

● WHITENING process

In Thuya Professional Line, we will work different treatments focusing on each problem of the skin, generally taking into account the condition of the cuticle, the nail and of course the skin Surface.

That is why we work with different treatments and in this case, we will work the **Whitening Hands treatment**.

More than a treatment is a care, and replacing the manicure, providing the skin with everything necessary to stay in an optimal condition. The spots or excess of pigmentation are the symptom of passage of time. It is mainly visible on the face, neckline and hands. The process of melanogenesis and in this case hyperpigmentation occurs in the epidermis and its responsible are cells called melanocytes. Inside it there is a substance called melanin which is the one that reacts to the incidence of solar rays or daily solar exposure

For this, we will need specific products with active principles that will be described below in the depigmentation treatment protocol.

What are the necessary characteristics of the skin to be able to apply a depigmentation treatment?

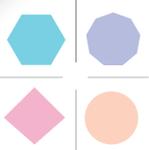
Tyrosine is a substance that simulates melanin. This substance causes a greater amount of melanin to appear which appears on the skin of the hands and diffuse.

When do we detect a problem of depigmentation?

- 1- Aged skin usually has these spots.
- 2- Sometimes it is also possible to see scaling with lines and grooves that age the appearance of the skin.

Essential cosmetics to apply the treatment and anti-stain protocol:

- Lotion clean and moisturize
- Scrub to choose
- Whitening Hand emulsion
- Whitening Hand mask



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Protocol for the Whitening treatment.



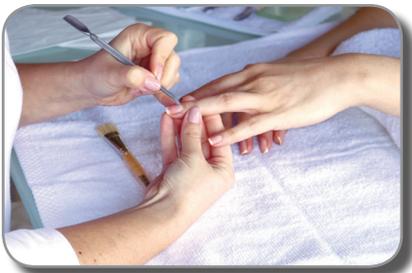
1-. We will prepare all the necessary material sanitized apply the Regenerating treatment.

2-. After this we will clean the skin with the **Lotion Clean and moisturize**. Dilute 1 godet size of lotion in a bowl with water, then moisten a sponge and apply it to the skin with soft movements. It is recommended to apply nail polish remover without acetone so as not to damage the natural nail.

Once this is done, we will make an analysis of the nail, the cuticle and the skin, analyzing if the skin has this problem of aging of which we have previously marked its characteristics.



3-. **We will cut and file the nails.** For this we have a wide range of files with different grammage of Thuya Professional Line. The most suitable in this case would be the blue file of 120/240 grammage, perfect for the natural nail. It is important to use nail pliers and work simultaneously with the particle cleaner brush to remove excess keratin from the filing claw.



4-. We removed the excess of cuticle. If necessary we will apply the Thuya cuticle remover, and after a few minutes and depending on the condition of the cuticle, we will start working with the metal pusher. The idea is to work with the cuticle pliers only when we will have locate the excess of cuticle. We don't recommend to cut the cuticle.

5-. **Scrub the area by massage** to remove excess of impurities from epidermis creating hyperemia, thus facilitating the absorption of the active principles to be applied next. We have three different scrubs to choose: Soft, medium and strong.

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For this treatment the most suitable is to apply the gentle scrub with apricot seeds, this scrub helps to remove dead skin cells and it contains whu-zhu-yu extract that intervenes in the microcirculation processes of the skin reactivating the luminosity, improving the appearance and acting as a vascular relaxant.



It removes easily, letting the skin moisturized, smooth and ready to apply the following cosmetics. We can use a bowl with a sponge to extract the product remains.

6-. Proceed to the application of the **whitening hand emulsion** with specific massage (see massage protocol). Thanks to its ingredients and active principles that will help to reduce pigmentation of the spots. Among its active ingredients is a natural lightening agent obtained from Boerhaavia diffusa roots. Its functions are to blur and clarify the spots.



7-. Now apply the **whitening hand mask**. Thanks to its composition with depigmenting actives it diminishes the melanogenic activity and inhibits the activity of the tyrosinase enzyme. The main function of the mask is its occlusive action so its application is recommended after applying the emulsion of hands whitening. This will penetrate and act on all active principles. Exposure time of the mask: 10 to 15 minutes. Remove the mask with sponge and water.



8-. Once the cosmetic treatment is finished we will make the traditional or permanent varnished. Choose from the wide range of professional Thuya nail polishes (Gel On-Off, Deluxe nail polishes and Classic nail polishes). Always keep in mind cleaning the nail base with Thuya's acetone-free nail polish remover.

We can also apply here any technical product or specific treatment of Thuya for brittle nails, fragile nails, grooves or lack of protein and yellowed nails, thus seeking the greatest benefits for nails.

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9-. Finally, once the varnished process is finished and the nail polish is dried, we recommend to apply a special oil for the cuticle and the nail plate as **Oil Instant Liss** to complete the treatment, with a great power of nutrition. This product is independent of enameling, it is recommended to apply as a daily treatment to improve and clean the appearance of cuticles.

10-. We recommend a maintenance at home with **Whitening hand cream** to strengthen the treatment and continue applying the same active ingredients on the skin until the next service with the client.

RESULTS OBTAINED

- a) A skin, thanks to the treatments of depigmentation clarifies and unifies the tone of the skin
- b) Nails cared for and personalized by customizing the service and adapting it to the needs of the client
- c) Hydrated and soft cuticle, without roughness

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For the application of the emulsion, perform this massage to help the reduction process.

Massage phase:

1- Apply frictions with cuticle brush

- a. Frictions should be performed with more or less hardness depending on the client's skin.
- b. The frictions are performed in the each of the spots that you want to rinse.
- c. Time: 10-15 seconds per spot.
- d. On each spot place the whitening cream

2- Sedative steps:

Perform sedative passes with fingers to go depositing the product

3- Digital kneading in the fingers

- a. Hold each finger with forefinger and thumb
- b. Perform upward circular frictions
- c. Time: one minute

4- Digital kneading on the back of the hand

- a. Circular frictions are performed with the fingers in the palmar area of the hand and forearm; back hand area and arm
- b. Time: 30 seconds per zone

5- Palmodigital kneading on the back of the hand

A palmodigital kneading is performed for thirty seconds

6- Knuckle kneading in the palm

- a. Make nudillars passes in the palm and fingers for 30 seconds.

7- Frictions with two hands

- a. Hold the client's hand with both hands
- b. Perform circular frictions
- c. Time: 30 seconds

8- Sedative steps

