use.

PROFESSIONAL USE.



The package contains n. 2 bandages 10 cm x 10 m in extension (46% Viscose - 54% Polyamide)



INGREDIENTS: AQUA (WATER), PROPANEDIOL, GLYCERIN, METHYLSILANOL HYDROXYPROLINE ASPARTATE, GLYCERYL GLUCOSIDE, BACILLUS/SOYBEAN FERMENT EXTRACT, PHENOXYETHANOL, PPG-26-BUTETH-26, PEG-40 HYDROGENATED CASTOR OIL, PARFUM (FRAGRANCE), XANTHAN GUM, ETHYLHEXYLGLYCERIN, SODIUM GLUCONATE, DIMETHICONE, HEXYL CINNAMAL, CITRONELLOL, ALPHA-ISOMETHYL IONONE, LINALOOL, COUMARIN, BENZYL SALICYLATE.



.345 TONING PLUS

Cream with firming and elasticizing effect

Rich massage cream with a firming and elasticising effect developed with Architekt Define Technology which combats the effects of gravity by restructuring the elastic fibres, stimulates the synthesis of new collagen and improves the skin's natural hydration system, making it more compact, toned and firm. Its formula is also enriched with Shea Butter and vegetable oils with an emollient, elasticising and intensely nourishing action.



PROBLEMS

- Lack or loss of tone
- Lack of elasticity
- Recently formed stretch marks



EFFECTS

- Restructuring
- Firming
- Nourishing



Airless 500 ml



Cod. Art.: ARO201112

MAIN ACTIVE INGREDIENTS

ARCHITEKT DEFINE TECHNOLOGY

It combines the work of three active ingredients with different specific functions: Hydroxypropylsilane, Hydagen® Aquaporin and Actygy®. Like a true architect of

skin rejuvenation, this special technology acts on the different fronts of the skin's structural framework to give it firmness and tone.

SHEA BUTTER

Extremely nourishing and emollient thanks to its concentration of fatty acids and vitamins.

INSTRUCTIONS

Apply a suitable amount of product to the areas to be treated and massage in until completely absorbed. Wash hands thoroughly after use and avoid contact with eyes and mucous membranes. Avoid contact with undamaged skin. Rinse immediately in case of irritation. External use.

PROFESSIONAL USE.



INGREDIENTS: AQUA (WATER), CAPRYLIC/CAPRIC TRIGLYCERIDE, CETYL ALCOHOL, PROPANEDIOL, GLYCERYL STEARATE CITRATE, CETEARYL GLUCOSIDE, BUTYROS-PERMUM PARKII (SHEA) BUTTER, ALLANTOIN, METHYLSILANOL HYDROXYPROLINE ASPARTATE, GLYCERYL GLUCOSIDE, BACILLUS/SOYBEAN FERMENT EXTRACT, HYDROGENATED VEGETABLE OIL, OLUS OIL, PHENOXYETHANOL, HYDROXYACETOPHENONE, PARFUM (FRAGRANCE), XANTHAN GUM, GLYCERIN, CANDELILLA (EUPHORBIA CERIFERA) CERA, CETEARYL ALCOHOL, SORBITAN OLIVATE, ETHYLHEXYLGLYCERIN, TOCOPHEROL, BETA-SITOSTEROL, SQUALENE.



.316 CRIO TONIC

Body toning cosmetic treatment

Toning and refreshing cosmetic treatment rich in Centella Asiatica, Ginseng and Menthol which perform a vasoprotective, toning, soothing and anti-fatigue action. Thanks to the intense fresh sensation it gives, it is also ideal for treating heavy legs during the summer.

 cold effect



PROBLEMS

- Lack or loss of tone
- Heavy legs



EFFECTS

- Toning
- Firming
- Relaxing



Box composed of 4 packages



Cod. Art.: ARO102005

MAIN ACTIVE INGREDIENTS

GINSENG EXTRACT

Improves blood circulation by increasing capillary permeability; it also has an antioxidant action and stimulates collagen synthesis.

CENTELLA ASIATICA EXTRACT

Improves skin microcirculation and exerts a draining action. Vasoprotective and venotonic.

MENTHOL

With the unmistakable scent of fresh mint, menthol, thanks to its particular chemical structure that characterizes it, stands out for its refreshing and anti-fatigue action.

INSTRUCTIONS

Cold effect treatment; recommended for use during the summer. Ideal its association with pressomassage and WaveShape (ultrasound).



The package contains n. 2 bandages 10 cm x 10 m in extension (46% Viscose - 54% Polyamide)



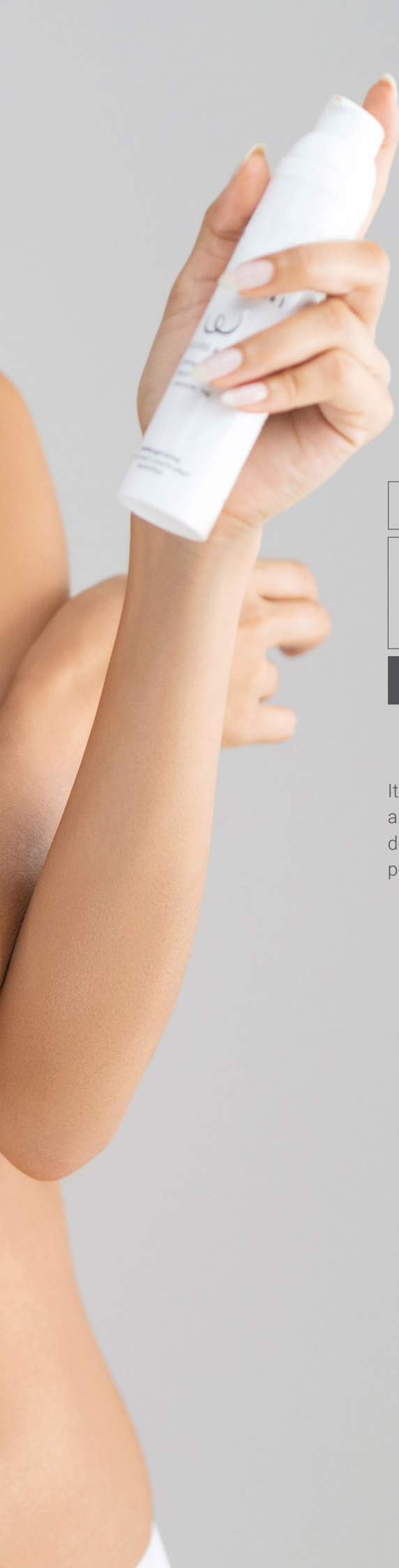
INGREDIENTS: AQUA (WATER), PROPYLENE GLYCOL, GLYCERIN, SODIUM PCA, CAFFEINE, CENTELLA ASIATICA (CENTELLA ASIATICA) EXTRACT, PANAX GINSENG (PANAX GINSENG) ROOT EXTRACT, ALLANTOIN, PEG-40 HYDROGENATED CASTOR OIL, SOLUBLE COLLAGEN, HYDROXYETHYLCELLULOSE, SUCROSE, HYDROLYZED SOY PROTEIN, BENZYL ALCOHOL, SODIUM BENZOATE, POTASSIUM SORBATE, MENTHOL, EDTA, LAVANDULA ANGUSTIFOLIA (LAVENDER) OIL.





AROSHA METHOD

BOOST



It is the important synergistic action that supports the method thanks to a wide choice of HOME TREATMENTS. An extra charge to achieve the desired results and maintain the effects of the professional treatments performed in the cabin.



BOOST

RETAIL

PEELING

BRUSH

.510 PEELING

.517 SUGARGEL SCRUB

DRAINAGE

.500 PRESSOPANTS

.501 NIO DRAIN

.502 NIO DRAIN BIO SHOCK

.520 NIO DRAIN PANTS

LIPOLYTIC

.503 BODYSLIM

.504 LIPOLYTIC

LIPO BIO SHOCK

LIPOLYTIC BODY PATCH

CELLULITE

.508 CELL REPAIR

.515 CELLULITE

.516 CELLUNIGHT

.521 SILHOUETTE PANTS

NOURISHING & TONING

.509 BODY LIFT

.511 STRETCH MARKS

.513 BREAST & DÉCOLLETÉ

.514 TEXTURE

.518 B-TONE

.522 UP&TONE PANTS



AROSHA
AESTHETIC SCIENCE

AROSHA
SKIN HD



BRUSH

Dry Peeling

Very ancient technique that provides excellent results and great benefits on the lymphatic system in just a few minutes a day. The bristles of this brush derive from a vegetable fiber called "Tampico" extracted from "Agave Lechuguilla" (also called "Ixtle"), a succulent plant that grows spontaneously in the desert areas of Northern Mexico.



Cod. Art.: ARO900002



PROBLEMS

- Microcirculation and lymphatic system



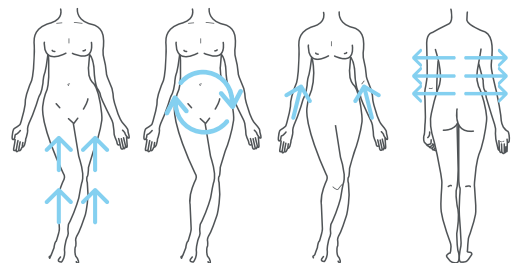
EFFECTS

- Stimulation of the lymphatic system
- Drainage
- Energizing



SPECIFICATIONS

- Slow and light movements stimulate the lymphatic system, promoting the draining effect
- Short and fast movements to obtain a toning and energizing effect
- Slow but firm movements along the muscle bands to stretch the muscles and joints



LEGS: starting from the feet and working up to the groin area

ABDOMEN: downward circular movements in a clockwise direction

ARMS: starting from the wrist and working up to the armpits

BACK: movements perpendicular to the column from inside to outside

INFO

To be used a few minutes a day on dry skin before showering or applying body emulsions.

Composition: wood and tampico fiber. Do not get wet.



.510 PEELING

Enzymatic emulsion

Energizing body peeling spray rich in fruit enzymes that gently exfoliate the skin giving it softness and a radiant appearance. Extremely delicate and superficial, it is suitable for daily use, for progressive exfoliation. Optimizes the effectiveness of the creams from the Boost/Body line.



PROBLEMS

- Dry skin
- Asphyxiated skin



EFFECTS

- Removal of impurities and dead cells
- Preparatory



Spray 120 ml



Cod. Art.: ARO202101

MAIN ACTIVE INGREDIENTS

FRUIT EXTRACTS

(Papaya, Mango, Kiwi, Strawberry, Lemon) with delicate exfoliating action gently remove dead cells and surface impurities, preparing the skin for the absorption of the active ingredients of subsequent treatments.

EXFOLIATING PEPTIDE

Biologically active peptide that reactivates the processes of natural desquamation of the stratum corneum.

INSTRUCTIONS

Apply to the skin and massage until completely absorbed. Do not rinse.



INGREDIENTS: AQUA (WATER), FRAGARIA VESCA (STRAWBERRY) FRUIT EXTRACT, CARICA PAPAYA (CARICA PAPAYA) FRUIT EXTRACT, MANGIFERA INDICA (MANGO) EXTRACT, ACTINIDIA CHINENSIS (KIWI) FRUIT EXTRACT, CITRUS LIMON (LEMON) FRUIT EXTRACT, PHENOXYETHANOL, HYDROXYETHYLCELLULOSE, TRIETHYLENEG-LYCOL, HEXANOYL DIPEPTIDE-3 NORLEUCINE ACETATE, EDTA, LACTIC ACID, C.I. 19140 (YELLOW 5 LAKE), C.I. 16255 (ACID RED 18).



.517 SUGARGEL SCRUB

Gel-oil scrub

Innovative exfoliating face and body gel scrub that turns into oil with a light massage in the first application phase and then into milk by mixing it with water. A surprising texture that combines the exfoliating property of sugar with the nourishing and emollient power of Avocado and Sweet Almond Oils and the freshness of a moisturizing milk.



PROBLEMS

- Impure skin with imperfections
- Skin in need of regeneration
- Asphyxiated skin
- Glowless and dull skin



EFFECTS

- Exfoliation and tissue regeneration
- Soft and smooth skin
- Uniform and radiant skin



Tube 200 ml



Cod. Art.: ARO202127

MAIN ACTIVE INGREDIENTS

SUGAR

Its crystals gently exfoliate, eliminating dead cells and promoting cell renewal; moreover, by dissolving in contact with water, they nourish the skin making it softer and more hydrated.

AVOCADO OIL

Precious vegetable oil with nourishing and regenerating properties that make

it particularly suitable for dry and mature, devitalized or sensitized skin. On the most fragile skins, it has a softening, protective action against the aggression of atmospheric agents, giving elasticity and softness. Furthermore, the strong normalizing capacities of the hydrolipidic film make it a precious ingredient for all cosmetics intended for restoring physio-

logical softness and skin hydration.

SWEET ALMOND OIL

Thanks to the high acid composition essential fats, it has highly moisturizing and emollient properties. It is also rich in Vitamin E, Vitamin B, phytosterols and antioxidant substances that prevent skin aging and contribute to tissue regeneration.

INSTRUCTIONS

Apply Sugargel Scrub on dry skin of the face and/or body. Massage until the gel turns into oil. Then moistening the skin with water, the product turns into milk. Rinse thoroughly. On the body, it is recommended to apply 1-2 times a week; on the face once every 10-15 days. For external use only. Avoid contact with eyes, mucous membranes and the skin is not intact. Rinse immediately in case of irritation.



INGREDIENTS: ETHYLHEXYL PALMITATE, SUCROSE, CAPRYLIC/CAPRIC TRIGLYCERIDE, GLYCERIN, AQUA/WATER, SUCROSE LAURATE, PARFUM/FRAGRANCE, PERSEA GRATISSIMA (AVOCADO) OIL, PRUNUS AMYGDALUS DULCIS (SWEET ALMOND) OIL, SUCROSE STEARATE, LIMONENE.



.500 PRESSOPANTS

Leggings in Bio Infrared Dermofibra®

The innovative Dermofibra® Bio-Infrared yarn contained in the Arosha By BeGood Pressopants has been specially developed to stimulate circulation, drain excess fluids, improve skin tone and eliminate cellulite in a simple way.



PROBLEMS

- Heavy, swollen legs
- Problems with microcirculation



EFFECTS

- Slimming and push up
- Sensation of micromassage
- Improvement of tone and microcirculation
- Improvement of the appearance of cellulite
- Remodeled silhouette



S
Cod. Art.: ARO121001



M
Cod. Art.: ARO121002



L
Cod. Art.: ARO121003



XL/XXL
Cod. Art.: ARO121004

MAIN ACTIVE INGREDIENTS

DERMOFIBRA®

Yarn linked to crystals through nanotechnologies, is capable of exerting a beneficial cosmetic action for the body. Once stimulated by body heat, the organic crystals in Dermofibra® reflect the bio-infrared rays that penetrate the skin and

subcutaneous tissue and interact with the water and organic compounds present in the tissue. The heat generated by the bio-infrared facilitates the relaxation of contracted muscles. The bio-infrared also stimulate microcirculation and metabolism thanks to their draining action,

improving the appearance of cellulite and reshaping the silhouette.

PURE RESISTEX SILVER (99.9%)

Special antibacterial fiber of which the gusset is made.

INSTRUCTIONS

Suitable for both day and night use, alone or under other clothing, even for sports. High quality yarn capable of maintaining its functions even after numerous washes.

Also available in packs of 9 pcs
(n.2 S, n.3 M, n.3 L, n.1 XL/XXL).



Cod. Art.: ARO121005



COMPOSITION: POLYESTER 55% / POLYAMIDE 30% / ELASTANE 15%.



.501 NIO DRAIN

Intensive draining gel cream

Gel cream formulated with specific active ingredients with draining and vasotonic properties that help improve microcirculation and promote the drainage of excess fluids. Thanks to NIOCONTROL™ technology, an innovative delivery system based on Niosomes, it makes the functional principles contained better and gradually available, for an optimal result. An ultra-light and comfortable texture, easy to apply and specially designed to be absorbed quickly without greasing.



PROBLEMS

- Bad skin microcirculation
- Water retention
- Swelling
- Heavy legs



EFFECTS

- Draining
- Vasoprotective
- Moisturizing



Tube 200 ml



Cod. Art.: ARO202131

MAIN ACTIVE INGREDIENTS

NIOCONTROL™

Innovative delivery system based on Niosomes, that allow to make the functional principles more available and gradually released. In NIOCONTROL™ the natural active ingredients have a well-known biochemical mechanism of action at the level of skin cells. They are encapsulated in small elastic vesicles (Niosomes) which work as an effective release system and enhancer of skin penetration, thus increasing the bioavailability of the active ingredients in the skin and ensuring maximum effectiveness.

HORSE CHESTNUT EXTRACT

The phytocomplex obtained from different parts of the plant contains a mix of saponins very rich in components particularly useful for the treatment of disorders related to adipose tissues. In particular, it has an anti-inflammatory, antioxidant, lipolytic and vasotonic action.

CENTELLA ASIATICA EXTRACT

It improves skin microcirculation and exerts a draining action. Vasoprotective and venotonic.

ESCIN

Mixture of saponins present in horse chestnut particularly useful for the treatment of disorders related to adipose tissues. In particular, it performs an anti-inflammatory, antioxidant, lipolytic and vasotonic activity.

TREHALOSE

Disaccharide, composed of two glucose molecules, naturally present in many living organisms such as plants, fungi, bacteria and invertebrates. It allows the skin to retain moisture ensuring long lasting hydration. Furthermore, it has an exceptional antioxidant power, protects the skin from the most common pollutants and slows down the aging process.

VITAMIN E

It is one of the most powerful antioxidants capable of effectively counteracting the action of free radicals. Vitamin E also restores the skin's ability to retain water, fighting dehydration; repairs the damage caused to the collagen and elastin fibers, thus restoring firmness and elasticity to the skin; strengthens the skin barrier against UV rays, limiting the appearance of dryness, wrinkles and discoloration.

ALMOND OIL

Thanks to the high composition of essential fatty acids, it has highly moisturizing and emollient properties. It is also rich in Vitamin E, Vitamin B, phytosterols and antioxidant substances that prevent skin aging and contribute to tissue regeneration.

RICE OIL

Rich in Vitamin E, tocotrienols and oryzanol, it has a protective and antioxidant action.

INSTRUCTIONS

Apply an adequate amount by massaging until completely absorbed with large and circular movements, starting from the ankles to the abdomen. Wash your hands thoroughly after use and avoid contact with eyes and mucous membranes. Avoid contact with broken skin. Rinse immediately if irritation occurs.



INGREDIENTS: AQUA (WATER), CAPRYLIC/CAPRIC TRIGLYCERIDE, ETHYLHEXYL PALMITATE, PROPANEDIOL, GLYCERIN, ORYZA SATIVA (RICE) BRAN OIL, PRUNUS AMYGDALUS DULCIS (SWEET ALMOND) OIL, AMMONIUM ACRYLOYLDIMETHYLTAURATE/VP COPOLYMER, CORN STARCH MODIFIED, PARFUM (FRAGRANCE), HYDROXYACETOPHENONE, TREHALOSE, CAPRYLYL GLYCOL, AESCULUS HIPPOCASTANUM (HORSE CHESTNUT) SEED EXTRACT, CENTELLA ASIATICA (PENNYWORT) EXTRACT, ESCIN, 1,2-HEXANEDIOL, TOCOPHEROL, CAFFEINE, POLYGLYCERYL-10 LAURATE, POLYGLYCERYL-6 OLEATE, COLEUS FORSKOHLII (COLEUS FORSKOHLII) ROOT EXTRACT, PHENOXYETHANOL, SORBITAN PALMITATE, ETHYLHEXYLGLYCERIN, TETRASODIUM GLUTAMATE DIACETATE, BETA-SITOSTEROL, POTASSIUM SORBATE, SQUALENE.



.502 NIO DRAIN BIO SHOCK

Draining and push-up action pack

Home treatment specially designed to drain and rebalance body fluids. The combined use of the two exclusive products, Pressopants Arosha by BeGood with its innovative Dermofibra® Bio-Infrared and Drain intensive draining gel cream, guarantees drainage of excess fluids by improving the tone of microcirculation and giving a reshaped silhouette.



PROBLEMS

- Heavy, swollen legs
- Water retention



EFFECTS

- Slimming and push up
- Remodeled silhouette
- Drainage
- Light legs



S
Cod. Art.: ARO121001



M
Cod. Art.: ARO121002



L
Cod. Art.: ARO121003



XL/XXL
Cod. Art.: ARO121004

THE KIT CONTAINS

1
Drain Emulsion
Tube 200 ml

1
Pressopants

INSTRUCTIONS

The innovative formula of the cream has been designed to be quickly absorbed and to be used in combination with Arosha Pressopants.



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.520 NIO DRAIN PANTS

Pre-soaked draining pants

Cosmetic treatment with important draining properties designed with NIOCONTROL™ technology, an innovative delivery system based on Niosomes that gradually make the functional principles contained in the product better available. It is formulated with Birch and Dead Sea salts that counteract the stagnation of excess fluids and promote a remineralizing and detoxifying action. Its formula is also enriched with Centella and Escin which stimulate the microcirculation relieving the sense of heaviness and swelling in the legs.



PROBLEMS

- Bad skin microcirculation
- Water retention
- Swelling
- Heavy legs



EFFECTS

- Draining
- Vasoprotective
- Remineralizing
- Detoxifying

1 PANTS 120 ml,
1 Refill 120 ml, 2 cartene pants

S-M Cod. Art.: ARO110001
L-XL Cod. Art.: ARO110002
REFILL Cod. Art.: ARO110003

COMPOSITION: Microfibra 50 DEN

MAIN ACTIVE INGREDIENTS

NIOCONTROL™

Innovative delivery system based on Niosomes that gradually make the functional principles contained in the product better available. In NIOCONTROL™ natural active ingredients, with a well-known biochemical mechanism of action at the level of skin cells, are encapsulated in small elastic vesicles (Niosomes) which function as an effective release system and enhancer of skin penetration, increasing the bioavailability of the active ingredients. themselves into the skin and ensuring maximum effectiveness.

SALTS OF THE DEAD SEA

Salt extracted from the Dead Sea on the coasts of Jordan. Its waters contain the highest and most varied concentration in the world of excellent minerals such as magnesium, potassium, calcium, bromine, known for their healthy properties for the skin. Dead Sea salts act through the reverse osmosis mechanism: through the pores of the skin, they release their mineral and trace element content to the body, at the same time, the body releases liquids and toxins. This process is the basis of its extraordinary purifying and draining properties.

ESCIN

Mixture of saponins present in horse chestnut particularly useful for the treatment of disorders related to adipose tissues. In particular, it performs an anti-inflammatory, antioxidant, lipolytic and vasotonic activity.

CENTELLA ASIATICA EXTRACT

It improves skin microcirculation and has a draining action. Vasoprotective and venotonic.

BIRCH EXTRACT

It has a draining action, preventing venous problems and circulatory disorders in case of heavy legs, swelling, edema and lymphatic stagnation. It also has toning, astringent, elasticizing and soothing properties.

INSTRUCTIONS

1. Wear .520 NIO DRAIN PANTS. **2.** Wear the pantacartene to emphasize the sauna effect of the product and the delivery of the active ingredients. **3.** Leave on for 30 to 60 minutes. **4.** Remove the pantacartene, then also remove the .520 NIO DRAIN PANTS. **5.** Massage any residual product on the body with circular movements until completely absorbed. **6.** Hand wash .520 NIO DRAIN PANTS with neutral soap. Do not put in the dryer. **7.** Use .520 NIO DRAIN PANTS Refill for the next use. **WARNINGS:** Wash hands thoroughly after use and avoid contact with eyes and mucous membranes. Avoid contact with non-intact skin. Rinse immediately in case of irritations. External use.

BEAUTY TIPS

It is recommended to use the product 1/2 times a week at any time of the day. To maintain the results obtained, use .501 NIO DRAIN cream both in the morning and in the evening.



INGREDIENTS: AQUA (WATER), SODIUM CHLORIDE, ALCOHOL DENAT., PROPANEDIOL, CAPRYLYL GLYCOL, GLYCERIN, BETULA ALBA (BIRCH) LEAF EXTRACT, CENTELLA ASIATICA EXTRACT, ESCIN, COLEUS FORSKOHLII ROOT EXTRACT, CAFFEINE, 1,2-HEXANEDIOL, XANTHAN GUM, SODIUM DEHYDROACETATE, SODIUM GLUCONATE, POLYGLYCERYL-10 LAURATE, POLYGLYCERYL-6 OLEATE, PARFUM (FRAGRANCE), POTASSIUM SORBATE, SORBITAN PALMITATE.



.503 BODYSLIM

Body in Bio-Infrared Dermofibra®

Body made of Dermofibra® Bio-Infrared yarn with a slimming and reshaping effect. It helps tone the abdomen area by stimulating microcirculation and giving an immediate shaping effect. The innovative Dermofibra® yarn was developed to stimulate microcirculation, improve skin hydration and facilitate the relaxation of contracted muscles.



PROBLEMS

- Localized adiposity

EFFECTS

- Slimming and remodeling
- Improvement of tone and microcirculation
- Reshaping of the silhouette

BLACK COLOR ●

- 👉 S/M Cod. Art.: ARO131001
- 👉 M/L Cod. Art.: ARO131002
- 👉 L/XL Cod. Art.: ARO131003
- 👉 XL/XXL Cod. Art.: ARO131004

MAIN ACTIVE INGREDIENTS

DERMOFIBRA®
Yarn linked to crystals through nanotechnologies, is capable of exerting a beneficial cosmetic action for the body. Once stimulated by body heat, the organic crystals in Dermofibra® reflect the bio-infrared rays that penetrate the skin and

subcutaneous tissue and interact with the water and organic compounds present in the tissue. The heat generated by the bio-infrared facilitates the relaxation of contracted muscles. The bio-infrared also stimulate microcirculation and metabolism thanks to their draining action,

improving the appearance of cellulite and reshaping the silhouette.

PURE RESISTEX SILVER (99.9%)

Special antibacterial fiber of which the gusset is made.

INSTRUCTIONS

High quality yarn capable of maintaining its functions even after numerous washes. For more information see the package leaflet.

NUDE COLOR ●

- 👉 S/M Cod. Art.: ARO131014
- 👉 M/L Cod. Art.: ARO131015
- 👉 L/XXL Cod. Art.: ARO131016

Also available in packs of 9 pcs (only black color)
(n.2 S/M, n.3 M/L, n.3 L/XL, n.1 XXL)
👉 Cod. Art.: ARO131005



COMPOSITION: POLYESTER 57% / POLYAMIDE 32% / ELASTANE 11%.



.504 LIPOLYTIC

Intensive reducing cream

Cosmetic treatment with DRONE™ technology, ideal for treating localized adiposity, reshaping the waist and belly-hips area. The presence of an innovative delivery system of active ingredients, the highly specific and selective COSMETIC DRONE™, ensures a targeted and effective action in counteracting imperfections and localized adiposity.

warm effect



PROBLEMS

- Localized adiposity
- Accumulations of fat in the belly-hips area



EFFECTS

- Fat-burning effect
- Reduction of adiposity
- Increased basal metabolism
- Microcirculation stimulation



Tube 200 ml



Cod. Art.: ARO202116

MAIN ACTIVE INGREDIENTS

COSMETIC DRONE™

Anticellulite*

Last generation active with a selective and univocal delivery system. The particular release technology identifies the adipocytes in a selective and univocal way, releasing inside them the active principle with a lipolytic action and inhibiting the adipogenesis. Its action is 2.5 times more effective than one of the caffeine.

CAFFEINE

One of the most widely used active ingredients in cosmetics for its ability to prevent the accumulation of fat in cells and exert a lipolytic action.

CARNITINE

Substance naturally present in our body, it intervenes in the cellular processes of energy production.

PHOSPHATIDYLCHOLINE

Phospholipid used in the treatment of localized adiposity due to its ability to

solubilize fats, reducing the volume of adipocytes.

ESCIN

Useful for the health of the circulatory system.

CENTELLA EXTRACT

Improves the microcirculation and exerts a draining action. Vasoprotector and venotonic.

THERMO-ACTIVE INGREDIENT (VBE)

Synthetic agent with a warming effect.

*Cosmetic action on cellulite blemishes.

INSTRUCTIONS

Apply on the affected areas with a light massage until absorbed. The sensation of heat and tingling that can be felt on the treated skin is due to the action of the specific substances present; it is a transitory phenomenon. Dermatologically tested.

*Cosmetic action against cellulite blemishes.



INGREDIENTI: AQUA (WATER), GLYCERIN, CAPRYLIC/CAPRIC TRIGLYCERIDE, ORYZA SATIVA BRAN OIL, PRUNUS AMYGDALUS DULCIS OIL, ETHOXYDIGLYCOL, ETHYLHEXYL PALMITATE, POLYSORBATE 80, SODIUM POLYACRYLATE, ALUMINUM STARCH OCTENYLSUCCINATE, CAFFEINE, MENTHOL, CAPRYLYL GLYCOL, CARNITINE, POLYSORBATE 20, VANILLYL BUTYL ETHER, PHOSPHATIDYLCHOLINE, 1,2 HEXANEDIOL, HYDROXYETHYL ACRYLATE/SODIUM ACRYLOYLDIMETHYL TAURATE COPOLYMER, ISOHEXADECANE, ESCIN, CENTELLA ASIATICA EXTRACT, TOCOPHEROL, GLYCYRRHETINIC ACID, DISODIUM EDTA, PHENOXYETHANOL, TROPOLONE, XANTHAN GUM, BETA-SITOSTEROL, GLYCERYL CAPRYLATE, PHENYLPROPANOL, SQUALENE, COCCOLOBA UVIFERA FRUIT EXTRACT, LACTIC ACID/GLYCOLIC ACID COPOLYMER, POLYVINYL ALCOHOL, ACETYL CYCLOHEXAPEPTIDE-34.



LIPO BIO SHOCK

Slimming action
and fat reduction pack

Home treatment designed to combat localized adiposity and reduce accumulations of fat in the belly-hip area. The synergistic use of Bodyslim technology, a body made of Dermofibra® Bio-Infrared yarn, and the exclusive Lipolytic intensive reducing cream with Drone technology promotes the reduction of adiposity, an improvement in tone and microcirculation ensuring a visible reshaping of the silhouette.

warm effect



PROBLEMS

- Localized adiposity
- Accumulations of fat in the belly-hips area

EFFECTS

- Slimming effect
- Fat-burning effect

S/M
Cod. Art.: AR0131007

M/L
Cod. Art.: AR0131008

L/XL
Cod. Art.: AR0131009

XL/XXL
Cod. Art.: AR0131010

THE KIT CONTAINS

1
Lipolytic Cream
Tube 200 ml

1
Body Slim

INSTRUCTIONS

From the in vivo evaluation of the efficacy* of the cosmetic product (Lipolytic cream) and the combined efficacy of the cosmetic product with the body in Dermofibra (Bodyslim), it was concluded that Lipolytic cream is on average 25% more effective when combined in Bodyslim.

*Effectiveness evaluation test conducted on 30 volunteers for 30 days.



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LIPOLYTIC BODY PATCH

Remodeling patch
for abdomen & hips

Innovative Hydrogel Patch for the body with immediate re-shape and slimming effect, for a "body fit care" effect that lasts up to 8 hours after application. An exclusive patented extended-release formula that uses a precious technology, Transdermal Delivery System, to ensure a progressive and continuous release of the functional substances contained for up to 8 hours*.

*In vivo test on volunteers for 8 weeks.

warm effect



PROBLEMS

- Localized adiposity on the abdomen and hips
- Accumulations of fat in the belly-hips area

EFFECTS

- Slimming
- Remodeling
- Invigorating

Size 20 gr

Cod. Art.: ARO141001

MAIN ACTIVE INGREDIENTS

CAFFEINE

One of the most widely used active ingredients in cosmetics for its ability to prevent the accumulation of fat in cells and exert a lipolytic action. It is in fact able to promote the degradation of triglycerides present in adipocytes, causing a reduction in volume. It also has strong antioxidant properties.

MIX OF VEGETABLE EXTRACTS

Draining and toning action: a blend of botanical extracts (Ginkgo Biloba, Green Tea, Ivy and Bitter Orange) with proven draining and stimulating actions on the microcirculation.

CARNITINE

Naturally contained in the cells of our body, this substance intervenes in the cellular processes of energy production by promoting the burning of fats.

THERMO-ACTIVE INGREDIENT

Synthesis agent with a warming effect.

INSTRUCTIONS

It is recommended using it twice a week, for 4 hours per application, applying the patch as shown in the figures and as a complement to Lipolytic Cream. We recommend applying the Lipolytic Cream in the morning and the Body Patch in the evening.



INGREDIENTS: AQUA (WATER), GLYCERIN, DIPROPYLENE GLYCOL, AGAR, SODIUM POLYACRYLATE, POLYACRYLIC ACID, CAFFEINE, HYDROXYACETOPHENONE, XANTHAN GUM, DISODIUM EDTA, MENTHOL, CAPRYLYL GLYCOL, TARTARIC ACID, CAPRYLYL/CAPRYL GLUCOSIDE, CELLULOSE GUM, CETYL ETHYLHEXANOATE, BUTYLENE GLYCOL, ALUMINUM GLYCINATE, VANILLYL BUTYL ETHER, CAMELLIA SINENSIS LEAF EXTRACT, HYDROGENATED LECITHIN, CARNITINE, CITRUS AURANTIUM AMARA (BITTER ORANGE) PEEL EXTRACT, FUCUS VESICULOSUS EXTRACT, GINKGO BILOBA LEAF EXTRACT, HEDERA HELIX (IVY) EXTRACT, PRUNUS MUME FRUIT EXTRACT, 1,2-HEXANEDIOL, POLYGLYCERYL-10 LAURATE, DIPOTASSIUM GLYCYRRHIZATE, GLYCINE SOJA (SOYBEAN) STEROLS.



.508 CELL REPAIR

Remodeling dry-touch oil

Oil enriched with Hazelnut and Argan oil with regenerating properties and antioxidants. Ideal solution to improve the integrity of the skin and slow down the aging process. It also has a positive effect on skin microcirculation and, thanks to the seaweed extract, it helps to improve the imperfections caused by cellulite.



PROBLEMS

- Alteration of microcirculation
- Edematous cellulite



EFFECTS

- Elasticity
- Compactness



Bottle 100 ml



Cod. Art.: ARO202001

MAIN ACTIVE INGREDIENTS

HAZELNUT OIL

Rich in unsaturated fatty acids (about 90%), phospholipids, vitamins A and E. It is used for its precious antioxidant, emollient, toning and rebalancing properties.

RED ALGAE

(Palmaria Palmata)

Rich in minerals (magnesium, potassium, calcium) it is used in cosmetics to revitalize cells, but also as an adjuvant in the treatment of cellulite.

ARGAN OIL

Thanks to its exceptional regenerating and antioxidant properties it is very effective in giving the right level of nourishment.

INSTRUCTIONS

Apply once a day and massage until completely absorbed, focusing particularly on the thighs, hips, abdomen, buttocks and inner arms. External use.



INGREDIENTS: CORYLUS AVELLANA (HAZEL) SEED OIL, PRUNUS AMYGDALUS DULCIS (SWEET ALMOND) OIL, PALMARIA PALMATA EXTRACT, FUCUS VESICULOSUS OIL, LAMINARIA DIGITATA EXTRACT, ARGANIA SPINOSA (ARGAN) KERNEL OIL, HYDROGENATED OLIVE OIL UNSAPONIFIABLES, DAUCUS CAROTA (CARROT) OIL, TRITICUM VULGARE (WHEAT) GERM OIL, ROSA MOSCHATA (ROSA MOSCHATA) SEED OIL, VITIS VINIFERA (GRAPE) SEED OIL, PARFUM (FRAGRANCE), TOCOPHERYL ACETATE.



.515 CELLULITE

Intensive slimming cream

Intensive slimming and anti-water retention cosmetic treatment designed to counteract the imperfections of cellulite. Contains the innovative SLIM COMPLEX that helps improve skin circulation and Caffeine with a lipolytic action that facilitates the de-stocking and melting of fats. Its formula is also enriched with Carnitine and compounds of essential oils that promote the drainage of liquids while vegetable oils and shea butter nourish and improve the elasticity of the skin, leaving it smooth and compact.



PROBLEMS

- Fibrous cellulite
- Sclerotic cellulite



EFFECTS

- Slimming
- Remodeling
- Draining
- Orange peel reduction
- Smoothing



Tube 200 ml



Cod. Art.: ARO202118

MAIN ACTIVE INGREDIENTS

SLIM COMPLEX

Revolutionary complex consisting of Nicotinic Acid and Menthol that activate the skin microcirculation without causing annoying hyperaemia or irritation; it also promotes oxygenation and nourishment of cells and has an anti-inflammatory function. SLIM COMPLEX consists of a "niacin" part (derived from nicotinic acid) and a "menthyl" part (derived from menthol). The niacin part produces a vasodilatory effect, while the menthyl part tends to produce a vasoconstrictor effect.

COMPOUND OF VEGETABLE ESSENTIAL OILS (Ginger, Turmeric and Cinnamon)

The synergy of all the ingredients and their properties improves microcirculation and lymphatic drainage, accelerating metabolic exchanges and promoting tissue oxygenation. Furthermore, the perfume has an aromatherapy action.

LIPO-ACTIVE

Blend of Caffeine and Escin which acts synergistically to promote weight loss by reducing the thickness and the mass of adipose tissue.

CAFFEINE

One of the most effective active ingredients in body treatments thanks to its

lipolytic action. It is able to promote the degradation of triglycerides located in the adipocytes, causing their volume reduction. It also has strong antioxidant properties.

CARNITINE

It is naturally contained in the cells of our body and works in the cellular processes of energy production by promoting the burning of fats.

SHEA BUTTER

Moisturizing, nourishing and smoothing.

ALMOND AND RICE OILS

Elasticizing and emollient.

INSTRUCTIONS

Apply on the areas to be treated and massage until completely absorbed. External use.



INGREDIENTS: AQUA (WATER), CAPRYLIC/CAPRIC TRIGLYCERIDE, OLUS OIL, BUTYROSPERMUM PARKII BUTTER, CETYL ALCOHOL, ORYZA SATIVA BRAN OIL, PROPANEDIOL, PRUNUS AMYGDALUS DULCIS OIL, CETEARYL GLUCOSIDE, GLYCERIN, CETEARYL ALCOHOL, SORBITAN OLIVATE, CAFFEINE, CARNITINE, DIMETHICONE, MENTHYL NICOTINATE, ORYZA SATIVA STARCH, HYDROGENATED VEGETABLE OIL, CURCUMA LONGA ROOT OIL, ALLANTOIN, CANDELILLA CERA, HYDROXYACETOPHENONE, ZINGIBER OFFICINALE ROOT OIL, CAPRYLYL GLYCOL, 1,2-HEXANEDIOL, CINNAMOMUM ZEYLANICUM LEAF OIL, XANTHAN GUM, POLYGLYCERYL-10 LAURATE, POLYGLYCERYL-6 OLEATE, TOCOPHEROL, COLEUS FORSKOHLII ROOT EXTRACT, ESCIN, SORBITAN PALMITATE, TROPOLONE, BETA-SITOSTEROL, SQUALENE.



.516 CELLUNIGHT

Slimming night treatment

Intensive treatment against skin blemishes related to advanced cellulite. A targeted formula based on NOCTURSHAPE™, a biotechnological active ingredient of marine origin tested for its effectiveness in counteracting nocturnin, the protein responsible for the accumulation of fat during the night. It also contains Caffeine and Carnitine, known for their high lipolytic power, and the Collagenase enzyme which, by selectively breaking down the amorphous collagen around the fat cells, favors the degradation of the fibrous nodules. .516 CELLUNIGHT, applied every night, helps reduce the annoying "orange peel" skin and improves skin elasticity and tone.





PROBLEMS

- Fibrous cellulite
- Sclerotic cellulite

EFFECTS

- Slimming
- Lipo-reducing
- Volume reduction
- "Orange peel" reduction
- Degradation of fibrous nodules

 Tube 200 ml

 Cod. Art.: ARO202133

MAIN ACTIVE INGREDIENTS

NOCTURSHAPE™

Innovative molecule produced from plankton through a highly biotechnological process. Promotes the slimming effect with a new mechanism of action: it acts on NOCTURNINA, a protein strongly presents in adipose tissue, capable of stimulating the accumulation of fat with a peak in the early hours of the night. Nocturshape™ applied in the evening, before going to bed, promotes the specific inhibition of this protein thus stimulating the nocturnal reduction of fat cells.

CAFFEINE

One of the most effective active ingredients in body treatments thanks to its lipolytic action. It is in fact capable

of promoting the degradation of the triglycerides present in the adipocytes, causing their volume to be reduced. It also has strong antioxidant properties.

CARNITINE

Naturally contained in the cells of our body, this substance intervenes in the cellular processes of energy production, promoting the burning of fat.

COLLAGENASE

Enzyme of the metalloprotease group capable of cutting the peptide bonds present in collagen. Specifically, it intervenes in the breakdown of defective collagen fibers which, on the one hand, by compressing the fat cells lead to the formation of fibrous nodules and, on the

other, by exerting traction on the skin, causing the so-called "orange peel" effect. The result is therefore a real restructuring of the skin and a consequent smoothing and toning effect.

SHEA BUTTER

Moisturizing, nourishing and smoothing.

ALMOND AND RICE OILS

Elasticizers and emollients.

INSTRUCTIONS

Apply an adequate quantity in the evening, massaging until completely absorbed with large and circular movements, starting from the ankles to the abdomen. Wash hands thoroughly after use and avoid contact with eyes and mucous membranes. Avoid contact with non-intact skin. Rinse immediately if irritation occurs. External use



INGREDIENTS: AQUA (WATER), CAPRYLIC/CAPRIC TRIGLYCERIDE, PROPANEDIOL, OLUS OIL (VEGETABLE OIL), BUTYROSPERMUM PARKII (SHEA) BUTTER, CETYL ALCOHOL, ORYZA SATIVA (RICE) BRAN OIL, PRUNUS AMYGDALUS DULCIS (SWEET ALMOND) OIL, CETEARYL GLUCOSIDE, GLYCERIN, CETEARYL ALCOHOL, SORBITAN OLIVATE, CAFFEINE, DIMETHICONE, ORYZA SATIVA (RICE) STARCH, CARNITINE, R-CLOSTRIDIUM HISTOLYTICUM COLLAGENASE, HYDROGENATED VEGETABLE OIL, ALLANTOIN, EUPHORBIA CERIFERA (CANDELLA) WAX, HYDROXYACETOPHENONE, PARFUM (FRAGRANCE), CAPRYLYL GLYCOL, 1,2-HEXANEDIOL, XANTHAN GUM, DISODIUM PHOSPHATE, TOCOPHEROL, SODIUM PHOSPHATE, GLYCERYL CAPRYLATE, SACCHARIDE ISOMERATE, BETA-SITOSTEROL, SQUALENE.



.521 SILHOUETTE PANTS

Pre-soaked pants for advanced cellulite imperfections

Cosmetic treatment formulated to act against the imperfections caused by cellulite, even at an advanced level. Its formula contains an innovative delivery system that encapsulates Phosphatidylcholine which, thanks to its properties, is able to dissolve fat by reducing the size of adipocytes. Associated with Caffeine and Carnitine, it promotes the metabolism of fatty acids, counteracting their accumulation in adipose tissue. Its formula is also enriched with the Collagenase enzyme which promotes the rupture of the amorphous collagen bundles which, by compressing the adipocytes, contribute to the formation of fibrous nodules.



PROBLEMS

- Fibrous cellulite
- Sclerotic cellulite



EFFECTS

- Slimming
- Lipo-reducing
- Volume reduction
- "Orange peel" reduction
- Degradation of fibrous nodules

1 PANTS 120 ml,
1 Refill 120 ml, 2 cartene pants



S-M Cod. Art.: ARO110004
L-XL Cod. Art.: ARO110005
REFILL Cod. Art.: ARO110006

COMPOSITION: Microfibra 50 DEN

MAIN ACTIVE INGREDIENTS

PHOSPHATIDYLCHOLINE

It is one of the most abundant phospholipids in tissues. Thanks to its properties it is able to dissolve fat by reducing the size of adipocytes.

CAFFEINE

One of the most effective active ingredients in body treatments thanks to its lipolytic action. It is in fact capable of promoting the degradation of the triglycerides present in the adipocytes, causing

their volume to be reduced. It also has strong antioxidant properties.

CARNITINE

Naturally contained in the cells of our body, this substance intervenes in the cellular processes of energy production, promoting the burning of fat.

COLLAGENASE

Enzyme of the metalloprotease group capable of cutting the peptide bonds present in collagen. Specifically, it intervenes

in the breakdown of defective collagen fibers which, on the one hand, by compressing the fat cells lead to the formation of fibrous nodules and, on the other, by exerting traction on the skin, causing the so-called "orange peel" effect. The result is therefore a real restructuring of the skin and a consequent smoothing and toning effect.

INSTRUCTIONS

1. Wear .521 SILHOUETTE PANTS. **2.** Wear the cartene pants to emphasize the sauna effect of the product and the delivery of the active ingredients. **3.** Leave on for 30 to 60 minutes. **4.** Remove the cartene pants and .521 SILHOUETTE PANTS. **5.** Massage any residual product with circular movements until completely absorbed. **6.** Wash .521 SILHOUETTE PANTS by hand with neutral soap. Do not tumble dry. **7.** Use the .521 SILHOUETTE PANTS Refill for the next use. **WARNINGS:** Wash hands thoroughly after use and avoid contact with eyes and mucous membranes. Avoid contact with non-intact skin. Rinse immediately in case of irritations. External use.

BEAUTY TIPS

It is recommended to use it 1/2 times a week. Complete the treatment at home every day with .515 CELLULITE cream in the morning and .516 CELLUNIGHT cream in the evening.



INGREDIENTS: AQUA (WATER), ALCOHOL DENAT., PROPANEDIOL, CAFFEINE, CAPRYLYL GLYCOL, CARNITINE, 1,2-HEXANEDIOL, R-CLOSTRIDIUM HISTOLYTICUM COLLAGENASE, PHOSPHATIDYLCHOLINE, SODIUM DEHYDROACETATE, XANTHAN GUM, PARFUM (FRAGRANCE), SODIUM GLUCONATE, TOCOPHEROL.



.509 BODY LIFT

Firming dry-touch oil

Precious oil enriched with Chia oil and Monoi from Tahiti with firming and toning properties; it immediately improves the appearance of the skin, making it soft and smooth. Its "dry touch" composition makes it quickly and easily absorbed.



PROBLEMS

- Lack of tone
- Lack of elasticity
- Lack of hydration



EFFECTS

- Firming
- Restructuring
- Invigorating



Bottle 100 ml



Cod. Art.: ARO202002

MAIN ACTIVE INGREDIENTS

ROSEHIP OIL

It is an oil rich in essential fatty acids that perform the important action of regulating skin elasticity and restoring hydration. It also has a revitalizing action on fibroblasts and skin cells responsible for skin tone and elasticity.

MONOI OF TAHITI

It is a precious oil obtained from the maceration of gardenia flowers in coconut oil. Rich in saturated fatty acids, vitamins and antioxidants, it has moisturizing and firming properties. It protects the skin from external agents, such as sun and wind.

CHIA SEED OIL (Hispanic Sage)

Obtained from the pressure of Chia seeds, it has an emollient, anti-aging and moisturizing action; ideal for sensitive and dry skin. It also contains Omega-3s which prevent and reduce photo-induced damage.

INSTRUCTIONS

Apply once a day and massage until completely absorbed, focusing particularly on the thighs, hips, stomach, buttocks and inner arms. External use.



INGREDIENTS: CORYLUS AVELLANA (HAZEL) SEED OIL, PRUNUS AMYGDALUS DULCIS (SWEET ALMOND) OIL, ROSA MOSCHATA (ROSA MOSCHATA) SEED OIL, SALVIA HISPANICA (CHIA) SEED OIL, TRITICUM VULGARE (WHEAT) GERM OIL, COCOS NUCIFERA (COCONUT) OIL, GARDENIA TAHITENSIS (TIARÉ) FLOWER, TOCOPHEROL, HYDROGENATED ETHYLHEXYL OLIVATE/HYDROGENATED OLIVE OIL UNSAPONIFIABLES, PRUNUS ARMENIACA (APRICOT) KERNEL OIL, SESAMUM INDICUM (SESAME) SEED OIL, ARGANIA SPINOSA (ARGAN) KERNEL OIL, VITIS VINIFERA (GRAPE) SEED OIL, PARFUM (FRAGRANCE), TOCOPHERYL ACETATE.



.511 STRETCH MARKS

Cream with repairing action

It stimulates cell regeneration and promotes a recompacting action, preventing the formation of new stretch marks. Improves the tone and elasticity of the skin; ideal for helping to improve the appearance of stretch marks created by pregnancy, breastfeeding, obesity, sudden weight loss.



PROBLEMS

- Stretch marks
- Non-compact skin tissue



EFFECTS

- Elastic and compact skin



Tube 200 ml



Cod. Art.: ARO202103

MAIN ACTIVE INGREDIENTS

VANISTRYL™

Innovative marine ingredient able to effectively counteract the various mechanisms involved in the formation of stretch marks: it protects the connective tissue from degradation and helps the reconstruction of the extracellular matrix

with an elasticizing and repairing effect. Clinically tested for the ability to reduce stretch marks.

COLLAGEN

Fibrous protein and one of the major components of the dermis. Applied to the skin it gives hydration and softness.

ORGANIC SILICONE

Water-soluble derivative of silicone, it is ideal for promoting tissue regeneration and toning the skin. Clinical tests show its effectiveness on stretch marks.

INSTRUCTIONS

Apply on the areas to be treated and massage until completely absorbed. External use.



INGREDIENTS: AQUA (WATER), CERA ALBA, CETEARYL ETHYLHEXANOATE, CETYL PALMITATE, STEARYL ALCOHOL, STEARYL HEPTANOATE, TRITICUM VULGARE GERM (WHEAT GERM) OIL, METHYLSILANOL HYDROXYPROLINE ASPARTATE, PRUNUS AMYGDALUS DULCIS (SWEET ALMOND) OIL, GLYCERIN, STEARETH-10, STEARETH-7, STEARYL CAPRYLATE, CYCLOPENTASILOXANE, UREA, PROPYLENE GLYCOL, CAPRYLYL/CAPRYL GLUCOSIDE, BUTYLENE GLYCOL, BENZYL ALCOHOL, GLYCERYL STEARATE, PEG-100 STEARATE, ALLANTOIN, DIMETHICONE, MYRISTYL ALCOHOL, PARAFFINUM LIQUIDUM (MINERAL OIL), PARFUM (FRAGRANCE), CITRUS AURANTIUM BERGAMIA (BERGAMOT) FRUIT OIL, LECITHIN, ISOPROPYL MYRISTATE, SALICYLIC ACID, CENTELLA ASIATICA EXTRACT, PSEUDOALTEROMONAS FERMENT EXTRACT, DISODIUM EDTA, PHENOXYETHANOL, BHT, MIMOSA TENUIFLORA BARK EXTRACT, SODIUM BENZOATE, SORBIC ACID, CAPRYLYL GLYCOL, XANTHAN GUM, POTASSIUM SORBATE, HYDROLYZED ELASTIN, SOLUBLE COLLAGEN, ACETYL TRIPEPTIDE-30 CITRULLINE, CITRAL, LIMONENE, LINALOOL, PENTAPEPTIDE-18, ASCORBYL PALMITATE.



.513 BREAST & DÉCOLLETÉ

Reintegrating gel

A gentle treatment for the breast and décolleté area that shows loss of firmness and tone. Contains special botanical extracts that work in synergy to give a more compact and toned skin.



PROBLEMS

- Flaccidity
- Lack of tone



EFFECTS

- Volumizing



Airless 100 ml



Cod. Art.: ARO202105

MAIN ACTIVE INGREDIENTS

AFRICAN KIGELIA EXTRACT

African plant rich in flavonoids and saponosides that promote elasticity, tone and volume to the tissue.

ORGANIC SILICONE

Water-soluble derivative of silicone, it is ideal for promoting tissue regeneration and toning the skin. Clinical tests show its effectiveness on stretch marks.

MORINGA BUTTER

Vegetable emollient that nourishes and strengthens the skin barrier. Clinical studies show its moisturizing action superior to that of shea butter.

INSTRUCTIONS

Apply a small amount of gel on the breast and décolleté and massage until completely absorbed. External use.



INGREDIENTS: AQUA (WATER), BUTYLENE GLYCOL, METHYLSILANOL HYDROXYPROLINE ASPARTATE, PEG/PPG-14/4 DIMETHICONE, KIGELIA AFRICANA (KIGELIA AFRICANA) LEAF EXTRACT, CITRUS AURANTIUM BERGAMIA (BERGAMOT) FRUIT OIL, CARBOMER, TRIETHANOLAMINE, PARFUM (FRAGRANCE), PHENOXYETHANOL, ETHYLHEXYLGLYCERIN, LIMONENE, CITRAL, LINALOOL, GERANIOL, CITRONELLOL.



.514 TEXTURE

Nourishing and renewing body cream

Rich emulsion with nourishing and elasticizing action: it evens and moisturizes the skin of the body, exerting a delicate superficial exfoliation. Constant use visibly improves the appearance of the skin, making it smooth, soft and intensely nourished.



PROBLEMS

- Dry, dehydrated skin



EFFECTS

- Nourishment
- Hydration
- Renewed, compacted skin



Tube 200 ml



Cod. Art.: ARO202107

MAIN ACTIVE INGREDIENTS

SWEET ALMOND OIL

Nourishing, elasticizing and emollient agent that delays the aging process.

SHEA BUTTER

Extremely nourishing and emollient thanks to its concentration of fatty acids and vitamins.

GLYCOLIC ACID

Also called hydroxyacetic acid, it is the smallest and best known of the alpha

hydroxy acids. Its exfoliating properties have always been known: it manages to penetrate all the superficial layers of the skin, eliminating dead cells and any impurities. It guarantees an improvement of the superficial layer of the epidermis and therefore an intense cell renewal.

OAT EXTRACT

Extract with anti-inflammatory, anti-irritant and moisturizing properties.

CALENDULA EXTRACT

The calendula plant contains carotenoids, flavonoids and essential oils. This botanical extract has important soothing and anti-reddening properties.

INSTRUCTIONS

Apply on the areas to be treated and massage until completely absorbed. External use.



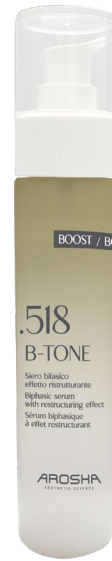
INGREDIENTS: AQUA (WATER), PRUNUS AMYGDALUS DULCIS (SWEET ALMOND) OIL, C12-15 ALKYL BENZOATE, GLYCERIN, BUTYROSPERMUM PARKII (SHEA) BUTTER, GLYCOLIC ACID, HELIANTHUS ANNUUS (SUNFLOWER) SEED OIL, CYCLOMETHICONE, STEAROXY DIMETHICONE, POLYACTYLATE CROSSPOLYMER-6, POLYSORBATE 80, PHENOXYETHANOL, DIMETHICONOL, AMMONIUM HYDROXIDE, CITRUS AURANTIUM BERGAMIA (BERGAMOT) FRUIT OIL, PARFUM (FRAGRANCE), AVENA SATIVA (OAT) KERNEL EXTRACT, CALENDULA OFFICINALIS (MARIGOLD) FLOWER EXTRACT, CYAMOPSIS TETRAGONOLOBA (GUAR) GUM, XANTHAN GUM, ETHYLHEXYLGLYCERIN, SODIUM BENZOATE, POTASSIUM SORBATE, CYCLOPENTASILOXANE, DIMETHICONOL, CITRAL, LINALOOL, ASCORBYL PALMITATE, TOCOPHERYL ACETATE.





.518 B-TONE

Biphasic serum with restructuring effect

Treatment with a restructuring effect in two synergistic phases. The upper oily phase, enriched with Sweet Almond, Jojoba, Rosa Mosqueta oils and a compound of fermented oils (Olive, Argan, Sunflower seeds, Korean herb Glycyrrhiza Uralensis and Shiunko), combats the onset of stretch marks and nourishes the skin in depth, making it soft and silky. The lower aqueous phase is instead enhanced with the special Architekt Define Technology which combats the effects of gravity by restructuring the elastic fibres, stimulates the synthesis of new collagen and improves the skin's natural hydration system, making it more compact, toned and firm. Thanks to its innovative two-phase formulation, it applies easily and is quickly absorbed without leaving a greasy residue.



 Bottle 100 ml

 Cod. Art.: ARO202003



PROBLEMS

- Lack or loss of tone
- Lack of elasticity
- Recently formed stretch marks



EFFECTS

- Restructuring
- Elasticising
- Nourishing
- Protective

MAIN ACTIVE INGREDIENTS

ARCHITEKT DEFINE TECHNOLOGY

It combines the work of three active ingredients with different specific functions: Hydroxypropylsilane, Hydagen® Aquaporin and Actygm®. Like a true architect of skin rejuvenation, this special technology acts on the different fronts of the skin's structural framework to give it firmness and tone.

HYDROLYSED COLLAGEN

Collagen is a fibrous protein and one of the major components of the dermis. Applied to the skin, it increases its turgidity, firmness and thickness. Hydrolysed collagen is obtained by hydrolysis, a process that breaks down its long native chains into smaller fragments, making it

easier to penetrate and absorb through the skin.

FERMENTOIL

Thanks to fermentation technology, patented in collaboration with the Korea Research Institute of Bioscience & Biotechnology, and the use of the micro-organism *Pseudozyma Sp.*, known to clean waste oils in the ocean, an exceptional mix of fermented oils including Olive, Argan, Sunflower seed, Korean grass - Glycyrrhiza uralensis and Shiunko has been created. Compared to traditional oils, they have a superior consistency, offering powerful moisturising and skin-penetrating benefits, and boast intense anti-oxidant, protective and regenerative

action, along with anti-irritation and anti-inflammatory properties.

VEGETABLE OILS (ROSA MOSQUETA, JOJOBA, SWEET ALMOND and ARGAN)

Thanks to their high composition in essential fatty acids, they have highly moisturising and emollient properties. They are also rich in phytosterols and antioxidant substances that prevent skin ageing and contribute to tissue regeneration. Finally, thanks to their regenerating and elasticising properties, they are ideal for preventing the formation of stretch marks and improving skin healing.

INSTRUCTIONS

Shake the bottle until a homogeneous solution is obtained. Apply an adequate amount of product to the critical points, massaging with vigorous movements until completely absorbed. Wash hands thoroughly after use and avoid contact with eyes and mucous membranes. Avoid contact with undamaged skin. Rinse immediately in case of irritation. External use.



INGREDIENTS: AQUA (WATER), PRUNUS AMYGDALUS DULCIS (SWEET ALMOND) OIL, COCONUT/PALM KERNEL ALKANES, SIMMONDSIA CHINENSIS (JOJOBA) SEED OIL, GLYCERIN, METHYLSILANOL HYDROXYPROLINE ASPARTATE, CANDIDA BOMBICOLA/GLUCOSE/METHYL RAPESEEDATE FERMENT, ARGANIA SPINOSA KERNEL OIL, ROSA MOSCHATA SEED OIL, OLEA EUROPAEA (OLIVE) FRUIT OIL, HELIANTHUS ANNUUS (SUNFLOWER) SEED OIL, TOCOPHEROL, ANGELICA GIGAS ROOT EXTRACT, GLYCYRRHIZA URALENSIS (LICORICE) ROOT EXTRACT, LITHOSPERMUM ERYTHRORHIZON ROOT EXTRACT, HYDROLYZED COLLAGEN, BACILLUS/SOYBEAN FERMENT EXTRACT, BETA-SITOSTEROL, SQUALENE, GLYCERYL GLUCOSIDE, HYDROXYACETOPHENONE, SODIUM CHLORIDE, CAPRYLYL GLYCOL, 1,2-HEXANEDIOL, SODIUM GLUCONATE, PARFUM (FRAGRANCE), PHENOXYETHANOL, ETHYLHEXYLGLYCERIN, TETRASODIUM GLUTAMATE DIACETATE, HEXYL CINNAMAL, CITRONELLOL, ALPHA-ISOMETHYL IONONE, LINALOOL, BENZYL SALICYLATE, COUMARIN.



.522 UP&TONE PANTS

Pre-soaked pants with firming and elasticising effect

Cosmetic home treatment with a firming and elasticising effect developed with Architekt Define Technology which combats the effects of gravity by restructuring the elastic fibres, stimulates the synthesis of new collagen and improves the skin's natural hydration system, making it more compact, toned and firm. Treatment with fresh effect.

 fresh effect




PROBLEMS


- Lack or loss of tone
- Lack of elasticity
- Recently formed stretch marks



EFFECTS

- Firming
- Toning
- Moisturizing

 1 PANTS 120 ml,
1 Refill 120 ml, 2 cartene pants

 S-M Cod. Art.: ARO110007
L-XL Cod. Art.: ARO110008
REFILL Cod. Art.: ARO110009

COMPOSITION: Microfibra 50 DEN

MAIN ACTIVE INGREDIENTS

ARCHITEKT DEFINE TECHNOLOGY

It combines the work of three active ingredients with different specific functions: Hydroxyprolysilane, Hydagen® Aquaporin and Actygy®. Like a true architect of skin rejuvenation, this special technology acts on the different fronts of the skin's structural framework to give it firmness and tone.

MENTHOL

With its unmistakable scent of fresh mint, menthol is characterised by its refreshing and defatiguing action due to its special chemical structure.

INSTRUCTIONS

1. Wear .522 UP&TONE PANTS. **2.** Wear the cartene pants to emphasize the sauna effect of the product and the delivery of the active ingredients. **3.** Leave on for 30 to 60 minutes. **4.** Remove the cartene pants and .522 UP&TONE PANTS. **5.** Massage any residual product with circular movements until completely absorbed. **6.** Wash .522 UP&TONE PANTS by hand with neutral soap. Do not tumble dry. **7.** Use the .522 UP&TONE PANTS REFILL for the next use. **WARNINGS:** Wash hands thoroughly after use and avoid contact with eyes and mucous membranes. Avoid contact with non-intact skin. Rinse immediately in case of irritations. External use.

BEAUTY TIPS

It is recommended to use it 1 - 2 times a week. Complete the treatment at home every day with .518 B-TONE biphasic serum.



INGREDIENTS: AQUA (WATER), PROPANEDIOL, GLYCERIN, METHYLSILANOL HYDROXYPROLINE ASPARTATE, GLYCERYL GLUCOSIDE, BACILLUS/SOYBEAN FERMENT EXTRACT, PPG-26- BUTETH-26, XANTHAN GUM, PEG-40 HYDROGENATED CASTOR OIL, PHENOXYETHANOL, PARFUM (FRAGRANCE), ETHYLHEXYLGLYCERIN, MENTHOL, SODIUM GLUCONATE, DIMETHICONE, HEXYL CINNAMAL, CITRONELLOL, ALPHA-ISOMETHYL IONONE, LINALOOL, COUMARIN, BENZYL SALICYLATE.



TECH





Arosha's goal has always been the search for a balance between scientific innovation and personal well-being thanks to beauty solutions and protocols designed for every need. Years of experience and work alongside the best professionals from all over the world have shown how important it is to combine cosmetic treatments with the use of aesthetic technologies, maximizing the benefits and reducing the time needed to obtain them. For this reason, within our range of products, we have given particular attention to the Tech sector.

Each selected device is the result of a careful choice aimed at the daily needs of those who apply and receive our beauty protocols. This is how science and technology place themselves at the service of people and their well-being.



PRESSOTHERAPY

Intermittent compression is a simple treatment where pneumatic cuffs, connected to a pump, are applied to limbs. It offers sequential inflation which promotes venous and lymphatic system movement and metabolism. After deflation, there is a time interval before re-inflation. The operation of the inflation and deflation is repeated until the time is finished or the stop button is activated. The application of light pressure and long strokes increases the flow through lymphatic system, which can flush the toxins from the body, cleaning the overall lymphatic system.

Adding the Aroscha bandage into the protocol means to provide focused ingredients for even better long-term results in shorter time.

Pressotherapy Benefits:

1. Toxin removal.
2. Improve lymphatic drainage and immune system: the lymphatic system collects toxins and takes through the filtration systems that are the lymph nodes. Keeping the system working efficiently means you're less likely to suffer with minor ailments, such as colds and flu viruses.
3. Reduce swelling in tissue: body slimming.
4. Avoid build up of cellulite and reduce the light grades of cellulite: the orange peel skin effect can be an unfortunate consequence of crushing the lymphatic channels in feet and hands, preventing through circulation. It's possible to partially reverse the process, but it's better to catch it early with regular treatments. With bandage+lymphatic drainage we can achieve up to 2 grades loss of cellulite appearance. The anticellulite cocktail in the bandages based on caffeine, escine, guarana, Asiatic centella, fucus algae extract and many more work in synergy to melt fat from inside and boost excess fluid which is then pulled away by drainage action of the device.
5. Massage effect: clients will feel like a real massage on the body. You can even adjust the frequency, faster or slower, which a man's hand cannot always do manually.
6. Smooth the skin: improve blood circulation, nutrition/oxygen transportation.


For more information see the USER AND MAINTENANCE MANUAL.


LX 9

Pressomassage device


AROSHA LX9 is an easy high class portable model with a compact design and effective programs for lymphatic drainage, circulation or muscle massage. The working principle is that the main body of the machine blows the air to the 4 chambers accessories: arm cuff, legs cuff, waist cuff and center body cuff.




 Cod. Art.: ART101018

 **FUNCTION**


- Portable instrument
- Easy to install and operate
- Easy to use

 **CHARACTERISTICS**

- 4 selective programs
- Pressure range: 20 ÷ 200 mmHg
- Time range set up: 5 - 90 minutes
- Holding time: 0 - 6 seconds

 **EQUIPMENT**

- 1 Device
- 2 Legs cuff with 4 chambers
- 1 Waist cuff with 4 chambers
- 1 Tube with a single exit
- 1 Double outlet tube
- 1 Hose splitter
- 1 Custom black bag

 **OPTIONAL**

- Center body cuff with 4 chambers
- Arm cuff with 4 chambers
- Extension for arm cuff
- Extension for leg cuff



2 "one touch" leg cuff



Waist cuff "one touch"



Center body cuff "one touch"



Arm cuff "one touch"

INFO

Dimensions of the device: 26x16x120 cm

Weight: 2 Kg

CE certified product

Read the instruction manual for all information..

PROTOCOLS OF USE AROSHA LX9

| Clinical cases | Duration of session | Mode selection | Pressure (mmHg) | Speed | Suggested cuff |
|----------------------------|---------------------|----------------|-----------------|-------|--------------------------------------|
| Fibrouse cellulite | 30-35 min | B | 60~130mmHg | 3 | Drainage set or center body cuff |
| Oedematouse cellulite | 40 min | B | 60~130mmHg | 3 | Drainage set or arm cuff |
| Adiposity | 30-35 min | B | 60~130mmHg | 3 | Drainage set or center body cuff |
| Lymphatic full drainage | 35-40 min | B | 30~60mmHg | 3 | Drainage set |
| Lymphatic partial drainage | 30 min | B | 30~60mmHg | 3 | Leg cuff or arm cuff |
| Detoxification | 30 min | B | 40~80mmHg | 3 | Drainage set or arm cuff |
| Circulation improvement | 30 min | C | 40~80mmHg | 3-4 | Drainage set or arm cuff |
| For elastic skin | 30 min | C | 40~80mmHg | 3-4 | Leg cuff or drainage set or arm cuff |
| Antistress | 20-25 min | C | 30~80mmHg | 3-5 | Leg cuff or drainage set |
| Massage | 30 min | A | 60~130mmHg | 2 | Leg cuff or drainage set or arm cuff |
| Cold feet or hands | 25-30 min | A | 40~100mmHg | 3-4 | Leg cuff or arm cuff |
| Exercise effects | 20 min | A | 60~100mmHg | 3-4 | Leg cuff or drainage set |
| Arrangement Pelvis | 30 min | D | 80~120mmHg | 3 | Drainage set |

Adding the Arosha bandage in the protocol means providing targeted active ingredients for even better results in the long term and in shorter times.

MK300

Pressomassage device

MK300 is a high-performance device with a compact design and effective programs for lymphatic drainage, circulation improvement and muscle massage. The operating principle requires that the main body of the machine blows air into the various chambers of the leg and / or the various accessories (arm, abdominal belt, full body cuff).



FULL SET
Cod. Art.: ART101601



FULL BODY
Cod. Art.: ART101600



FUNCTION

- Easy installation
- Easy to use



CHARACTERISTICS

- 3 programs
- Pressure range: 10 ÷ 200 mmHg
- Time range set up: 1 - 90 minutes



MK300 FULL SET

- n. 02 leg sleeve
- n. 01 waist sleeve
- n. 01 arm sleeve
- n. 04 single hoses



MK300 FULL BODY

- n. 01 full body sleeve
- n. 03 extension zippers

ACCESSORIES



LEG SLEEVE



ARM SLEEVE



WAIST SLEEVE



FULL BODY SLEEVE



SINGLE HOSE



LEG EXTENSION ZIPPER



ARM EXTENSION ZIPPER

INFO

Dimensions of the device: 41,4 cm x 31 cm x 16 cm

Weight: 6,5 Kg

CE certified product

Read the instruction manual for all the information.

PROTOCOLS OF USE AROSHA MK300

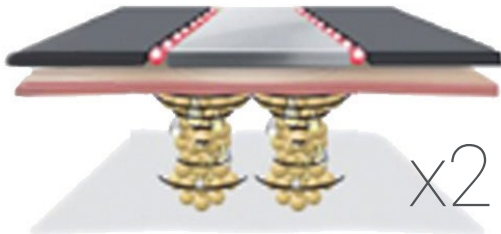
| Clinical cases | Duration of session | Mode selection | Pressure (mmHg) | Speed | Suggested cuff |
|-----------------------------------|---------------------|----------------|-----------------|-------|---|
| Fibrouse cellulite | 30 min | B | 60~130mmHg | 3 | Leg sleeve + waist sleeve or full body sleeve |
| Oedematouse cellulite | 30 min | B | 60~130mmHg | 3 | Leg sleeve + waist sleeve or arm sleeve |
| Adiposity | 30-35 min | B | 60~130mmHg | 3 | Leg sleeve + waist sleeve or full body sleeve |
| Lymphatic full drainage | 35-40 min | B | 30~60mmHg | 3 | Leg sleeve + waist sleeve |
| Lymphatic partial drainage | 20-40 min | B | 30~60mmHg | 3 | Leg sleeve or arm sleeve |
| Detoxification | 30 min | B | 40~80mmHg | 3 | Leg sleeve + waist sleeve or arm sleeve |
| Circulation improvement | 30 min | B | 40~80mmHg | 3 | Leg sleeve + waist sleeve or arm sleeve |
| For elastic skin | 30 min | A&B | 40~80mmHg | 3 | Leg sleeve or leg sleeve + waist sleeve or arm sleeve |
| Antistress | 20-30 min | A | 40~80mmHg | 3 | Leg sleeve or leg sleeve + waist sleeve |
| Massage | 10-30 min | A | 60~150mmHg | 2 | Leg sleeve or leg sleeve + waist sleeve or arm sleeve |
| Cold feet or hands | 30 min | A | 40~100mmHg | 3 | Leg sleeve or arm sleeve |
| Exercise effects | 20 min | A | 60~100mmHg | 3 | Leg sleeve or leg sleeve + waist sleeve |
| Arrangement pelvis | 30 min | B | 80~120mmHg | 3 | Leg sleeve + waist sleeve |

Adding the Arosha bandage in the protocol means providing targeted active ingredients for even better results in the long term and in shorter times.



ULTRASONIC EFFECT

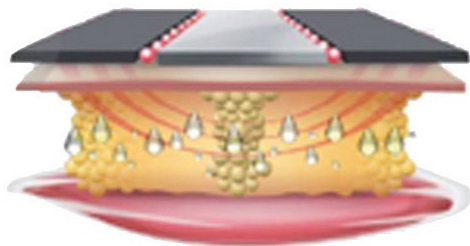
The high frequency ultrasonic wave causes a micro-massage that:



1. Increases the temperature (thermic effect), stimulates the metabolism of fat and improves microcirculation
2. Causes the oscillation of the adjacent cells (mechanical effect) able to create pressure differences that alter the permeability of the cell membrane. Promotes separation of complex molecules and causes weakening of collagen agglomerations containing adipocytes (fibrolytic action)
3. Creates partial alteration of the PH level on a local scale and promotes changes in the cell membranes permeability. This effect is due to the considerable forces of acceleration that the cells have to face when the ultrasound wave passes through (chemical effect)

SUBCUTANEOUS ELECTROLIPOLYSIS

Effects of the electrical stimulation within the fat tissue:



IN THE ADIPOCYTES:

Stimulation of the beta receptors in the adipocyte membrane and activation of the enzymes active in triglyceride lysis (able to break up triglycerides into glycerol+fatty acids that can be expelled by the blood and lymph flow)

Breakage of the ionic balance between inside and outside the cells. The cells must consume a lot of energy (activation of the sodiumpotassium pump) in order to restore the ion balance. So the electrical stimulation leads to energy consumption and increase of the cell activity.

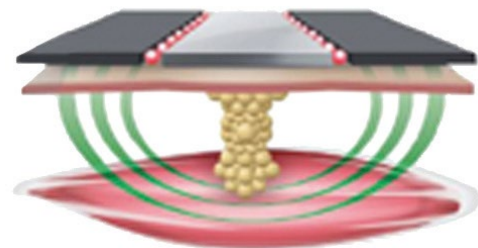
Induction of the metabolite electrolysis accumulated inside and outside the cells that once degraded and split into ions can be eliminated through the normal excretory pathways.

Increase temperature and therefore energy consumption.

IN THE BLOODY AND LYMPHATIC VESSELS:

Stimulation of the muscle fibrils in the walls of little vessels with a consequent improvement of the vascular tone, oxygen flow and spread of nutrients for a better drainage of catabolites.

MUSCLE ELECTROSTIMULATION



Effects of electrical stimulation on adipose tissue:

MUSCULAR ELECTROSTIMULATION

The electrical stimulation 'simulates' the work of the central nervous system which commands contractions, provoking a sort of passive gymnastics that further increases the metabolism, uses the deployment of fats operated by lipolysis to produce energy, improves and tones muscles.

Electrical stimulation also acts on the microcirculation, improvement of the tone of vessel walls, promotion of the transport of oxygen and elimination of waste material.

It is a sort of passive gymnastics:

TO PERFORM A STRENGTHENING AND TONIFYING ACTION ON A MUSCLE UNDER STRESS TO INCREASE BASAL METABOLISM

WAVESHAPE 3.0

Ultrasound/micro-currents device with fixed plates

Special body programme device working through a combined and synergic use of ultrasounds along with as many as six kinds of different electric waves to achieve a unique and complete effect. This equipment combines a synergic use of ultrasound and electrolipolytic currents for a more complete, more effective and deeper treatment of localized build-ups of adipose tissue, cellular lipodystrophy, water retention and relaxation of the skin.



Cod. Art.: ART431041



FUNCTION

- Portable device
- Easy to install and operate
- Easy to use



CHARACTERISTICS

- 8 plates that transmit ultrasound and electricity
- 3 categories of treatments: drainage and cellulite, tone, wellness



EQUIPMENT

- n. 8 ultrasound plates
- n. 1 plexiglass plate holder
- n. 1 elastic bands (L) 105 x (H) 13 cm
- n. 3 elastic bands (L) 90 x (H) 13 cm
- n. 4 elastic bands (L) 60 x (H) 13 cm
- n. 16 silicon electrodes 60x85 mm
- n. 5 memory cards



Silicone electrodes



Ultrasound plates



Elastic bands

INFO

Dimensions of the device: 26x26x12 cm

Weight: 2 Kg

CE certified product

Read the instruction manual for all information.

Arosha WAVESHAPE 3.0 combined with AROSHA BANDAGES guarantees effective and rapid improvements with visible results from the first sessions as well as allowing the beautician to work "hands free". Preliminary statistical results demonstrate the evidence of the results obtained.

PROTOCOLS OF USE AROSHA WAVESHAPE 3.0

Using different combinations of these multiple functions, WAVESHAPE 3.0 allows you to create specific treatments to achieve the desired goal. The treatments are divided into 3 macro-categories:

1. DRAIN & CELLULITE

Targeted programs for an intensive treatment against cellulite, localized adiposity and drainage. It exploits the combined anticellulite and lipolytic action of ultrasounds and electric power using electric waves specifically designed for this purpose (LIPOLYTIC and DRAINING wave). However, muscular phases of work are useful for further consumption of fats and for a toning action.

PROGRAMS:

- 1 > FOCALIZED DRAINAGE
- 2 > FIBROUS CELLULITE
- 3 > SCLEROTIC CELLULITE
- 4 > ADIPOSITY

2. TONE

Programs focused more on improving strength and tone of the muscles. These programs use the lipolytic action of ultrasound and exploit electrical energy to stimulate the muscle work to remodel the body.

PROGRAMS:

- 5 > PROGRESSIVE TONE
- 6 > ACTIVE TONE
- 7 > ENERGETIC TONE
- 8 > GLUTEAL AND TIGHS SCULPTING
- 9 > ABDOMINAL SCULPTING

3. WELLNESS

Special programs for heavy legs, muscle recovery, maintenance of muscle tone, improvement of skin elasticity.

PROGRAMS:

- 10 > HEAVY LEGS
- 11 > SLIM
- 12 > ELASTIC SKIN
- 13 > RECOVERING
- 14 > FITNESS







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