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MEDER

BEAUTY SCIENCE



ARMA-LIFT

each set contains

ENERGISING CLEANSING EMULSION	5 monodoses, 5 ml each
ENZYME MASK	5 monodoses, 5 ml each
ANTIOXIDANT SERUM	5 monodoses, 5 ml each
ARMA-LIFT CONCENTRATE	5 monodoses, 2 ml each
ARMA-LIFT MASK	5 sachets, 1 mask each
SOUS CREAM DERMA FILL	5 monodoses, 3 ml each

NON-INVASIVE LIFTING AND WRINKLE FILLING TREATMENT

Problem:

Loss of skin tone, age-related changes of the skin, static wrinkles and gravitational ptosis of skin tissues.

Solution:

Arma-Lift is the new non-invasive correction treatment by Meder Beauty Science (2013).

The treatment was developed by Tiina Orsmae-Meder (MD) and a Swiss biochemistry lab in 2009-2012.

The biotech ingredients stimulating the synthesis of structural proteins of the skin are used in the treatment for the correction of wrinkles, restoration of skin tone and elasticity, as well as prevention of further development of age-related changes. A unique 3-step protocol of skin preparation is used to enable deep penetration of the active ingredients.

Result:

The tone and elasticity of the skin are improved, the lines and wrinkles are smoothed, the depth and severity of nasolabial and marionette folds is reduced, as well as the gravitational ptosis. Moisturising and brightening effects, evening out the colour and texture.

Duration of the treatment: 45-60 minutes.

Course duration:

5-10 treatments, depending on the severity of age-related changes. 3-7 days interval between the treatments.



Products used for performing the treatment:

1. Energizing Cleansing Emulsion – Demaquillant Energisant – 1 [En] (5 ml).

This product is designed for the removal of make-up, cleansing of the skin and light exfoliation of the epidermis.

Key ingredients:

- **Sweet almond oil.** Nourishes, softens and deeply hydrates the skin. Restores the barrier function of the epidermis.
- **Bacillus Ferment.** Saccharomyces, Lactobacillus, Leuconostoc, Streptomyces griseus, Aspergillus and Bacillus filtrate. Provides a pronounced keratolytic effect.
- **Niacinamide (vitamin B3).** Strengthens the capillary circulation and arterial blood flow. Oxygenates the skin, improves the processes of local tissue metabolism and bioavailability of the active ingredients applied in the following stages of the treatment.
- **Methylnicotinate.** Oxygenates the skin tissues, widens the arterial capillaries, enhances the peripheral circulation and the receptivity of the epidermis.
- **Vitamin E.** Provides membrane-protective and nourishing effects, improves the processes of skin regeneration.

Application method: apply directly on the skin, massage for 2-3 minutes, rinse with sponges or towels wet in lukewarm water. In a few minutes following the application of the product hyperemia may occur.

2. Enzyme mask – Masque Enzymatique – 2 [Ez] (5 ml).

This product is designed for gentle exfoliation and cleansing of the skin. It also prepares the skin for the application of active ingredients in the following stages of the treatment. Suitable for sensitive skin. The exposure time is 5-6 minutes after application, the peel can then be rolled up off the skin using a gommage technique.

Key ingredients:

- **Shea butter.** Polysaturated fat acids present in shea butter have membrane-protective effect, nourish and soften the skin.
- **Bacillus Ferment.** Saccharomyces, Lactobacillus, Leuconostoc, Streptomyces griseus, Aspergillus and Bacillus filtrate. Has a pronounced keratolytic effect, smoothes the skin, provides a gentle seborregulation effect, reduces the height of small wrinkles and prepares the skin for the application of active ingredients.
- **Vitamin E.** Provides membrane-protective and nourishing effects, improves the processes of skin regeneration.

Application method: apply directly on the skin, massage gently until the mask turns into a light buttery emulsion, rinse with warm water after 6-8 minutes. It is recommended to pay special attention to those zones where the wrinkles are more pronounced. During the massage hyperemia might increase, a client might also have a sensation of warmth.

3. Antioxydant Serum – Sérum Anti-Oxydant – 3 [Ao] (5 ml).

This serum is designed to prepare the skin for application of the active concentrate for wrinkles correction. It has calming and hydration effects and also helps oxygenation of the skin and increases tissue metabolism.

Key ingredients:

- **Bilberry leaves and berries extract.** Anthocyanids, the main active ingredients of the extract, have a pronounced antioxidant effect, help to restore the capillary vascular walls and protect the cell membranes.
- **Sugar cane extract.** Polysaccharides of sugar cane moisturise the skin, while flavones (tricine, luteolin, apigenin), isoflavones and polyphenols provide vasoprotective effect, increase the regeneration processes in the connective tissue and help restore the capillary endothelium. Hydroxycinnamic, Caffeic and Sinapic acids reduce the intensity of the oxidation processes, in particular, the activity of lipid peroxidation.
- **Citrus Medica Limonum and Citrus Aurantium Dulcis (Lemon and Golden Sweet Orange) extracts.** Mellow the skin, increase the permeability of the epidermis for small peptide molecules, stimulate synthesis of collagen and elastin.
- **Canadian maple leaf extract.** A great source of polysaccharides, has moisturising and nourishing effects.
- **Aloe Barbadensis extract.** Calming and soothing effects, strengthens regenerative and wound healing processes. Increases the stress-resistant properties of the skin tissues.
- **Niacinamide (vitamin B3).** Strengthens the capillary circulation and arterial blood flow. Oxygenates the skin, improves the processes of local tissue metabolism and bioavailability of the active ingredients applied in the next few minutes.
- **Magnesium compounds (Magnesium Chloride and Magnesium Nitrate).** Calming effect, increases the reparative processes in the nervous tissue. Mitigates the manifestations of vegetative-vascular imbalance.

Application method: apply the drops of serum directly on the surface of the skin without using cotton wool pads of any sort. It is possible to perform light drainage or circulatory massage without reaching the stage when the serum is fully absorbed by the skin. It is also possible to perform an ultrasound treatment for 3-5 minutes, paying particular attention to the areas with wrinkles.

4. Arma-Lift Concentrate - Concentré Arma-Lift - 4 [Al] 2 ml.

This concentrate is designed for improving skin tone and elasticity as well as reducing the appearance of static wrinkles. It is applied on the skin follow-

ing the full protocol of skin preparation.

Key ingredients:

- **Resveratrol**. The resveratrol is sourced from the extract of red wine. It has a vessel strengthening and drainage effect and enhances the synthesis of the structural elements of the skin. One of the most powerful topical antioxidants, it inhibits the degradation of skin collagen and other proteins.
- **Black Willow Bark Extract**. The active ingredient Salicylic acid reduces the viscosity of the lymph, reinforces drainage and has a strong anti-inflammatory effect.
- **Stem cells of Uttwiller Spätlauber Apple**. The oldest variety of European apples, known for their incredibly powerful natural capacity for preservation. Stem cells of apple seed tissue slow down the processes of biological ageing in the epidermis. When used regularly, it reduces the severity of wrinkles, the first results are noticeable after the very first renewal cycle of the epidermis.
- **Lactic Acid**. Forms part of the NMF (Natural Moisturizing Factor) helping to retain moisture in the skin surface. Significantly reduces trans-epidermal water loss (TEWL).

Application method: apply the drops of the concentrate on the target zones. Massage for 2-3 minutes until the concentrate is fully absorbed.

5. Mask Arma-Lift - Arma-Lift Masque - 5 [AI] (sachet with one mask).

The mask is designed to enhance the penetration of Arma Lift Concentrate, increases the synthesis of collagen and elastin and has an active lifting effect. The base of the mask is made from a nonwoven elastic-stretch material, soaked in a matrix gel.

Key ingredients:

- **Epidermal growth factor (SH Oligopeptide-1)**. Biotechnological peptide identical to the growth factor of the human skin epidermis. Enhances the renewal of the epidermis, powerfully reinforces the process of skin regeneration, stimulates the synthesis of collagen and elastin by skin fibroblasts.
- **Acetyl Tetrapeptide 15**. Reduces the release of inflammation mediators, reduces skin reactivity and sensitivity.
- **Hyaluronic acid**. Deep hydration.
- **Glycerine**. Deep and superficial skin hydration.

Application method: put the sachet with mask in a bowl of warm water (50-60 C) for a few minutes. Then open the sachet, remove the mask and carefully expand over the client's face and neck. Lightly stretch the mask, position respectively the slits for eyes, nose and mouth. Fix the top slot on the ears, straighten the stretched material, then secure the lower part of the mask on the face and chin and put the lower slots on the client's ears over the top slots. Leave the mask for 20 minutes.

6. Finishing Sous-Creme Derma Fill – Derma-Fill – 6 [Df] (3 ml).

A light emulsion-gel designed for deep moisturisation of the skin. It has a wrinkle filling effect and restores moisture and water-salt balances of the skin.

Key ingredients:

- **Hyaluronic acid**. The 500 kDa rule refers to the molecule's size – according to this rule, only molecules smaller than 500 kDa are able to pass the cutaneous barrier and penetrate into the deeper layers of the dermis. Hyaluronic acid chains per se can be up to 25000 units long with molecular weight up to 20000 kDa. In order to keep control on the molecule's size, hyaluronic acid in the form of chains of three different sizes can be placed in tanks known as dendrimers (fractal polymers). Dendrimers represent a new revolutionary method of transporting hyaluronic acid, the skin's own moisturising agent, past the cutaneous barrier allowing them to penetrate deeper into the skin's layers. They have a three-dimensional tree like structure and consist of chemical 'shells'. After removing the core, the empty area is filled with guest molecules of hyaluronic acid fragments that are released as the dendrimer travels deeper into the dermis. After applying the product to the skin, the release of dendrimers lasts for 10-12 hours, filling the skin with hyaluronic acid layers and providing gradual moisturisation.
- **Algae extract**. Brown ocean algae is a rich source of polysaccharides and amino acids. Polysaccharides have a pronounced superficial moisturising effect - they even out the epidermis, covering it with a thin film locking down the moisture on the surface. Amino acids (aspartame, glutamic acid, glycine, alanine, serine, valine, isoleucine and leucine) restore structural molecules from the upper layers of the dermis and peptide components of the cell membranes, increasing synthesis of collagen and elastin.

Application method: apply on the face and neck, spread evenly. Perform a light massage following the main massage lines until the emulsion is fully absorbed.

Treatment protocol:

1. Purifying the skin with Energising Cleansing Emulsion. Apply the contents of ampoule 1 [En] to the skin, massage the face with gentle circular motions for 1-2 minutes. After 1-2 minutes from the start of massage hyperemia may occur in the zones where the emulsion was applied. It is a normal reaction, no special steps need to be taken. Rinse with sponges or towels wet in lukewarm water.
2. Exfoliation with Enzyme Mask. Apply the contents of ampoule 2 [Ez] on cleansed skin. Spread evenly on the face and neck, wet the fingers in warm water and massage with circular motions. It is possible to use a more active massage and brushing in the main target zones (forehead, area around eyes, glabella area, nasolabial folds). After 6-8 minutes cleanse the face with wet sponges or towels.
3. Skin moisturisation and stimulation with Antioxydant Serum. Apply the contents of ampoule 3 [Ao] on cleansed skin, perform drainage massage for 3-6 minutes, it is also possible to use ultrasound at this stage of the treatment. Finish the massage with light tapping.
4. Stimulation of skin tone with Arma-Lift Concentrate. Apply the contents of ampoule 4 [Al] on the face and neck, focusing on the areas where age-related changes are the most pronounced. Perform a massage with gliding circulatory motions. Ensure full absorption of Lipo-Oval Concentrate into the skin.
5. Put the closed sachet with Arma-Lift mask in a bowl of hot water (50-60° C) for a few minutes. Open the sachet and carefully expand the mask, placing it on the client's face. Fix the top slot on the ears, straighten the stretched material, then secure the lower part of the mask on the face and chin and put the lower slots on the client's ears over the top slots. Put wet cotton pads on the eyes, warming or cooling masks can be also used to improve comfort. Remove the mask after 20 minutes. Perform a light drainage massage with the leftover gel.
It is possible to combine this treatment with ultrasound lifting. The ultrasound treatment can be performed on the fabric or on the gel left after removing the mask – the gel has conductive properties with a negative charge.
6. Moisturisation and skin filling with Sous-Creme Derma Fill. Apply the contents of ampoule 6 [Df] on the face and neck. Spread the cream evenly, perform a light massage with gliding, stretching movements following the main massage lines.

