

24K Golden Radiance Treatment

80 Minutes

BABOR
ACADEMY

Embark on a luxurious journey to reclaim timeless beauty with our anti-wrinkle expert. This indulgent treatment with precision-targeted active ingredients works harmoniously to not only diminish existing visible wrinkles but prevent new wrinkle formation and slow the aging process. The potent formulations and specialized massage techniques enhance skin firmness, tone, and elasticity while refining facial contours. This treatment is ideal for those seeking a practical approach to combat wrinkles and restore skin vitality. The skin is plumped from within revealing a firmer, smoother and more youthful looking skin.

TREATMENT PREPARATION

Products	HY-ÖL Cleanser Phyto HY-ÖL Booster Reactivating Rich Vitalizing Mask Refining Enzyme & Vitamin C Cleanser AHA 10% Peel Rebalancing Toner HSR LIFTING anti-wrinkle Serum HSR LIFTING anti-wrinkle Cream or Cream Rich HSR LIFTING anti-wrinkle Eye Cream HSR LIFTING Anti-Wrinkle Cream Mask HSR LIFTING Sheet Mask – Face, neck & décolleté SOUL & BODY Cream
Accessories	6 small bowls (Rich Vitalizing Mask, Refining Enzyme & Vitamin C Cleanser for face, AHA 10% Peel, HSR Anti-Wrinkle Cream Mask, Refining Enzyme & Vitamin C Cleanser for arm refresh, and Soul & Body Cream) 3 mask brush (Rich Vitalizing Mask, Refining Enzyme & Vitamin C Cleanser, Anti-Wrinkle Cream Mask) 2 silicone Brushes (AHA 10% Peel)
Preparation	Prepare 8 warm compresses (HY-ÖL Cleanser, Rich Vitalizing, Refining Enzyme & Vitamin C Cleanser, Hand & Arm exfoliation) Prepare 1 cool compress (Hydro-Therapy Stimulation) Hand & Arm: 1 teaspoon of Refining Enzyme & Vitamin C Cleanser and 1 teaspoon of SOUL & BODY Cream placed in small separate bowls in the hot towel cabi to warm

TREATMENT PROTOCOL OVERVIEW

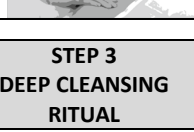
Grounding Ritual	Grounding Ritual & Anti-Aging Ritual - no product	
Deep Cleansing Ritual	HY-ÖL Cleanser – eye make-up removal HY-ÖL Cleanser Phyto HY-ÖL Booster Reactivating	2 pumps 4 pumps 2 pumps
Vitality Analysis & Boost	Rich Vitalizing Mask	2 teaspoons
Exfoliation	Refining Enzyme & Vitamin C Cleanser AHA 10% Professional Peel Rebalancing Toner	1/2 teaspoon 10 pumps 2 pumps
Arm Refresh	Enzyme Micro Peel Balm	1 teaspoon
Lymphatic Activation & Active Infusion	HSR LIFTING Serum	4 pumps
Eye & Lip Boost	HSR LIFTING Eye Cream	¼ tsp
Massage	HSR LIFTING Serum HSR LIFTING Cream or Cream Rich	2 pumps 1 teaspoon
Mask	HSR LIFTING Anti-Wrinkle Cream Mask HSR LIFTING Sheet Mask - face, neck & décolleté SOUL & BODY Cream	1 teaspoon 1 mask 1 teaspoon
Finishing Treatment	Massage excess mask - no additional product	
Reawakening Ritual	No product	

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80 Minute Treatment	
STEP 1 GROUNDING RITUAL	Step Duration: 1 Minute
	Perform the Grounding Ritual according to the BABOR Expert Method

STEP 2 ANTI-AGING RITUAL	Step Duration: 4 Minutes
a)  b)  c)  d)  f) 	a) Hook your fingertips under the edge of the skull at the base of the neck, gently pull and release slowly; repeat 3 times. b) Fingertips in the same position, massage the short neck muscles with circular movements c) Turn the head & with gentle thumb pressure smooth down the sternocleidomastoid muscle, slide back up without pressure, 3 times d) Hold the sternocleidomastoid muscle at the edge of the skull with one hand and place the other hand on the shoulder. Apply gentle outward pressure on both sides, lowering shoulder slightly to stretch the shoulder-neck area. e) Repeat movements c & d on the opposite side f) Center the head; using both thumbs, smooth with pressure from the neck (side of cervical spine) over the trapezius to the shoulders. Return without pressure, 3 times

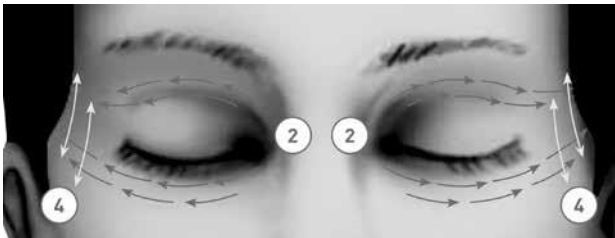
STEP 3 DEEP CLEANSING RITUAL	Step Duration: 4 Minutes
Product	HY-ÖL Cleanser + Phyto HY-ÖL Booster Reactivating
Application / use	4 pumps of HY-ÖL Cleanser into the palm of your hand and massage onto dry skin (approx. 1 minute) 2 pumps of Phyto HY-ÖL Booster Reactivating into the palm of your hand. Place hands above the guest's nose. Allow them to take a few breaths to experience the aroma of the botanicals - Then apply the product directly over the HY-ÖL Cleanser and spread evenly (approx. 30 seconds) - Wet the fingers with cool water and massage the skin until a milky emulsion is formed - Repeat 3 times - Remove using the BABOR Hydro-Therapy Stimulation technique

STEP 4 ACTIVATION ANALYSIS & BOOST	Step Duration: 5 Minutes
Product	Rich Vitalizing Mask
Application / use	- Apply 2 teaspoons of the Rich Vitalizing Mask using the BABOR application method - Remove immediately with the BABOR Hydro-Therapy Stimulation technique
CONTRAINDICATIONS: Thyroid Conditions, Ultra-Sensitive Skin, avoid broken capillaries, inflamed areas / blemished skin	

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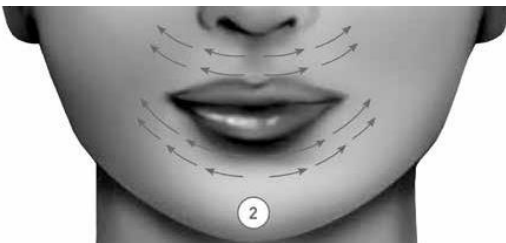
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STEP 5 EXFOLIATION	Step Duration: 18 Minutes
Product	Refining Enzyme & Vitamin C Cleanser, AHA 10% Professional Peel, Rebalancing Toner + Refining Enzyme & Vitamin C Cleanser for arm refresh/ exfoliation (from hot towel cabi)
Application / use	Refining Enzyme & Vitamin C Cleanser 1. ½ teaspoon of the Refining Enzyme & Vitamin C Cleanser in a small bowl. Add 1 teaspoons of room temperature water. Mix energetically to form a foam. With a mask brush apply to the face, neck and décolleté 2. Apply steam if desired. Leave for 5 – 8 mins 3. Emulsify with water x3 and remove using the BABOR Hydro-Therapy Stimulation technique Perform extractions if required 10% AHA Peel 1. Apply 10% AHA peel evenly to the face, neck and décolleté, using the silicone brushes and the peel application technique 2. Leave on for 6-8 minutes. Perform a scalp massage during the wait time 3. Remove the using moistened 4 x 4's 4. Perform extractions if required 1. Apply Rebalancing Toner onto cotton pads and smooth over face, neck and décolleté Rebalancing Toner onto cotton pads and smooth over face, neck and décolleté
STEP 6 LYMPHATIC ACTIVATION & ACTIVE INFUSION	Step Duration: 4 Minutes
Product	HSR LIFTING Serum
Application / use	Apply 4 pumps of the HSR LIFTING Serum and perform the BABOR Lymphatic Activation & Active Infusion massage
STEP 7 EYE BOOST	Step Duration: 3 Minutes
Product	HSR LIFTING Eye Cream
Application / use	1. Apply the Eye Cream generously to the eye contour area Beginning on the upper eye area, smooth from the inside to outside with index or middle finger x 3 2. Small alternating strokes with outward lifting motion using index & middle finger working from inner to outer corner of the eye. Repeat x 5 3. Smooth from the inside to the outside with index or middle finger x 3 Repeat steps on the lower eye area 4. On the crow's feet area, alternating sliding 'zig zag' movements using the index or middle fingers of both hands. Up and down movement. 

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STEP 8 LIP BOOST	Step Duration: 2 Minutes
Product	HSR LIFTING Eye Cream
Application / use	1. Apply the Eye Cream generously to the area around the mouth Beginning on the upper mouth area, smooth from the inside to outside with index or middle finger x3 2. Small alternating strokes with outward lifting motion using index & middle finger working from center of upper lip to corner of mouth x 5 3. Smooth from the inside to the outside with index or middle finger x3 4. Repeat steps on the lower area around the mouth 

STEP 9 MASSAGE	Step Duration: 20 Minutes
Product	HSR LIFTING Serum + HSR LIFTING Cream
Application / use	Perform the BABOR Face Sculpting Massage • Introduction Phase – no product • Deep Muscular relaxation phase – 2 pumps HSR LIFTING Serum • Pinching / Plucking movements on the face • Petrissage and rolling x 2 • Pressure Points • Decongestion of the tissue– apply HSR LIFTING Cream

STEP 10 MASK HAND & ARM MASSAGE	Step Duration: 18 Minutes
Product	HSR LIFTING Cream Mask, HSR LIFTING Sheet Mask – Face, Neck & Décolleté, and Soul & Body Cream
Application / use	1. Using two alternating silicone brushes apply 1 tsp of HSR LIFTING Anti-Wrinkle Cream Mask in a thin layer. Start at the décolleté and continue over the neck, chin, and cheeks to the forehead 2. Apply remaining mask to problem areas with particularly deep wrinkles 3. HSR LIFTING Face Sheet Mask –unfold and place on the face. Stretch the mask by pulling on the side tabs and pull it over the ears. Stretch the tabs for the chin area and pull it over the ears Take the Neck & Décolleté Masks – place and smooth each mask. Leave 15 minutes to take effect 4. During the wait time, perform a hand & arm massage with Soul & Body Body Cream 5. Remove the sheet masks and discard
STEP 11 FINISHING	Step Duration: 2 Minute
	Gently massage / press excess of the mask into the skin

STEP 12 REAWAKENING RITUAL	Step Duration: 1 Minute
	Perform the Reawakening Ritual according to the BABOR Expert Method

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HOMECARE RECOMMENDATIONS				
CLEANSING	EXFOLIATION	AMPOULE / SERUM	CREAMS	SPECIALTY
HY-ÖL Cleanser +	Refining Enzyme & Vitamin C Cleanser	HSR Anti-Wrinkle Serum	HSR Lifting Cream	HSR Lifting Eye Cream
Phyto HY-ÖL Booster Reactivating	Exfoliating Peel Pads	DOCTOR BABOR Rejuvenating Ampoule	Collagen Peptide Booster Cream	Mineral Sunscreen SPF 30
Barrier Balance Cleanser	Exfoliating Antioxidant Gel			HSR Lifting Neck & Décolleté Cream