

# TIMELESS RADIANCE Body Wrap & Facial Experience

80 Minutes

**BABOR**  
ACADEMY

## TREATMENT PREPARATION

|                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Body Grounding Ritual, Dry Body Brush, Full Body Exfoliation, Wrap & Massage.<br>Relaxes the muscles of the body and gives the skin a velvety-smooth glow and a vital and healthy appearance |                                                                                                                                                                                                                                                                                                                                                                                                             |
| Product Requirements                                                                                                                                                                         | Scent selection: Grounding OR Agathist – Guest selects choice of scent before treatment.<br><br>Soul & Body Elixir<br>Soul & Body AHA Peeling<br>Soul & Body Cream                                                                                                                                                                                                                                          |
| Accessories                                                                                                                                                                                  | 1 warm compress – scented with Elixir<br>5 warm compresses for Body Grounding Ritual – use on the feet and hands<br>1 BABOR Body Brush                                                                                                                                                                                                                                                                      |
| Preparation                                                                                                                                                                                  | BABOR Grounding Ritual<br>- Prepare 1 scented warm compress with 1 pumps of selected elixir.<br>- Prepare 4 warm compresses and place in hot towel cabby<br><br><b>Warm in the hot towel cabby in small bowls</b><br><u>For the exfoliation:</u><br>- Warm 2 Tbsp Soul & Body AHA Peeling<br>- 1 BABOR Body Brush (place in cabby or on top)<br><br><u>For the wrap:</u><br>- Warm 4 Tbsp Soul & Body Cream |
| Position                                                                                                                                                                                     | Start: in supine supine (face up) with the guest in a sitting position.                                                                                                                                                                                                                                                                                                                                     |

## 25 Minute FACIAL PREPARATION

|                      |                                                                                                                                                                                                                                                                |
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|                      |                                                                                                                                                                                                                                                                |
| Product Requirements | HY-ÖL Cleanser<br>Phyto HY-ÖL Booster Hydrating<br>Refining Enzyme & Vitamin C Cleanser<br>DOCTOR BABOR Rebalancing Toner<br>Ampoule Concentrate per Guest's needs<br>Lifting Eye Cream Day<br>Collagen Peptide Booster Cream<br>Mineral SPF 30 Sun Protection |
| Accessories          | 2 Hot Towels and 1 Cool Towel<br>1 Small bowl for Refining Enzyme & Vitamin C Cleanser<br>1 mask brush for Refining Enzyme & Vitamin C Cleanser                                                                                                                |

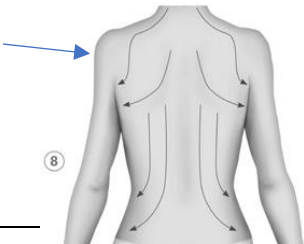
## 25 Min FACIAL PROTOCOL OVERVIEW

|                                        |                                           |                    |
|----------------------------------------|-------------------------------------------|--------------------|
| Deep Cleansing Ritual                  | HY-ÖL Cleanser– eye make-up removal       | 2 pumps            |
|                                        | HY-ÖL Cleanser                            | 4 pumps            |
|                                        | Phyto HY-ÖL Booster Hydrating             | 2 pumps            |
| Exfoliation                            | Refining Enzyme & Vitamin C Cleanser      | 1/2 teaspoon (tsp) |
|                                        | Rebalancing Toner                         | 2 pumps            |
| Lymphatic Activation & Active Infusion | Select Ampoule according to Guest's Needs | 1 ampoule          |
| Finishing Treatment                    | Lifting Eye Cream Day                     | Pea Sized          |
|                                        | Lifting Collagen Peptide Booster Cream    | ½ Teaspoon         |

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| STEP 1<br>DRY BRUSH, EXFOLIATION &<br>WRAP THE BACK | Step Duration: 25 Minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Products                                            | Dry Body Brush, Soul & Body AHA Peeling, Soul & Body Cream                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Application / Use                                   | <p><b>Dry Brush Massage &amp; Exfoliation</b></p> <ul style="list-style-type: none"> <li>- Put on disposable gloves. Perform the Dry Brush Massage technique <i>see page 4</i> and application of the AHA Peeling on each area following the BABOR Lymphatic Flow. <i>see page 5</i></li> <li>- Perform the Dry Brush Massage technique on the back and immediately follow with the application of AHA peeling &amp; then after the Soul &amp; Body Cream</li> <li>- Help the guest lay back down.</li> </ul>  |

| STEP 2<br>BODY WRAP | Step Duration: 25 Minutes                                                                                                                                                                                                                                                                                                                        |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Products            | Soul & Body Cream                                                                                                                                                                                                                                                                                                                                |
| Application / Use   | <ul style="list-style-type: none"> <li>- Following the BABOR Lymphatic Flow, apply the body cream using long, flowing movements. <i>See page 5</i></li> <li>- Immediately wrap each area after body cream is applied, resulting in a full body wrap.</li> <li>- Leave for 10 min</li> <li>- Perform a scalp massage during this time.</li> </ul> |

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| STEP 3<br>FOOT & HAND RITUAL | Step Duration: 50 Minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Product                      | Soul & Body Cream                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Application / use            | <ul style="list-style-type: none"> <li>- Following the Foot Vitalizer movements below, wrap one hot towel compress around the right foot and one around the left foot.</li> <li>- Perform the movements below. When complete, tuck each foot back into the cocoon of the body wrap.</li> <li>- Repeat these steps on the hands. Wrap one hot towel compress around the right hand and one around the left hand.</li> <li>- Stretch the hand inwards over the compress then outward.</li> <li>- Place both hands around the hand with your fingers above the wrists. Lightly pump upwards 3 times.</li> <li>- Massage each individual finger with pressure, beginning with the pinky finger.</li> </ul> |

## FEET and HAND VITALIZER

|    |                                                                           |                                                                                      |                                                                  |
|----|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 1. | Wrap one compress around the right foot and one around the left foot.     |                                                                                      |                                                                  |
| 2. | <b>Start: right foot</b><br>Stretch the instep inwards over the compress. |   | <b>Why?</b><br>Relaxation of the muscles in the arch of the foot |
| 3. | Stretch the instep outwards over the compress.                            |  |                                                                  |
| 4. | Remove the compress with washing movements.                               |                                                                                      |                                                                  |
| 5. | Place both hands flat below the ankles and pump upwards 3 times.          |  | <b>Why?</b><br>Activation of the lymph                           |
| 6. | Place both hands flat above the ankles and pump upwards 3 times.          |  |                                                                  |
| 7. | Massage the toes individually with pressure. Start with the little toe.   |                                                                                      | <b>Why?</b><br>Helps to clear the head                           |
| 8. | Repeat the same grips on the <b>left foot</b> .                           |                                                                                      |                                                                  |
| 9. | Grasp both heels simultaneously time and pull.                            |                                                                                      |                                                                  |

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## WHILE BODY IS COCOONED, BEGIN 25 MINUTE FACIAL

| STEP 4<br>DEEP CLEANSING<br>RITUAL | Step Duration: 4 Minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Product                            | HY-ÖL Cleanser + Phyto HY-ÖL Booster Reactivating                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Application / use                  | <ol style="list-style-type: none"> <li>1. 4 pumps of HY-ÖL Cleanser into the palm of your hand and massage onto dry skin (approx. 1 minute)</li> <li>2. 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</li> <li>3. Then apply the product directly over the HY-ÖL Cleanser and spread evenly (approx. 30 seconds)</li> <li>4. Wet the fingers with cool water and massage the skin until a milky emulsion is formed</li> <li>5. Repeat 3 times</li> <li>6. Remove using the BABOR Hydro-Therapy Stimulation technique</li> </ol> |

| STEP 5<br>EXFOLIATION | Step Duration: 10 Minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Product               | Refining Enzyme & Vitamin C Cleanser & Rebalancing Toner                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Application / use     | <p><b>Refining Enzyme &amp; Vitamin C Cleanser</b></p> <ol style="list-style-type: none"> <li>1. ½ teaspoon of the Refining Enzyme &amp; 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</li> <li>2. Apply steam if desired. Leave for 5 – 8 mins</li> <li>3. Emulsify with water x3 and remove using the BABOR Hydro-Therapy Stimulation technique<br/>Perform extractions if required</li> <li>4. Apply <b>Rebalancing Toner</b> onto cotton pads and smooth over face, neck and décolleté</li> </ol> |

| STEP 6<br>LYMPHATIC<br>ACTIVATION &<br>ACTIVE INFUSION | Step Duration: 4 Minutes                                                                                          |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Product                                                | Select an ampoule according to the Guest's needs                                                                  |
| Application / use                                      | Apply 1 full ampoule to the face, neck and décolleté and perform the BABOR Lymphatic Activation & Active Infusion |

| STEP 7<br>FINISHING | Step Duration: 1 Minute                                                                                                                                                      |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Product             | Eye Cream Day, Collagen Peptide Booster Cream                                                                                                                                |
| Application / Use   | <p>Apply a pea size of the eye cream to the eye contour area.</p> <p>Apply finishing cream and / or Mineral SPF to face, neck &amp; décolleté &amp; press into the skin.</p> |

| STEP 8<br>COMPLETE BODY WRAP | Step Duration: 50 Minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Products                     | No Product                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Application / use            | <ol style="list-style-type: none"> <li>1. Following the BABOR Lymphatic Flow, unwrap each area at a time to gently massage in any remaining cream left on the body.</li> <li>2. if needed, use a hot towel to remove an excess product.</li> <li>3. Use 1 hot towel to remove ALL residue from the guest's feet.</li> <li>4. Use 1 hot towel to remove any excess residue from the guest's hands.</li> <li>5. Assist guest to a sitting position to complete the treatment.</li> </ol> |

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## DRY BRUSH MASSAGE

|                                                                                                                                                                                                        |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p><b>Right</b></p> <p>1. From the base of the neck<br/>- to the shoulder<br/>- over the décolleté half to the armpit<br/>- optional: centered over the sternum and below the breast to the armpit</p> |  |
| <p><b>Left</b></p> <p>2. From the base of the neck<br/>- to the shoulder<br/>- over the décolleté half to the armpit<br/>- optional: centered over the sternum and below the breast to the armpit</p>  |  |
| <p>3. From the hand to the upper arm<br/>- first outside<br/>- then inside, resting the arm on the upper side</p>                                                                                      |  |
| <p>4. Belly<br/>- make clockwise circles with one hand; use the brush only to describe half-moons</p>                                                                                                  |  |

|                                                                                                                                                                                                                                                    |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p>5. From the instep to the knee<br/>- first outside<br/>- then inside<br/>From the knee to the groin<br/>- first outside<br/>- then inside<br/>Lift up the knee<br/>- back of the lower leg<br/>- then back of the thigh</p>                     |  |
| <p><b>Right</b></p> <p>6. From the instep to the knee<br/>- first outside<br/>- then inside<br/>From the knee to the groin<br/>- first outside<br/>- then inside<br/>Lift up the knee<br/>- back of the lower leg<br/>- then back of the thigh</p> |  |
| <p>7. From the hand to the upper arm<br/>- first outside<br/>- then inside, resting the arm on the upper side</p>                                                                                                                                  |  |

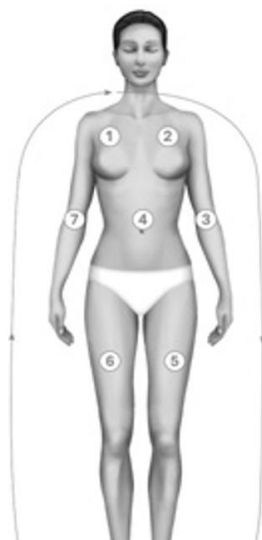
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## LYMPHATIC FLOW

|              |                                                                                    |
|--------------|------------------------------------------------------------------------------------|
| <b>Right</b> |                                                                                    |
| 1.           | Shoulder and décolleté half optional incl. breast (omit nipple!) from the head end |
| <b>Left</b>  |                                                                                    |
| 2.           | Shoulder and décolleté half optional incl. breast (omit nipple!) from the head end |
| 3.           | Arm incl. hand and palm                                                            |
| 4.           | Complete abdomen; work clockwise                                                   |
| 5.           | Leg incl. foot and sole of the foot; leave leg in place to treat the back side     |
| <b>Right</b> |                                                                                    |
| 6.           | Leg incl. foot and sole of the foot; leave leg in place to treat the back side     |
| 7.           | Arm incl. hand and palm                                                            |



The diagram illustrates a female figure from the front, wearing white underwear. Seven numbered points are marked on the body to indicate lymphatic drainage directions: 1 and 2 are on the upper chest/shoulder area; 3 and 4 are on the upper arms; 5 and 6 are on the thighs; and 7 is on the lower arm. Two large, curved arrows originate from the upper chest area (near points 1 and 2) and curve around the back of the head and neck, pointing towards the upper chest area, indicating a clockwise flow pattern for the upper body.