FIRST MANUAL FOR ESTHETICIANS

Natural Cosmetics Preservatives Free
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Argital Natural Cosmetics

The philosophy behind Argital natural cosmetics rests on three basic ideas.

1. To cause no damage to skin and health in general
2. To endow the skin with a vital anti-ageing element for a more supple skin
3. To use only natural ingredients that have been obtained while respecting nature at the same time.

Sun Dried Green Clay is the substance that can satisfy these principles, used as such or in the form of a gel. Argital Green Clay is unique by virtue of its nature and structure and has been chosen from among many others given its powerful anti-ageing properties, its richness in plastic forces that can be used to model and sculpt the body, and its rich energy content, similar to that of seeds before becoming plants.

Three forces live within Argital Green Clay, those of silica, aluminium, and limestone. These forces have a close affinity with the three skin layers.
Skin that is regularly treated with Green Clay and Argital cosmetics tends to remain much more supple.

When Argital green clay is used as a body wrap or in powder form in bath water, its modelling forces help to restore body shape and to maintain such shape over time. Argital uses extracts obtained from officinal herbs grown according to biodynamic¹, organic and/or spontaneous agricultural methods.

Officinal herbs possess high specific functional properties for cosmetics.

For example, Mallow is rich in mucilage, a powerful moisturizer. Calendula is rich in azulene, a soothing agent. Equisetum is a source of light given its silica content.

Vegetal oils used by Argital: Sweet Almond Oil, Wheatgerm Oil, and Jojoba Oil are all cold-pressed. Upon contact with the skin these generate a subtle and beneficial warmth of solar origin, nourishing the skin making it softer and more supple.

Argan, Borage, and Rose Mosqueta vegetal oils found in some of Argital natural cosmetics are rich in trans-fatty or essential acids, vital for ensuring the normal skin replacement process.

Argital natural cosmetics use 100% pure essential oils. These are precious natural substances that conceal the motion of the planets within their fragrance.

Essential oils generate a very pleasing fragrance, stimulate the skin processes, protect it and bring cheer to our souls.

Argital uses natural vitamins such as Vit.E, contained in Wheatgerm Oil, rich in life-giving forces. Vit.A contained in Carrot vegetal oil, also referred to as the growth vitamin, rich in heat forces and useful in combatting acne and pimples. Vit.C found in lemon juice, rich in light forces, and a stimulant for the

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¹ Biodynamic cultivations are guaranteed by demeter an international trademark of quality, today the highest standard of quality obtainable.
subtle processes forming the basis of a healthy skin.

Water is vital for the sustenance of life. Argital is fully aware of this fact and for this reason uses spring water in all its products as it is pure, light and the bearer of life-giving forces.

Argital assigns great importance to rhythm, a universal force, which in addition to governing the great natural processes such as day and night, lunar months and seasons, is vital not only for the life of man but of all other living creatures.

Spring water and the active ingredients found in the range of Argital natural cosmetics are always dynamized to give them that rhythm, that element that governs life.

**Argital does not use artificial scents, chemical substances and/or preservatives, the fragrances are obtained from essential oils and tinctures.**

The preservation of the products is guaranteed by the use of essential oils and tinctures and also by a close scrutiny of raw materials used, careful cleansing, and by the dynamization process which elevates the active ingredients towards the sphere of life.
Certifications

The quality of Argital natural cosmetics is guaranteed by the following trademarks:

BDIH  
German trademark recognised in many countries throughout the world which only certifies natural cosmetics.

DEMETER  
International trademark which certifies products obtained using the Biodynamic agricultural method.

ICEA  
Italian trademark recognised in many countries throughout the world which certifies organic cosmetics.

ECO CONTROL  
is a German trademark that certifies the natural characteristic of the raw materials.

VEGAN OK*  
is an Italian trademark that certifies the absence of animal derived substances in the cosmetics. Ethical valency.

LAV  
Italian trademark which certifies that neither the cosmetics nor their ingredients and raw materials have been tested on animals. Ethical valency.

ISO 9001  
certifies the quality throughout the production.

* All ARGITAL products are VeganOk certified except: Dentie and Propolis Toothpaste, Soap with Honey and Propolis, Moisturizing Nourishing Cream with bee wax, Hand Cream with helichrysum and propolis, Propolis Cream, Saturn Oil with propolis, Earth Oil with propolis.
Introduction

The treatments given here below are the result of a test using Argital natural cosmetics, carried out by an expert esthetician, Ms Maria Giannola, on different groups of women of different ages.

- Facial Cleansing
- Anti-Wrinkle Treatment
- Bags under the Eyes
- Greasy Skin and Acne
- Rosacea
- Neck /Décolleté
- Bust Firming and Stretch Marks
- Cellulite
- Capillary Treatment
- Hand Care Treatment
- Foot Care Treatment

FOR EACH TREATMENT, THE FOLLOWING INFORMATION IS PROVIDED:

1. Products used
2. Relative Techniques
3. Their Sequence
4. Exposure times
5. Duration of sessions
6. Frequency of Treatment
7. Duration of Treatment
8. Final Assessment of Esthetician
9. Photos of the individual products
Cosmetic Properties of Green Clay

Argital cosmetics contain sun dried green clay or green clay gel. Green Clay is the basic ingredient. Of all natural substances, Green Clay possesses the two greatest cosmetic properties:

ANTI-AGEING
SHAPING

Green Clay contains a great beauty secret. The anti-ageing and shaping properties are given by its colloidal nature. Colloid does not harden, it always remains pliable and watery. When green clay is mixed with water it becomes colloidal and pliable, reflecting the state of a healthy, supple, moisturized and toned skin.

Green Clay has numerous other eudermic attributes. Here we list the most important:

- Brings luminosity to the skin
- Improves skin balance
- Improves skin tone
- Performs powerful anti-inflammatory action
- Powerful depurative for skin suffering from acne, spots and pimples
- Powerful sebum regulator for greasy skin
- Gives excellent results in the treatment of rosacea
- Reduces bags under the eyes
- Anti-wrinkle
- Excellent natural scrub
- Firms the bust
- Combats stretch marks on bust, stomach, and buttocks, and elasticises the skin
- Combats dermatitis
- Absorbs free radicals
- Strengthens hair, regulates excess sebum on scalp
Tripolar Action of Green Clay

Green clay performs a tripolar action on three skin levels

1. It acts, by means of its silica forces, on the epidermis which lives within the luminous sphere.

2. It acts, by means of its aluminium forces, on the mesoderm which closely resembles the forces of water.

3. It acts, by means of its limestone forces, on the dermis where the forces of heat prevail.
Ingredients used in Argital Natural Cosmetics

Other ingredients used in Argital cosmetics are:

- **Pure cold pressed vegetal oils.**
  Bring solar warmth to the skin.

- **Pure essential oils.**
  Stimulate skin and linked to the planets.

- **Officinal herbs from biodynamic¹, organic and/or spontaneous agricultural methods.**
  These bring vital forces to the skin and are linked to the solar sphere.

- **Natural vitamins.**
  Bring the forces of the 4 elements to the skin: heat, light, water, salt

- **Pure spring water.**
  Renews, stimulates, and sustains the vital processes.

The active ingredients of Argital products are dynamized² by hand to maximise their functionality and eudermic power³.

Argital natural cosmetics do not contain ingredients from the animal world.

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¹ Biodynamic agriculture was conceived and formulated by Rudolf Steiner. It is a method which envisages the use of natural substances in harmony with the rhythms of the cosmos and nature. Today, this method is practised in many countries throughout the world. Sicily is the Italian region with the highest number of hectares cultivated according to the biodynamic farming method.

² Dynamization is a technique used during the preparation of homeopathic remedies and serves to heighten the action of the active ingredient.

³ Eudermic means to make the skin beautiful and healthy.
FIRST MANUAL FOR ESTHETICIANS
Iron in Green Clay

The colour of clay is mainly determined by the extent and condition of its iron content.

Green and Red Clays contain a mixture of unsaturated and saturated iron. Unsaturated or young iron prevail in green clays while saturated or old iron prevail in red clays.

Iron, by its very nature, constantly fluctuates between two forms: unsaturated iron / saturated iron – young iron / old iron. This implies a very important element: rhythm.

**WHITE CLAYS**

are characterized by the complete absence of or by very small quantities of iron. We could say that these clays are without rhythm.

**GREEN CLAYS**

are characterized by the presence of unsaturated iron, in other words immature iron, which we could define as young iron. They are similar to vegetal seeds in that they are full of energy but without form. For this reason they bring with them the element that is most closely linked to growth and the solar sphere.

**RED CLAYS**

are characterized by a saturated iron, in other words mature, which we could define as old iron. They are similar to mature plants rich in form. For this reason they bring with them the element that is most closely linked to form and the lunar sphere.
Zodiacal Bath with Green Clay

The forces of the Zodiac signs live within the ingredients contained in Argital Green Clay.

Clay dissolved in water releases forces that on contact with the skin purify and regenerate it, absorbing the free radicals and giving a general sense of well-being.
NATURAL GREEN CLAY COSMETICS PRESERVATIVE-FREE
Summary of the Main Actions of the Various Ingredients in Argital Natural Cosmetics

- Argital Green Clay is an important anti-ageing agent, it makes the skin more supple and restores shape to the body.
- Vegetal oils bring warmth, nourish the skin, making it softer and more supple.
- Unsaturated vegetal oils regenerate the skin.
- Officinal herbs bring forces of light to the skin.
- Essential oils stimulate skin replacement processes, provide fragrance and give cheer to the soul.
- Natural vitamins stimulate vital skin processes.
- Spring water brings vital forces to the skin.
- Dynamization brings forces of rhythm to the skin.
TREATMENT

In the next pages the following treatments:

Facial Cleansing
Anti-Wrinkle Treatment
Treatment for Bags under the Eyes
Greasy Skin and Acne Treatment
Bleaching Treatment for Face
Treatment for Sensitive Skin with Rosacea
Neck /Décolleté Treatment
Treatment for Bust Firming + Stretch Marks
Treatment for Stomach – Buttocks - Fat – Cellulite
Capillary Treatment
Hand Care Treatment
Foot Care Treatment
Welcome and Arrivederci massage
Facial Cleansing

Excellent Facial Cleansing Treatment

Products specifically recommended for the treatment:
Milk Cleanser
Scrub
Rugiada Tonic
Anti-Wrinkle Oil or Jojoba Oil
Argiltubo Mask
Nourishing Moisturizing Cream or Anti-Wrinkle Cream
Lavender essential oil

MILK CLEANSER
Apply to face using one’s hands and massage in a clockwise direction¹ for several minutes.
Cleanse with a sponge moistened in lukewarm water.

SCRUB
Apply to face and gently massage in a clockwise direction¹ for 10’. Cleanse with a sponge moistened in lukewarm water.

RUGIADA TONIC
Spray on face or soak a cotton pad and gently tap on skin for 1’.

ANTI-WRINKLE OIL OR JOJOBA OIL
At the discretion of the esthetician, put several drops of either Argital Anti-Wrinkle Oil or Jojoba Oil in a bowl that has been slightly heated in a bain-marie. Allow the Anti-Wrinkle Oil or Jojoba Oil to cool, then apply to the face and gently massage in clockwise circular movements for up to 3 minutes.

¹ For estheticians in the Northern hemisphere a clockwise direction is recommended, while for those in the Southern hemisphere an anti-clockwise direction is recommended; in accordance with the great circulation of liquids on our planet.
ARGILTUBO
Place the required quantity of Argiltubo in a bowl that has been slightly heated in a bain-marie. Allow the Argiltubo to cool and then apply to the face either using a brush or one’s fingers. Spread evenly over entire face, making sure that the layer is several millimetres thick. Leave for 10/20 minutes and then remove using a sponge moistened in lukewarm water.

NOURISHING MOISTURIZING CREAM OR ANTI-WRINKLE CREAM
Apply the Nourishing Moisturizing Cream to the face if the person has a greasy skin or Anti-Wrinkle Cream if the person has dry, stressed or mature skin.

PURE LAVENDER ESSENTIAL OIL
Hold the flacon with the Lavender essential oil in the left hand for entire duration of treatment or else put 1 micro drop of Lavender essential oil and a drop of Sweet Almond oil on the palm of the left hand.
Anti-Wrinkle Treatment

Excellent treatment for smoothing wrinkles

Products specifically recommended for the treatment:
Milk Cleanser
Scrub
Rugiada Tonic
Anti-Wrinkle Oil
Argiltubo Mask
Anti-Wrinkle Oil and Anti-Wrinkle Cream
Rosemary essential oil

**Milk Cleanser**
Apply to the face using one’s hands and massage in a clockwise direction¹ for several minutes.
Cleanse with a sponge moistened in lukewarm water.

**Scrub**
Apply to the face and gently massage in a clockwise direction¹ for 10’. Cleanse with a sponge moistened in lukewarm water.

**Rugiada Tonic**
Spray on face or soak a cotton pad and gently tap on skin for 1’.

**Anti-Wrinkle Oil**
Place several drops of Argital Anti-Wrinkle Oil in a bowl that has been slightly heated in a bain-marie. Allow the Argital Anti-Wrinkle Oil to cool, then apply to the face and gently massage in clockwise circular movements for up to 3 minutes.

**Argiltubo**
Place the required quantity of Argiltubo in a bowl that has been slightly

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heated in a bain-marie. Allow the Argiltubo to cool and then apply to the face either using a brush or one’s fingers. Spread evenly over entire face, making sure that the layer is several millimetres thick. Leave for 10/20 minutes and then remove using a sponge moistened in lukewarm water.

**ANTI-WRINKLE OIL**

See point 4.

**ANTI-WRINKLE CREAM**

Place the required quantity of Anti-Wrinkle Cream in a bowl that has been slightly heated in a bain-marie, then apply to the face and massage in a clockwise direction until fully absorbed.

**ROSEMARY ESSENTIAL OIL**

Hold flacon with Rosemary essential oil in left hand for entire duration of treatment or else place 1 micro drop of Rosemary essential oil and a drop of Sweet Almond Oil on palm of left.
Treatment for Bags under the Eyes

Excellent treatment for reducing bags under the eyes

Products specifically recommended for the treatment:
Milk Cleanser
Rugiada Tonic
Argiltubo Mask
Moon Oil
Chamomile Cream
Chamomile Water
Lemon Balm Essential Oil

MILK CLEANSER
Apply to the face using one’s hands and massage in a clockwise direction¹ for several minutes. Cleanse with a sponge moistened in lukewarm water.

RUGIADA TONIC
Spray on face or soak a cotton pad and gently tap on skin for 1’.

ARGILTUBO
Place the required quantity of Argiltubo in a bowl that has been slightly heated in a bain-marie. Allow the Argiltubo to cool and then apply to face either using a brush or one’s fingers. Spread evenly over entire face, making sure that the layer is several millimetres thick. Leave for 10/20 minutes and then remove with a sponge moistened in lukewarm water.

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MOON OIL - DRAINS
Place several drops of Argital Moon Oil in a bowl that has been slightly heated in a bain-marie. Allow the Argital Moon Oil to cool, then apply to the face and gently massage in clockwise circular movements for up to 3 minutes.

CHAMOMILE CREAM
Place the required quantity of Chamomile Cream in a bowl that has been slightly heated in a bain-marie, then apply to face by massaging in a clockwise direction until fully absorbed.

CHAMOMILE WATER
Soak a wad of cotton wool or cotton pad with the water and place the compress under the eyes where bags normally form. A very relaxing and soothing treatment for the skin and eyes.

PURE LEMON BALM ESSENTIAL OIL
Hold the flacon with the Pure Lemon Balm essential oil in the left hand for the entire duration of the treatment or else place 1 micro drop of Lemon Balm essential oil and a drop of Sweet Almond oil on the palm of the left hand.
Greasy Skin and Acne Treatment

Good treatment for skin with excess sebum and acne tips

Products specifically recommended for the treatment:
Milk Cleanser
Scrub
Composed cedar/citron water.
Burdock Cream
Argiltubo Mask
Niaouly Cream
Echinacea Cream
Atlas Cedarwood essential oil.

MILK CLEANSER
Apply to the face using one’s hands and massage in a clockwise direction¹ for several minutes. Cleanse with a sponge moistened in lukewarm water.

SCRUB
Apply to the face and gently massage in a clockwise direction¹ for 10’. Cleanse with a sponge moistened in lukewarm water.

COMPOSED CEDAR WATER
Spray on face or soak a cotton pad and gently tap on skin for 1’.

BURDOCK CREAM
Place the required quantity of Burdock Cream in a bowl that has been slightly heated in a bain-marie, then apply to the face and massage in a clockwise direction until fully absorbed.

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ARGILTURO
Place the required quantity of Argiltubo in a bowl that has been slightly heated in a bain-marie. Allow the Argiltubo to cool and then apply to the face either using a brush or one’s fingers. Spread evenly over entire face, making sure that the layer is several millimetres thick. Leave for 10/20 minutes and then remove using a sponge moistened in lukewarm water.

NIAOULY CREAM
Place the required quantity of Niaouly Cream in a bowl that has been slightly heated in a bain-marie, then apply to the face and massage in a clockwise direction until fully absorbed.

ECHINACEA CREAM
Place the required quantity of Echinacea Cream in a bowl that has been slightly heated in a bain-marie, then apply to the face and massage in a clockwise direction until fully absorbed.

ATLAS CEDARWOOD ESSENTIAL OIL
Hold the flacon with Atlas Cedarwood essential oil in left hand for entire duration of treatment or else place 1 micro drop of Atlas Cedarwood essential oil and a drop of Sweet Almond Oil on the palm of the left hand.
Bleaching treatment for Face

Excellent treatment for preventing sun or old age spots

Products specifically recommended for the treatment:
Milk Cleanser
Bleaching Cleanser
Scrub
Rose Bleaching Oil
Argiltubo Mask
Rose Bleaching Oil + Rose Cream
Incense Essential Oil

MILK CLEANSER
Apply to the face using one’s hands and massage in a clockwise direction⁹ for several minutes. Cleanse with a sponge moistened in lukewarm water.

BLEACHING CLEANSER
Apply to the face a certain quantity of product and massage using the soft foam. Afterwards, rinse it well.

SCRUB
Apply to the face and gently massage in a clockwise direction⁹ for 10’. Cleanse with a sponge moistened in lukewarm water.

ROSE BLEACHING OIL
Place some drops of Bleaching Oil in a bowl that has been slightly heated in a bain-marie. Allow the Bleaching Oil to cool, then apply to the treatment area and gently massage in clockwise circular movements for up to 3 minutes.

ARGILTUBO
Place the required quantity of Argiltubo in a bowl that has been slightly

¹ For estheticians in the Northern hemisphere a clockwise direction is recommended, while for those in the Southern hemisphere an anti-clockwise direction is recommended; in accordance with the great circulation of liquids on our planet.
heated in a bain-marie. Allow the Argiltubo to cool, then apply to the treatment area either using a brush or one’s fingers. Spread evenly over entire treatment area, making sure that the layer is several millimetres thick. Leave for 10/20 minutes and then remove with a sponge moistened in lukewarm water.

ROSE BLEACHING OIL
See point 4.

ROSE CREAM
Place the required quantity of Rose Cream in a bowl that has been slightly heated in a bain-marie, then apply to the face and massage in a clockwise direction until fully absorbed. Wait for several minutes before.

INCENSE ESSENTIAL OIL
Hold flacon with Incense essential oil in left hand for entire duration of treatment or else place 1 drop of Incense essential oil and a drop of Sweet Almond oil on the palm of the left hand.
Treatment for Sensitive Skin with Rosacea

Excellent treatment for very sensitive skin and/or with rosacea.

Products specifically recommended for the treatment:

- Milk Cleanser
- Scrub
- Chamomile Water Fragrance
- Violet Oil
- Argiltubo Mask
- Violet Cream (rebel dermatitis)
- Chamomile Cream (nervous dermatitis)
- Echinacea Cream (bacterial dermatitis)
- Chamomile essential oil

**MILK CLEANSER**

Apply to the face using one’s hands and massage in a clockwise direction¹ for several minutes. Cleanse with a sponge moistened in lukewarm water.

**SCRUB**

Apply to the face and gently massage in a clockwise direction¹ for 10’. Cleanse with a sponge moistened in lukewarm water.

**CHAMOMILE WATER**

Spray on face or soak a cotton pad and gently tap on skin for 1’.

**VIOLET OIL**

Place several drops of Argital Violet Oil in a bowl that has been slightly heated in a bain-marie. Allow the Argital Violet Oil to cool, then apply to the face and gently massage in clockwise circular movements for up to 3 minutes.

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ARGILTUBO
Place the required quantity of Argiltubo in a bowl that has been slightly heated in a bain-marie. Allow the Argiltubo to cool and then apply to the face either using a brush or one’s fingers. Spread evenly over entire face, making sure that the layer is several millimetres thick. Leave for 10/20 minutes and then remove with a sponge moistened in lukewarm water.

VIOLET CREAM
Place the required quantity of Violet Cream in a bowl that has been slightly heated in a bain-marie, then apply to the face and massage in a clockwise direction until fully absorbed. Wait for several minutes before.

CHAMOMILE CREAM
Place the required quantity of Chamomile Cream in a bowl that has been slightly heated in a bain-marie, then apply to the face and massage in a clockwise direction until fully absorbed. Wait for several minutes before applying the Echinacea Cream.

ECHINACEA CREAM
Place the required quantity of Echinacea Cream in a bowl that has been slightly heated in a bain-marie, then apply to the face and gently massage in a clockwise direction until fully absorbed.

CHAMOMILE ESSENTIAL OIL
Hold flacon with Chamomile essential oil in left hand for entire duration of treatment or else place 1 drop of Chamomile essential oil and a drop of Sweet Almond oil on the palm of the left hand.
Neck /Décolleté Treatment

Excellent treatment for toning neck area

Products specifically recommended for the treatment:
Cleansing Milk
Scrub
Rugiada Tonic
Anti-Wrinkle Oil
Argiltubo Mask
Anti-Wrinkle Oil
Anti-Wrinkle Cream
Lavender essential oil

CLEANSING MILK
Apply to the treatment area using one’s hands and massage in a clockwise direction¹ for several minutes.
Cleanse with a sponge moistened in lukewarm water.

SCRUB
Apply to the treatment area and gently massage in a clockwise direction¹ for 10’.
Cleanse with a sponge moistened in lukewarm water.

RUGIADA TONIC
Spray on treatment area or soak a cotton pad and gently tap on skin for 1’.

ANTI-WRINKLE OIL
Place some drops of Argital Anti-Wrinkle Oil in a bowl that has been slightly heated in a bain-marie. Allow the Argital Anti-Wrinkle Oil to cool, then apply to the treatment area and gently massage in clockwise circular movements for up to 3 minutes.

¹ For estheticians in the Northern hemisphere a clockwise direction is recommended, while for those in the Southern hemisphere an anti-clockwise direction is recommended; in accordance with the great circulation of liquids on our planet.
ARGILTUBO
Place the required quantity of Argiltubo in a bowl that has been slightly heated in a bain-marie. Allow the Argiltubo to cool, then apply to the treatment area either using a brush or one’s fingers. Spread evenly over entire treatment area, making sure that the layer is several millimetres thick. Leave for 10/20 minutes and then remove with a sponge moistened in lukewarm water.

ANTI-WRINKLE OIL
See point 4.

ANTI-WRINKLE CREAM
Place the required quantity of Anti-Wrinkle Cream in a bowl that has been slightly heated in a bain-marie, then apply to the treatment area and massage in a clockwise direction until fully absorbed.

LAVENDER ESSENTIAL OIL
Hold flacon with Lavender essential oil in left hand or else place 1 micro drop of Lavender essential oil and a drop of Sweet Almond Oil on the palm of the left hand.
Treatment for Bust Firming + Stretch Marks

Good tonicity after a few sessions

Products specifically recommended for the treatment:
Milk Cleanser
Scrub
Rugiada Tonic
Bust Oil
Argiltubo Mask
Violet Cream
Pink Centifolia/Cabbage Rose essential oil

**MILK CLEANSER**
Apply to treatment area using one’s hands and massage in a clockwise direction¹ for several minutes.
Cleanse with a sponge moistened in lukewarm water.

**SCRUB**
Apply to treatment area and gently massage in a clockwise direction¹ for 10’.
Cleanse with a sponge moistened in lukewarm water.

**RUGIADA TONIC**
Spray the treatment area or soak a cotton pad and spray a certain quantity over the skin for 1’.

**BUST OIL**
Place several drops of Argital Bust Oil in a bowl that has been slightly heated in a bain-marie. Allow the Argital Bust Oil to cool, then apply to the treatment area and gently massage in clockwise circular movements for up to 3 minutes.

¹ For estheticians in the Northern hemisphere a clockwise direction is recommended, while for those in the Southern hemisphere an anti-clockwise direction is recommended; in accordance with the great circulation of liquids on our planet.
ARGILTUBO
Place the required quantity of Argiltubo in a bowl that has been slightly heated in a bain-marie. Allow the Argiltubo to cool, then apply to the treatment area either using a brush or one’s fingers. Spread evenly over entire treatment area, making sure that the layer is several millimetres thick. Leave for 10/20 minutes and then remove with a sponge moistened in lukewarm water.

VIOLET CREAM
Place the required quantity of Violet Cream in a bowl that has been slightly heated in a bain-marie, then apply to the treatment area and massage in a clockwise direction until fully absorbed.

CABBAGE ROSE/ PINK CENTIFOLIA ESSENTIAL OIL
Hold flacon with Cabbage Rose/Pink Centifolia essential oil in left hand for entire duration of treatment or else place 1 micro drop of Cabbage Rose/Pink Centifolia essential oil and a drop of Sweet Almond Oil on the palm of the left hand.
Treatment for Stomach – Buttocks - Fat – Cellulite

Excellent treatment to combat fatty deposits and sagging skin. [Green Tea/Equisetum recommended]

Products specifically recommended for the treatment:

Scrub

Slimming Oil for Cellulite.

Why oil? Because oil dissolves fat = homeopathy

Slimming Mud stimulates reabsorption, clay gives form

Final application with massage:

Fluid Body Cream with Rosemary:

stimulates the circulation, accelerates reabsorption

Slimming Cream Florange dissolves fats = homeopathy

Cream Floré (firming)

Cypress essential oil

SCRUB

Apply to the treatment area and gently massage in a clockwise direction¹ for 10’. Cleanse with a sponge moistened in lukewarm water.

SLIMMING OIL

Place several drops of Argital Slimming Oil in a bowl that has been slightly heated in a bain-marie. Allow the Argital Slimming Oil to cool, then apply to treatment area and gently massage in clockwise¹ circular movements for up to 3 minutes.

SLIMMING MUD

Heat the bowl containing the required quantity of Slimming Mud in a

¹ For estheticians in the Northern hemisphere a clockwise direction is recommended, while for those in the Southern hemisphere an anti-clockwise direction is recommended; in accordance with the great circulation of liquids on our planet.
bain-marie, then apply a generous layer to the treatment area using a spatula, spread well and evenly, wrap in cartene¹ foil and leave for 15’, remove using a sponge and lukewarm water.

**FINAL APPLICATION WITH MASSAGE:**

**FLUID BODY CREAM WITH ROSEMARY**
Place the required quantity of Fluid Body Cream in a bowl that has been slightly heated in a bain-marie, then apply and massage in a clockwise direction until fully absorbed. Wait for several minutes before applying the Cream Florange.

**CREAM FLORANGE**
Place the required quantity of Cream Florange in a bowl that has been slightly heated in a bain-marie, then apply and massage in a clockwise direction until fully absorbed. Wait for several minutes before applying the Cream Floré.

**CREAM FLORÈ + TONING OIL**
Place the required quantity of Cream Florè in a bowl that has been slightly heated in a bain-marie, then apply and massage in a clockwise direction until fully absorbed. To intensify the toning effect apply a few drops of Argital Toning Oil to the treatment area before applying the Cream Floré.

**CYPRESS ESSENTIAL OIL**
Hold the flacon with the Cypress essential oil in the left hand for the entire duration of the treatment or else place 1 micro drop of Cypress essential oil and a drop of Sweet Almond Oil in the palm of the left hand.

¹ Cartene is plastic film.
Capillary Treatment

Excellent Treatment for Reducing Capillaries

Recommended Products for Treatment:
Milk Cleanser
Scrub
Oil for Veins and Capillaries
Argiltubo
Thuja and Witch Hazel Crem
Bath with Green Clay
Fluid Cream

Milk Cleanser
Apply treatment area by hand and massage in a clockwise direction for several minutes. Cleanse with a sponge dampened in lukewarm water.

Scrub
Apply to the treatment area and delicately massage in a clockwise direction for 10’. Cleanse with a sponge dampened in lukewarm water.

Oil for Veins and Capillaries
Place several drops of Oil for Veins and Capillaries in a bowl that has been slightly heated in a bain-marie. Allow the Argital Oil for Veins to cool and then apply to treatment area and gently massage in a clockwise direction for 3 minutes¹. Astringent.

Argiltubo
Place the required quantity of Argiltubo in a bowl that has been slightly heated in a bain-marie. Allow the Argiltubo to cool and then apply to treatment area either using a brush or one’s fingers. Spread evenly over entire treatment area making sure that layer is several millimeters thick. Leave for 10 / 20 minutes and then remove using a sponge dampened in lukewarm water.

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THUJA AND WITCH HAZEL CREAM
Astringent, stimulates circulation, anti-inflammatory, refreshing. Place the required quantity of Thuja Cream, slightly heated in a bain-marie, to the treatment area and gently massage in a clockwise direction until fully absorbed.

GREEN CLAY BATH
A weekly Green Clay bath at home is recommended. When dry apply the lavender and lemon balm fluid cream over entire body to protect skin and stimulate circulation.
Hand Care Treatment

Excellent treatment to help prevent age spots and anti-ageing

Products specifically recommended for the treatment:
Scrub
Bleaching Oil
Argiltubo Mask
Hand Cream
Lemon essential oil

SCRUB
Apply to the hands and gently massage in a clockwise direction¹ for 10’.
Cleanse with a sponge moistened in lukewarm water.

BLEACHING OIL
Place several drops of Argital Bleaching Oil in a bowl that has been slightly heated in a bain-marie. Allow the Argital Bleaching Oil to cool, then apply to the hands and gently massage in clockwise¹ circular movements for up to 3 minutes.

ARGILTUBO
Place the required quantity of Argiltubo in a bowl that has been slightly heated in a bain-marie. Allow the Argiltubo to cool, then apply to the hands either using a brush or one’s fingers. Spread evenly over hands, making sure that the layer is several millimetres thick. Leave for 10/20 minutes and then remove using a sponge moistened in lukewarm water.

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HAND CREAM
Place the required quantity of Hand Cream in a bowl that has been slightly heated in a bain-marie, then apply to the hands and massage in a clockwise direction until fully absorbed.

LEMON ESSENTIAL OIL
Hold the flacon with Lemon essential oil in left hand for entire duration of the treatment or else place 1 micro drop of Lemon essential oil and a drop of Sweet Almond Oil on the palm of the left hand.
Foot Care Treatment

Excellent Foot Care Treatment

Products specifically recommended for the treatment:
Milk Cleanser
Scrub
Argiltubo Mask
Refreshing Oil
Relaxing Oil
Arnica Oil
Foot Cream
Grapefruit essential oil

MILK CLEANSER
Apply to the feet using one’s hands and massage in a clockwise direction¹ for several minutes.
Cleanse with a sponge moistened in lukewarm water.

SCRUB
Apply to the feet and gently massage in a clockwise direction¹ for 10’. Cleanse with a sponge moistened in lukewarm water.

ARGILTUBO
Place the required quantity of Argiltubo in a bowl that has been slightly heated in a bain-marie. Allow the Argiltubo to cool, then apply to the feet using either a brush or one’s fingers.
Spread evenly over feet, making sure that the layer is several millimetres thick. Leave for 10/20 minutes and then remove using a sponge moistened in lukewarm water.

¹ For estheticians in the Northern hemisphere a clockwise direction is recommended, while for those in the Southern hemisphere an anti-clockwise direction is recommended; in accordance with the great circulation of liquids on our planet.
REFRESHING OIL AND RELAXING OIL FOLLOWED BY ARNICA OIL
Place several drops of Argital Refreshing Oil and Relaxing Oil in a bowl that has been slightly heated in a bain-marie. Allow the two oils to cool, then apply to feet and gently massage in clockwise circular movements for up to 3 minutes. Wait for several minutes before applying the Arnica Oil.

ARNICA OIL
Place several drops of Argital Arnica Oil in a bowl that has been slightly heated in a bain-marie. Allow the Argital Arnica Oil to cool, then apply to the feet and gently massage in clockwise circular movements for up to 3 minutes. Wait for several minutes before applying the Foot Cream.

FOOT CREAM
Place the required quantity of Foot Cream in a bowl that has been slightly heated in a bain-marie, then apply to the feet and massage in a clockwise direction until fully absorbed.

GRAPEFRUIT ESSENTIAL OIL
Hold flacon with Grapefruit essential oil in left hand for entire duration of treatment or else place 1 micro drop of Grapefruit essential oil and a drop of Sweet Almond Oil on palm of left hand.
Welcome and Arrivederci massage

THE 4 PLANETARY OILS

SATURN OIL
Heat - Fire Signs (Aries – Leo – Sagittarius) - Explosive

SUN OIL
Light - Air Signs (Libra – Gemini – Aquarius) - Sanguine

MOON OIL
Water - Water Signs (Pisces – Cancer – Scorpio) - Phlegmatic

EARTH OIL
Salt- Earth Signs (Taurus – Virgo – Capricorn) - Melancholic

The welcome massage can be carried out on any area of the body, using the oil relating to the person’s zodiac sign. It can also be used as a goodbye massage at the end of the session.
Clay, flower of the mineral kingdom

Clays are the main component of the earth’s surface, and play a vital role in the life of man and the realm of nature. Argital green clay is bringing life-giving forces and warm energy absorbed from the sun during the drying process. The unique properties of clay make it ideal as a body modelling agent and as a natural anti-ageing product.

Argital green millenary clay

Argital green clay is soft, smooth, pliable, and creamy. It is a natural anti-ageing agent which protects, moulds, regenerates, stimulates and maintains youthful skin with its light forces and subtle cosmic fragrances which it watches over in the centre of the Earth. The clay, of marine origin, rich in mineral salts and natural oligoelements, is extracted from a pit not far from the Mediterranean sea in the deep south of Sicily. The area, clean and unpolluted, is sunny and breezy for most of the year. Argital green clay absorbs stress and free radicals, leaving a silky, smooth, and supple skin.

SUN DRIED GREEN CLAY

100% Natural - Confection 1 and 2.5 kg
Fine powder for face, body and hair

Using Argital green clay and water, an ancient and natural binomial, a mask is prepared to protect and regenerate the skin. When applied to hair, it becomes shiny, healthy and thick. Argital fine green clay is also recommended as a foot-wash, to relax and regenerate tired and weary feet.

ARGILTUBO

100% Natural - Confection 250 ml
Beauty and harmony for face and body
two cosmic features of Argital green clay.

Face and body mask. Ready for use. Renews and smoothes skin leaving it refreshed and luminous thanks to the life-giving forces of Argital green clay, gamma-linolenic acid contained in pure borage seed vegetable oil, azulene contained in marigold flower extract and silica contained in equisetum. Suitable for all ages.

SUN DRIED VENTILATED ACTIVE GREEN CLAY

100% Natural - Confection 500 g
Cleansing and toning the organism
for daily well-being

Clay for drinking: An ancient custom that dates back to well before the time of Dioscoride, is still successfully practiced today. Thanks to its oligoelements and mineral salts, Argital green clay is endowed with extraordinary cleansing and energizing properties. A tonic for people of all ages to restore minerals, equilibrium, and promote well-being to the organism.
PRIMO MANUALE
PER LE ESTETISTE