



Thavma Therapy

Professional beauty treatment consisting of a course of 10 treatments as well as a daily home regimen, which "inhibits" the complex formation mechanism of expression lines and wrinkles by intervening at every stage of the biochemical process of muscle contraction, and helps moisturise and firm the skin further.

Main action

Inhibiting muscle contraction, reducing fine expression lines and wrinkles.

Secondary action

Moisturising, anti-oxidising, protecting from free radicals, reducing dark circles in the eye contour area.

Indications

Expression wrinkles (forehead, contour of the eyes and the lips), fine lines, photoaging, loose skin.

Counterindications

Counterindicated in case of herpes zoster.

Skin types

Normal, dry, oily, combination.

Session duration

38 minutes

Frequency of sessions

Week 1: 3 times
Week 2: 3 times
Week 3: 2 times
Week 4: 2 times

Stage	Quantity/treatment	Duration
Cleansing	-	3 minutes
Step 1: Thavma Peeling Gel	1.5ml	5 minutes
Step 2a: Thavma Forehead & Eye Mask	2.5ml	22 minutes
Step 2b: Thavma Face Mask	4.5ml	
Step 3: Thavma Hydra Lifting Serum	2ml	4 minutes
Step 4: Thavma Hydra Lifting Cream	2ml	3 minutes
Sun Protection: Sunfilm Face Gel SPF 30	2ml	1 minute

Home Daily Regimen: After Therapy Nonstop Action

The treatment is completed with two products for daily skin care, to be applied in the morning and in the evening (please apply them exclusively and use at least one unit of each):

- **Thavma Hydra Lifting Serum**
- **Thavma Hydra Lifting Cream**



Treatment Protocol

Thavma Therapy

Cleansing

Cleanse the face and neck thoroughly so as to remove excess oil, dirt and make-up, using products suitable for the type and condition of the skin.

(Total duration: 3 minutes)

Step 1: Peeling Gel

Apply 1.5ml of Peeling Gel Step 1 (Salycilic Acid 0.5%, Glycolic Acid 15%, Aloe Vera, Panthenol, A-Bisabolol) to the face and neck, focusing on the wrinkles, with light circular motions, until it is absorbed. Be careful not to let it get in the eyes. In case of skin irritation, remove with water and proceed as normal with the protocol.

(Total duration: 5 minutes)

Step 2: Forehead Eye Mask & Face Mask

Step 2a: Apply 2.5ml of Forehead & Eye Mask Step 2a to the eye contour area and the forehead.

Step 2b: Apply 4.5ml of Face Mask Step 2b to the remaining area of the face and neck. Leave for 20 minutes and then remove with water.

(Total duration: 22 minutes)

Step 3: Hydra Lifting Serum

Apply 2ml of Hydra Lifting Serum Step 3 to the face and neck, focusing on the wrinkles, with gentle circular motions, until it is absorbed.

(Total duration: 4 minutes)

Step 4: Hydra Lifting Cream

Apply 2ml of Hydra Lifting Cream Step 4 all over the face and neck massaging with gentle upward strokes until it is absorbed.

(Total duration: 3 minutes)

Sun Protection (optional)

Apply 2ml of Sunfilm Face Gel SPF 30 depending on the time of day that the session takes place

(Total duration: 1 minute)



Results

Effectiveness



Clinical trials with in-vivo measurements on 30 people aged 40-55 for a period of 4 weeks.

Testimonial



Clinical trials on 50 people. Self-evaluations after 4 weeks.