

DÉCAAR

BREATH OF LIFE
PROTOCOL

BREATH OF LIFE

Duration: 60 minutes

ALL SKIN TYPES

(SUITABLE TREATMENT FOR ACNE BREAKOUTS, HYPERPIGMENTATION, DEHYDRATED SKIN, FINE LINES & WRINKLES, LOSS OF FIRMNESS, REDNESS & SENSITIVITY)

The treatment is provided for any type of skin with signs of degeneration, lackluster tone, loss of elasticity and firmness. The oxygen deficiency is caused by the influence of unfavorable factors like environmental aggressions, stress, chronic disease and others.

The Breath of life is like a soft breeze of oxygen supply that provides the skin with exceptional results, strengthens the blood vessels and boosts its natural processes.

BENEFITS

- Provides deep skin layers with molecular oxygen
- Normalizes water balance
- Increases strength of collagen and elastin fibers in the skin
- Increases cell metabolism, thereby increasing production of new cells
- Helps boost blood flow
- Restores metabolic processes in tissues
- Activates the restoration of epidermis cells
- Elevates cellular energy whilst decreasing cellular stress
- Reduces redness

PROTOCOL STEPS

STEP 1 - CLEANSING

1. Remove make-up with 3ml of Cleansing and Make-Up Remover Micellar Lotion or Dual Phase Make-Up Remover.
2. Cleanse the skin with 3ml of Cleansing Milk, or Purifying Cleansing Gel or Delicate Foam Cleanser according to skin type. Moisten your fingertips and proceed with circular movements.

STEP 2 – TONING

1. Tone with 3ml pH Balancing Lotion or Phyto Lotion according to skin type.

STEP 3 - EXFOLIATION

1. Apply 3ml of Oxygen Scrub and rub the face with moisten fingertips by using circular massage movements for 3 minutes. Remove with damp sponges and lukewarm water.
2. Apply 3ml of Pro Cleansing Gel Mask on the face and leave on for 15 minutes. In case you wish to use the steamer, leave the mask on for 10 minutes, remove with wet sponges and lukewarm water from the half, face area and proceed with the extraction using Décaar's Ultrasonic Skin Blade. Repeat on the other half side area.

STEP 4 - TONING

1. Tone with 3ml of pH Balancing Lotion or Phyto Lotion according to skin type.

STEP 5 - STIMULATION

1. Apply 2ml of Oxygen Serum+ to the treated area and massage until it gets absorbed.

STEP 6 - MASSAGE

1. Apply 5ml of Oxygen Massage Cream and perform an intensive facial massage for 20 minutes (you can combine face massage using your hands for 15 minutes and with the 3D roller massage stick for 5 minutes).

*SPECIAL TIPS: Massage is NOT recommended for acne skin with infection.

STEP 7 - SOOTHING & REGENERATION

1. Apply 5ml of Oxygen Mask and massage until fully absorbed (alternatively you can use a device with cold effect function), then leave it to rest for 15-20 minutes. In the meantime, proceed with arm massage using the Oxygen Massage Cream. Oxygen Mask is a leave on mask, and you do not need to rinse off.

STEP 8 - PROTECT & SHIELD

1. Protect with 1ml of Energizing Eye Cream, or Instant Lift Eye Cream, or 2ml of Superior Eye, Neck & Décolleté Cream.
2. Protect with 2ml of Anti Acne Cream 24hr, or Rebalancing Cream 24hr, or Oxygen Gel or Oxygen Hydro 24hr, or Absolute Hydro Cream+, or Absolute Hydro Cream, or Youth Elixir Day Cream, or Dream Glow Cream.
3. Shield with 2ml Oxygen Cream SPF30, or BB Oxygen Cream SPF50, or Youth Elixir Suncare Cream SPF50 or Advanced Luminous SPF50

REPETITION

A program of four treatments, once a week for four weeks. Take a break for one week and repeat the program again until the achievement of the desirable result.

MAINTENANCE

Is recommended to repeat the treatment periodically during spring and autumn to prepare and shield the skin for the change of season.

TREATMENTS SYNERGIES:

- CO2 Revelation in combination with Breath of Life
- Algae Peeling Regimen and use Breath of Life on the 4th week to accelerate the healing process

HOME CARE PROTOCOL

Advise the client to use DÉCAAR home care products to optimize treatment outcome (more than 70% improved results have been noticed when the treated person combines the treatment with DÉCAAR homecare products).

Acne Breakouts

Morning skin regimen:

1. Cleanse with Décaar Purifying Cleansing Gel.
2. Tone with Phyto Lotion.

3. Balance the skin with Acne Repair Serum or boost with Oxygen Serum+.
4. Apply Energizing Eye Cream, or Instant Lift Eye Cream, or Superior Eye, Neck & Décolleté Cream.
5. Oxygenate and soothe with Oxygen Gel and Anti Acne Cream 24hr.
6. Protect and shield with the Oxygen Cream SPF30, repeat every 4 hours if exposed under direct sunlight.

Evening skin regimen:

1. Remove make-up with Cleansing and Make-Up Remover Micellar Lotion or Dual Phase Make-Up Remover.
2. Cleanse with Décaar Purifying Cleansing Gel.
3. Tone with Phyto Lotion.
4. Balance the skin with Acne Repair Serum or boost with Oxygen Serum+.
5. Protect with Energizing Eye Cream, or Instant Lift Eye Cream, or Superior Eye, Neck & Décolleté Cream.
6. Restore with Anti Acne Cream 24hr, or Rebalancing Cream 24hr.
7. Use Oxygen Scrub, or Natural Exfoliation Scrub, and Calming Mask or Anti Acne Antiseptic Mask 1-2 times per week.

Hyperpigmentation

Morning skin regimen:

1. Cleanse with Décaar Cleansing Milk, or Purifying Cleansing Gel or Delicate Foam Cleanser.
2. Tone with pH Balancing Lotion or Phyto Lotion.
3. Protect with Energizing Eye Cream, or Instant Lift Eye Cream, or Superior Eye, Neck & Décolleté Cream.
4. Boost with the Lumi Drops Serum and follow with Pigment Booster Complex or Lumi CC Booster. Alternatively, you can mix Dream Glow Cream with drops of Pigment Booster Complex or Lumi CC Booster and apply.
5. Protect and shield with the Advanced Luminous SPF50. Repeat every 4 hours if exposed to direct sunlight.

Evening skin regimen:

1. Remove make-up with Cleansing and Make-Up Remover Micellar Lotion or Dual Phase Make-Up Remover.
2. Cleanse with Décaar Cleansing Milk, or Purifying Cleansing Gel or Delicate Foam Cleanser.
3. Tone with pH Balancing Lotion or Phyto Lotion.
4. Protect with Energizing Eye Cream, or Instant Lift Eye Cream, or Superior Eye, Neck & Décolleté Cream.
5. Boost with the Lumi Drops Serum and follow with Pigment Booster Complex or Lumi CC Booster. Alternatively, you can mix Dream Glow Cream with drops of Pigment Booster Complex or Lumi CC Booster and apply.
6. Use Oxygen Scrub and Oxygen Mask 1-2 times per week.

Redness & Sensitivity

Morning skin regimen:

1. Cleanse with Décaar Delicate Foam Cleanser.
2. Tone with pH Balancing Lotion.

3. Boost the skin's defences with the Delicate Serum.
4. Protect with Energizing Eye Cream, or Instant Lift Eye Cream, or Superior Eye, Neck & Décolleté Cream.
5. Oxygenate and soothe with the Oxygen Gel or Delicate Soothing Gel.
6. Protect with Delicate Cream SPF15.
7. Shield with Oxygen Cream SPF30 or BB Oxygen Cream SPF50, repeat every 4 hours if exposed under direct sunlight.

Evening skin regimen:

1. Remove make-up with Cleansing and Make-Up Remover Micellar Lotion or Dual Phase Make-Up Remover.
2. Cleanse with Décaar Delicate Foam Cleanser.
3. Tone with pH Balancing Lotion.
4. Boost the skin's defences with the Delicate Serum.
5. Protect with Energizing Eye Cream, or Instant Lift Eye Cream, or Superior Eye, Neck & Décolleté Cream.
6. Nourish with Oxygen Hydro 24hr, Absolute Hydro Cream+, or Absolute Hydro Cream.
7. Use Oxygen Scrub and Oxygen Mask 1-2 times per week.

Dehydrated Skin, Fine Lines, Wrinkles, Loss of Firmness.

Morning skin regimen:

1. Cleanse with Décaar Cleansing Milk or Delicate Foam Cleanser.
2. Tone with pH Balancing Lotion.
3. Boost with Oxygen Serum+ and/or Oxygen Gel, or Age Defying Serum and Insta-Wrinkle Filler.
4. Protect with Energizing Eye Cream, or Instant Lift Eye Cream, or Superior Eye, Neck & Décolleté Cream.
5. Protect with Oxygen Hydro 24hr, Youth Elixir Day Cream, Absolute Hydro Cream+, or Absolute Hydro Cream.
6. Shield with Youth Elixir Suncare Cream SPF50 and repeat every 4 hours if exposed under direct sunlight.

Evening skin regimen:

1. Remove make-up with Cleansing and Make-Up Remover Micellar Lotion, or Dual Phase Make-Up Remover.
2. Cleanse with Décaar Cleansing Milk, or Delicate Foam Cleanser.
3. Tone with pH Balancing Lotion.
4. Boost with Age Defying Serum and add Insta-Wrinkle Filler.
5. Protect with Energizing Eye Cream, or Instant Lift Eye Cream, or Superior Eye, Neck & Décolleté Cream.
6. Restore with Youth Elixir Night Cream.
7. Use Oxygen Scrub and Oxygen Mask 1-2 times per week.