



# CATALOGUE

treatments ●

preparations ●

expert knowledge ●



## ***If you want to move forward, you cannot stand still***

This idea fuels the development of the Bielenda Professional brand. We want to keep improving our care programmes, inspired by the progress in cosmetology, aesthetic medicine and biotechnology. We want to offer you — professionals and cosmetics experts — cosmetics that will let you grow with us. Our aspirations are treatments that can work more intensively and longer. We are working on preparations that are effective, safe and valued for combining natural ingredients with modern technologies and innovative therapeutic methods.

**Together with the Bielenda Professional team, I am giving you our latest Professional Product Catalogue of Bielenda Professional.** We present in it a full range of treatments and all preparations that are available in the brand's portfolio. This is a special edition of the catalogue for us. For the first time, we decided to introduce a new division of procedures and cosmetics and present categories whose development will be a priority for us. We are open to your opinions, suggestions and reactions. We want to offer new solutions all the time, more effectively responding to the expectations of the ever-changing market and permanently set trends in professional care.

**Jacek Bielenda**

Vice-President of the Management Board of Bielenda Natural Cosmetics

Managing Director of Bielenda Professional



The division into three categories of treatments makes it easy to find the information about the lines that you know, as well as those that can certainly be of interest to you. Or the lines that can expand the offer of your beauty parlour and make it more attractive. At the same time, the division proposed by us allows you to get to know the procedures that epitomise modern specialised treatment therapies. They allow to significantly develop skills and gain trust of new clients. We want you to perceive the Bielenda Professional brand as a partner offering a wide spectrum of cosmetology solutions that enable constant development and build an above-standard offer of your beauty parlour.

Our flagship, most advanced group of treatments is the **Med Technology** series. It is a real alternative to invasive aesthetic solutions. It features innovative, selected active ingredients, modern procedures and spectacular effects. They are the crème de la crème of our offer.

In the group of **Premium** treatments we placed lines that represent the latest trends in professional skin care. You will find here the best solutions offered by modern cosmetology. It is also a group of treatments that allow you to go beyond the standard of the traditional procedure and offer the client something new, often surprising.

And finally, the third, classic group of treatments and individual cosmetics - **Essential**. It consists of lines and preparations that have been available in our offer for many years. Appreciated, tested in hundreds of treatments, supporting and extending advanced therapies and allowing to perform basic care procedures. We also develop and expand this category strongly, which is why we would like to draw your attention to new products and new generations of well-known and valued cosmetics.

***Bielenda Professional Team***

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# TREATMENT SETS

## ACID FUSION 3.0 new generation skin restructuring treatment

### INDICATIONS

- discolorations of various origin
- uneven skin tone
- small wrinkles
- uneven skin texture
- excessive sebum secretion
- acne

### SET CONTAINS:

- 1 x Gentle Face Cleansing Powder, 100 g
- 5 x 2 ml Acid Fusion Hyal-Gel Face Mask Step 1
- 5 x 4 g Acid Fusion Cream Face Mask Step 2
- 5 x Client Charter

Index: 137493



## RETI-POWER<sup>2</sup> VC advanced exfoliating treatment with Retinol and Vitamin C

### INDICATIONS

- for all skin types, particularly for mature skin with discolorations and/or acne
- uneven structure of the skin
- small wrinkles

### 5 TREATMENTS SET

#### Set contains:

- 5 x 5ml Reti Power2 VC Mask
- 5 x 1g Reti-Power2 Vitamin C
- 1 x Syringe
- 5 x Client Charter

Index: 137476



## SKIN BREATH energizing-oxygenating face treatment

### INDICATIONS

- dull and anoxic skin
- smoker's skin, ashen skin
- wrinkles, lack of skin firmness
- dry skin
- skin affected with premature ageing and oxidative stress
- puffy eyes and dark circles
- sensitive skin
- excessively tanned skin

### SET CONTAINS:

- 1 x Bubble Peel Mask
- 1 x Energizing & Nourishing Face Concentrate
- 1 x Oxygenating Peel Off Algae Face Mask with marine mineral
- 1 x Energizing Oxygenating Face Cream
- 1x Energizing Caffeine Eye Cream
- 1x Shaker

Index: 200867



## ESSENCE OF ASIA

### glow restoring treatment inspired by Asian Beauty Rituals

#### INDICATIONS

- tired, dull skin, devoid of glow
- wrinkles, lack of skin firmness
- skin exposed to harmful external factors, including free radicals
- skin affected by premature aging and oxidative stress
- smoker's skin

#### SET CONTAINS:

- 1 x Smoothing Powder Face Scrub, 100 g
- 1 x 2in1 Glow Restoring Face Massage Multi-Concentrate, 145 g
- 5 x Tightening Glow Restoring Sheet Mask, 25 g
- 1 x Glow Restoring Revitalizing Face Cream SPF 20, 50 ml
- 1 x original Essence of Asia massage instruction DVD

Index: 200907

## POWER OF NATURE

### detoxifying - regenerating treatment

#### INDICATIONS

- dull, anoxic skin with impurities frequently exposed to deteriorating urban elements
- skin in need of regeneration, after intensive exfoliation and/or aesthetic medicine procedures, also with special equipment
- irritated, ageing skin; skin with acne and/or acne scars

#### SET CONTAINS:

- 1 x Magnetic - Enzymatic Face Scrub, 150 g
- 1 x Creamy Regenerating and Nourishing Face Mask, 150 ml
- 1 x Rebuilding Repair Face Serum with Snail Slime Extract, 30 ml
- 1 x Regenerating Face Cream with Snail Slime Extract SPF 15, 50 ml
- 1 x Magnet
- 1 x Head Band
- 5 x Cream sample



# ACID FUSION 3.0



## INDICATIONS

- discolorations of various origin • uneven skin tone • small wrinkles
- uneven skin texture • excessive sebum secretion • acne

## ACTION

- reduces discolorations • evens out skin tone • slows down skin aging processes • normalizes sebum secretion • reduces inflammation

## CONTRAINDICATIONS

- pregnancy, breast-feeding • allergies to any ingredient contained in the formulations used in the treatment • active herpes • tendency to develop keloids • bacterial, viral, fungal, and autoimmune diseases of the skin • severe forms of acne • use of retinoids or recent use of retinoids (up to 6 months) • recent (up to 6 months) surgery within the treated area • recent (up to 6 months) cryotherapy treatment • numerous melanocytic nevus • numerous dilated capillaries • severe systemic diseases • freshly tanned skin • sun exposure • damage and irritation of the skin • thinning of the epidermis • freshly shaved / depilated skin

## ADVANTAGES / BENEFITS

- immediate smoothing of the skin • brightening of the skin and reduction of visibility of inflammation • no intense exfoliation

## NOTES

- prior to performing the treatment, it is necessary to exclude any contraindications and to sign the Client Consent (supplied with each treatment kit) • professional training is mandatory

1 | 2

Thoroughly remove make-up from the treatment area with the use of Bielenda Professional products, selected for the skin type of the client (full offer of make-up removal products is available on pages 62-63 of the catalog). We recommend using the Acid Fusion 3.0 Gentle Face Cleansing Powder.

Thoroughly degrease the skin, wiping the area submitted to treatment with a dust-free cotton pad or a gauze soaked with Pre Peel Spray.

3 | 4

Apply the Acid Fusion Hyal-Gel Mask Step 1 to the treatment area and massage the product in. **DO NOT RINSE OFF!**

Then, apply the content of the Acid Fusion Cream Face Mask Step 2 sachet, massage in and leave to absorb. **DO NOT RINSE OFF!** Inform the Client that he / she may experience a slight burning sensation, which shall disappear after a few minutes. **NOTE!** Use disposable gloves when applying both masks.

TREATMENT PROCEDURE

5 | 6

- At home treatment continuation:**  
After the time specified by the professional performing the treatment has elapsed, wash off the mask using the Soothing Micellar Emulsions for face cleansing, and clean, cold water. Everyday post-treatment home care (Med Technology Post Treatment Care line exclusively)
1. CLEANSING - Soothing Micellar Emulsion for Face Cleansing
  2. REGENERATION - in the morning and in the evening, Regenerating & Soothing Face Cream. **NOTE!** It is important to ensure UV protection using High Protection Face Cream SPF 50+ & PA++.
  3. MAKE-UP - Cover Cream Soothing Tinted Face Cream. It covers potential redness, soothes tension and stinging sensation, as well as protects the skin. Home care after a full cycle of treatments to prolong its effects
1. CLEANSING - Acid Fusion 3.0 Exfoliating Face Cleansing Gel
  2. TONING - Acid Fusion 3.0 Mandelic Acid Toner
  3. CARE - Acid Fusion 3.0 Advanced Correcting Cream

## NEW GENERATION SKIN RESTRUCTURING TREATMENT



## MAIN ACTIVE INGREDIENTS



### AZELAIC ACID

It has keratolytic effect, inhibits the growth of bacteria responsible for acne, promotes even distribution of melanin in the skin, shows sebostatic effect by inhibiting 5alpha-reductase enzyme.



### SALICYLIC ACID

It is soluble in fats and therefore has the ability to penetrate deep into the skin and the hair follicles. It stimulates healing of the skin, shows bacteriostatic and anti-inflammatory effect, helps to unclog the sebaceous glands.



### MANDELIC ACID

The most potent hyaluronic acid production stimulant, shows antibacterial and anti-inflammatory effect. It brightens the skin, evens out skin tone and, due to large molecules, acts gently without causing irritation.



## EXPERT ADVICE

**Sylwia Wójcik** - Care Expert, Coach, Bielenda Professional Research & Development Expert.

If the treatment is performed in the evening and the client leaves the mask on the skin overnight, we recommend using a crescent pillow while sleeping. Thanks to such head stabilisation, the risk of rubbing part of the preparation into bed sheets will be eliminated.



## RECOMMENDATIONS

Mask leave-on time is 7-10 hours; the frequency of treatment and the exact leave-on time of the mask shall be determined by a trained specialist performing the treatment; a treatment cycle shall consist of 1-8 treatments performed every 7-10 days.



## PRODUCTS FOR THE TREATMENT FACE CARE



### GENTLE FACE CLEANSING POWDER

**Intended for:** every skin type, especially skin in need of deep cleansing.

**Active ingredients:** Silky Oat Flour, Urea, Glucose.

**Action:**

- deep cleansing of the skin
- make-up and excess sebum removal
- mattifying and moisturizing of the skin.

**Capacity: 100 g**  
**Yield: 50 treatments**  
**Index: 137494**



### ACID FUSION HYAL-GEL FACE MASK STEP 1

**Intended for:** skin prone to imperfections, inflammation, discolorations, seborrhoea, small wrinkles, uneven skin texture.

**Active ingredients:** Mandelic Acid, Lactobionic Acid, Citric Acid, Niacinamide.

**Action:**

- soothes irritation
- brightens discolorations of various origin
- stimulates the production of collagen and elastin
- reduces the number and visibility of inflammation.

**Capacity: 2 ml**  
**Yield: 1 treatment**



### ACID FUSION CREAM FACE MASK STEP 2

**Intended for:** skin prone to imperfections, inflammation, discolorations, seborrhoea, small wrinkles, uneven skin texture.

**Active ingredients:** Azelaic Acid, Lactobionic Acid, Salicylic Acid, Squalane, Sorbitol, Betaine.

**Action:**

- soothes irritation
- brightens discolorations of various origin
- inhibits excessive melanocytes activity
- stimulates the production of collagen and elastin
- protects against transepidermal water loss.

**Capacity: 4 g**  
**Yield: 1 treatment**



### 5 TREATMENTS SET

**Set contains:**

- 1 x Gentle Face Cleansing Powder, 100 g
- 5 x 2 ml Acid Fusion Hyal-Gel Face Mask Step 1
- 5 x 4 g Acid Fusion Cream Face Mask Step 2
- 5 x Client Charter

**Index: 137493**

## PROFESSIONAL HOME CARE



Home care directly following the ACID FUSION 3.0 treatment - POST TREATMENT CARE line exclusively.



**ACID FUSION 3.0**  
Home care after a series of treatments to prolong their effects.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p.71).



# RETI-POWER<sup>2</sup> VC



## INDICATIONS

- all skin types, especially mature skin, affected by discolorations and/or acne • uneven skin structure • small wrinkles



## ACTION

- skin smoothing • reduces imperfections • reduces number of inflammatory lesions • improves flexibility and firmness of the skin • modelling of facial contour • brightens discolorations reduces visibility of post-inflammatory marks and minor scars • improves skin color



## CONTRAINDICATIONS

- pregnancy, breast-feeding • allergies to any ingredient contained in the formulations used in the treatment • active herpes • tendency to develop keloids • bacterial, viral, fungal, and autoimmune diseases of the skin • severe forms of acne • use of retinoids or recent use of retinoids (up to 6 months) • recent (up to 6 months) surgery within the treated area • recent (up to 6 months) cryotherapy treatment • numerous melanocytic nevus • numerous dilated capillaries • severe systemic diseases • freshly tanned skin • sun exposure • damage and irritation of the skin • thinning of the epidermis • freshly shaved / depilated skin



## ADVANTAGES / BENEFITS

- even exfoliation • reduced irritation effect



## NOTES

- the Client Consent is included with each treatment set • mandatory training required before use • strongly exfoliating product

1 | 2

Thoroughly remove make-up around the treatment area using Bielenda Professional preparations tailored to the client's skin type (full offer of make-up removal products is available on pages 62-63 of the catalog).

Carefully degrease the skin by smearing the area to be treated with a dust-free swab or a pad saturated with Pre Peel Spray.

3 | 4

Using the enclosed syringe, measure 5 ml still mineral water and add it to the ampule with the powdered ascorbic acid Reti-Power<sup>2</sup> Vitamin C. Shake vigorously until the powder has completely dissolved. Apply half of the Reti-Power<sup>2</sup> Vitamin C ampule onto the skin, and carefully massage until absorbed. **DO NOT WASH!** (The contents of the ampule and the mask is sufficient for the treatment for the face, neck and neckline.)

Place the contents of the Reti Power Mask sachet onto the skin to be treated, massage and leave until absorbed. **DO NOT WASH!** (Caution! Before you put the mask on, the skin area must be dry; apply the mask in disposable gloves).

The treatment can be extended with the application of 40% mandelic acid + AHA + lactobionic acid, pH 1.6. In such a case, the Reti Power<sup>2</sup> VC treatment scheme begins after washing off the neutralizer and drying of the skin.

TREATMENT PROCEDURE

5 | 6

### At home treatment continuation:

Leave the mask on the skin for at least 4 hours (the time can be maximally doubled depending on the skin type, its preparation for the treatment, and the exfoliation level you wish to achieve). The mask should be washed using the soothing micellar face cleansing emulsion and clean cold water. Onto the clean and dried skin, massage the remaining preparation from the Reti-Power<sup>2</sup> Vitamin C ampule.

After the product has been absorbed, apply the regenerating and soothing face cream. If the client will be exposed to sunlight, additionally apply the filter High protection face cream SPF 50+ & PA ++. We also recommend using Cover Cream Soothing & Tinted Face Cream SPF 25.

## ADVANCED EXFOLIATING TREATMENT WITH RETINOL AND VITAMIN C



## MAIN ACTIVE INGREDIENTS



### 5% TRANS - RETINOL

It stimulates production of collagen and elastin, as well as stimulates hyaluronic acid production. It regulates epithelial exfoliation and regeneration processes. It has anti-inflammatory action, accelerates healing processes, and normalizes sebum secretion.



### PURE VITAMIN C

A perfect antioxidant. It stimulates collagen synthesis in the skin, has anti-inflammatory action, accelerates healing processes, stimulates ceramide production in the skin. It inhibits metal-proteinase secretion, and brightens the skin by inhibiting melanin production, as well as delicate peeling.



## EXPERT ADVICE

**Sylvia Wójcik** - Care Expert, Coach, Bielenda Professional Research & Development Expert.

Reti-Power<sup>2</sup> VC is a highly exfoliating treatment based on the power of 5% retinol content. Before performing the procedure, it is necessary to exclude contraindications and sign the Client Card. The type of application affects the effectiveness of the treatment. Reti Power mask should be massaged into the skin, more intensely into seborrheic areas. Remember to avoid the area of the lip vermillion, eyes and nose wings.



## RECOMMENDATIONS

The treatment is to be performed in series 1-6, every 3-4 weeks, depending on skin reaction. The specialist performing the treatment shall decide about the number of procedures in a series.



## PRODUCTS FOR THE TREATMENT FACE CARE



### PRE PEEL SPRAY

**Intended for:**  
all skin types (excluding contraindications).

**Active ingredients:**  
Isopropyl alcohol.

**Action:**

- skin preparation for exfoliating with retinol
- skin preparation for exfoliation with acids
- degreasing action.

**Capacity: 150 ml**  
**Yield: 85 treatments**  
**Index: 137480**



### RETI-POWER<sup>2</sup> VITAMIN C AMPULE WITH STABLE POWDERED VITAMIN C

**Intended for:**  
skin with acne, wrinkles, discolouration requiring renewal, rebuilding of its structure.

**Active ingredients:**  
Ascorbic acid.

**Action:**

- brightens
- strengthens
- stimulates collagen synthesis
- reduces free radicals
- shows very strong anti-oxidative action.

**Capacity: 1 g**  
**Yield: 1 treatment**



### RETI POWER MASK WITH RETINOL

**Intended for:**  
skin with acne, wrinkles, discolouration requiring renewal, rebuilding of its structure.

**Active ingredients:**  
TRANS-Retinol, Niacinamide.

**Action:**

- brightens the skin
- regulates secretion of sebaceous glands
- reduces acne lesions
- anti-wrinkle action.

**Capacity: 5 ml**  
**Yield: 1 treatment**



### 5 TREATMENTS SET

**Set contains:**

- 5 x 5ml Reti Power2 VC Mask
- 5 x 1g Reti-Power2 Vitamin C
- 1 x Syringe
- 5 x Client Charter

**Index: 137476**



## PROFESSIONAL HOME CARE

BEAUTY PARLOUR FORMULA



Home care directly following the RETI-POWER<sup>2</sup> VC treatment - POST TREATMENT CARE line exclusively.



RETI-POWER<sup>2</sup> VC Complementary care after full exfoliation process and skin regeneration (around 28 days).

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p.71).

# MESO MED PROGRAM



## INDICATIONS

- skin aging • acne scars • uneven skin color • discolorations • small wrinkles • dry, dehydrated skin and skin laxity



## ACTION

- increases skin moisture • enhances elasticity and firmness • smoothes fine lines and wrinkles • revitalization and nourishment of the skin • regeneration and rejuvenation of the skin



## CONTRAINDICATIONS

- tendency to form keloid scars (keloids) • pregnancy and nursing • allergy to metals and the active ingredients contained in micro-needle mesotherapy cocktails • diabetes • cancer • bleeding disorders • use of anticoagulants • inflammation of the skin • bacterial, viral, fungal skin diseases • autoimmune diseases • acne and rosacea • impaired ability to regenerate the skin • use of medications applied directly to the skin • interrupted continuity of the skin • open wounds • birthmarks • sensory disturbances • retinoid therapy (in the last 6 months)



## ADVANTAGES / BENEFITS

- rejuvenation and face remodeling



## NOTES

- client consent cards available in PDF format at Bielenda Professional Coaches • training is obligatory before use

1 | 2

Remove make up using Eye and lips Makeup Remover. Face, neck and décolleté should be cleansed using the Ultra hydrating face makeup removal cream. Tone the cleansed skin using Ultra-Hydrating Face Toner.

Peeling: SENSITIVE SKIN: Apply enzymatic face peeling for sensitive skin and leave for about 10 minutes. After this time, rinse off with lukewarm water and tone the skin. NORMAL SKIN: Apply Pre-exfoliation gel to damp skin, massaging gently. After rinsing with lukewarm water, tone the skin. Divide the skin surface subjected to treatment into areas. Then, choose the appropriate roller needle length. Before commencing the procedure, secure hands with gloves and remove roller from the package in front of the Client. Disinfect the skin subjected to treatment with the product intended for disinfection of the skin, mucosa and wounds (disinfection time according to instructions on the packaging of the preparation used).

3 | 4

Then, we perform the procedure. Start rolling from the forehead, then continue to the cheeks, nose, chin, neck, décolleté, always avoiding eyes and lips area. Use one hand to tighten the skin and roll in three planes: vertically, horizontally and diagonally, applying gentle pressure.

Do not apply too much pressure to the skin. Follow the Client's feedback and the skin's reaction to the treatment. The skin should be carefully monitored throughout the procedure. Slight swelling and redness may appear during the procedure, which disappears within the next several days, depending on the type of the skin. Duration of procedure is about 10 minutes. After completion, disinfect the skin using the product intended for disinfection of the skin, mucosa and wounds.

TREATMENT PROCEDURE

5 | 6

## ADVANCED MICRONEEDLE MESOTHERAPY FACE TREATMENT

## MAIN ACTIVE INGREDIENTS



### PHYTOCELLTEC™ ARGAN

An innovative ingredient based on plant stem cells derived from argan sprouts. This is the first active ingredient with scientifically proven protective and revitalizing effect on skin stem cells.



### LOW MOLECULAR WEIGHT HYALURONIC ACID (LMW)

It penetrates the stratum corneum, which activates biochemical processes in the deeper layers of the skin, ensures proper skin hydration at the epidermal and dermal level and reduction of TEWL.



### ORGANIC SILICA

It is the building material of the skin. It supports stimulation of fibroblasts, i.e. cells responsible for the production of collagen and elastin. It encapsulates cell membranes, protecting them against damage caused by free radicals; it acts as a regulator of cell transformations and divisions. It regenerates the skin, inhibits the ageing process, improves blood circulation.



## EXPERT ADVICE

**Sylwia Wójcik** - Care Expert, Coach, Bielenda Professional Research & Development Expert.

Microneedle mesotherapy is an intervention treatment perceived as painful by some people. Remember to exclude contraindications and make the client sign the Client Card. To compensate for pain, you can use anaesthesia in the form of a cream. To make it as effective as possible, the skin should be degreased thoroughly before the anaesthetic is applied. For degreasing, we recommend alcohol-based disinfectants. Anaesthesia is also strengthened by occlusion, which can be created using a cosmetic film.



## RECOMMENDATIONS

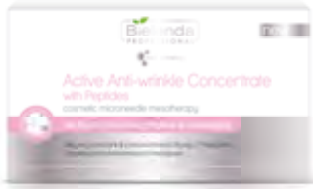
Series of 3 to 6 treatment once every 2 weeks or once every 4 weeks, depending on the individual reaction of the skin to the treatment as well as the length of the roller needles.

Remove the blood, if it appeared, in order to allow free penetration of active substances into the skin. Following the micropuncture procedure, apply one of Bielenda Professional active concentrates depending on the needs of the skin, in order to soothe and calm the skin apply Ultra-soothing algae face mask with diatomaceous clay. Leave for 15 minutes, then remove in one piece.

To finish off the treatment, apply the SPF 50 Protective Face Cream. NOTE! After completion of the treatment, the roller should be placed in a disinfecting bath. The time should be adjusted to the instructions of the disinfectant product manufacturer. After removing roller from the baths, rinse it under running water, dry and place in the original case and cardboard box. The cardboard box should be labeled with the full name of the Client, date of the procedure and the Client's signature.



## PRODUCTS FOR THE TREATMENT FACE CARE



### ACTIVE ANTI-WRINKLE CONCENTRATE WITH PEPTIDES

**Intended for:**

mimic wrinkles, loss of skin density.

**Active ingredients:**

Biomimetic Peptides, Arigeline - Hexapeptide, High Molecular Weight Hyaluronic Acid.

**Action:**

- improved skin density
- reduced visibility of mimic wrinkles.

**Capacity:** 10 x 3 ml

**Yield:** 10 treatments

**Index:** 137556



### ACTIVE REGENERATING CONCENTRATE WITH ORGANIC SILICA

**Intended for:**

weakened skin, stretch marks, scars, supportive therapy in the case of cellulite.

**Active ingredients:**

Organic Silica, Ultra Low Molecular Weight Hyaluronic Acid, High Molecular Weight Hyaluronic Acid, Hydrolysed Glycosaminoglycans.

**Action:**

- strengthens skin
- helps reduce scars and stretch marks
- helps reduce cellulite.

**Capacity:** 10 x 3 ml

**Yield:** 10 treatments

**Index:** 137555



### ACTIVE FIRMING CONCENTRATE WITH COLLAGEN AND ELASTIN

**Intended for:**

lack of firmness and elasticity of the skin, wrinkles.

**Active ingredients:**

Collagen, Elastin, Low Molecular Weight Hyaluronic Acid, High Molecular Weight Hyaluronic Acid.

**Action:**

- improves skin firmness and elasticity
- reduces visibility of wrinkles.

**Capacity:** 10 x 3 ml

**Yield:** 10 treatments

**Index:** 137557



### ACTIVE CONCENTRATE WITH LOW MOLECULAR WEIGHT HYALURONIC ACID

**Intended for:**

dry, dehydrated skin, wrinkles.

**Active ingredients:**

Low Molecular Weight Hyaluronic Acid, Glycerin, Hydrolysed Glycosaminoglycans (HGAG), Vitamin B3, Lactic Acid.

**Action:**

- improves skin hydration
- smooths fine lines and wrinkles
- regenerates and rejuvenates the skin.

**Capacity:** 10 x 3 ml

**Yield:** 10 treatments

**Index:** 137335



### ACTIVE CONCENTRATE WITH PLANT STEM CELLS

**Intended for:**

skin lacking elasticity and firmness.

**Active ingredients:**

PhytoCellTec™ Alp Rose, PhytoCellTec™ Argan, Glycerine, Vitamin B3, Lactic Acid.

**Action:**

- increases skin elasticity and firmness
- revitalises and nourishes the skin
- regenerated skin with better look.

**Capacity:** 10 x 3 ml

**Yield:** 10 treatments

**Index:** 137334



**DNS ROLLER  
DESCRIPTION  
ON PAGE 69.**



### ULTRA SOOTHING ALGAE FACE MASK WITH DIATOMACEOUS CLAY

**Intended for:**

after cosmetic treatment of microneedle mesotherapy (roller, dermapen), after no-needle, oxygen mesotherapy, ultrasound treatment, after exfoliation with acids, after radiofrequency and photorejuvenation treatments, other cosmetic treatments.

**Active ingredients:**

Diatomaceous clay, Alginate (100% brown algae extract).

**Action:**

- calms and soothes the skin after treatments
- eliminates redness
- intensifies the process of microdamage regeneration
- improves skin firmness and elasticity.

**Capacity:** 190 g

**Yield:** 10 treatments

**Index:** 137336

**Index (Refill package):** 137337

## PROFESSIONAL HOME CARE

BEAUTY PARLOUR  
FORMULA

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the POST TREATMENT CARE line.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p.71).



# AHA AND PHA ACIDS EXFOLIATION



## INDICATIONS

- cystic acne • rosacea • oily skin, excessive sebum secretion • blackheads • folliculitis • epidermal melasma • skin ageing • photoaging • skin revitalization

## ACTION

- rejuvenates • improves the skin's elasticity and tone • smoothes and balances skin colour • reduces skin discolorations • provides bacteriostatic and keratolytic effect (supports anti-acne treatment) • reduces and balances sebum secretion • diminishes fine wrinkles

## CONTRAINDICATIONS

- seborrheic dermatitis • mycosis • psoriasis • active infections (herpes, etc.) • active phase acne • therapy with Vitain A derivatives • pregnancy, lactation

## ADVANTAGES / BENEFITS

- alleviation of inflammation

## NOTES

- during the treatment we do not perform other peels • there is a ban on using sun beds and exposure to sunlight before, during, and two weeks after the treatment

1 | 2

Remove eye and lip make-up with Face & Lip Make-up Remover. Cleanse the face, neck and décolleté with Satin Make-up Removing Milk. Balance the skin with Satin Gel Toner.

Wear latex or vinyl gloves. The pre-exfoliation gel should be applied on damp face, neck and décolleté. Gently massage the skin to cleanse it, then rinse it with water and dry with a cosmetic wipe. Before starting the procedure, secure eye area (with dry cotton pad), nose wings, mouth tips, unusual pigment marks, damaged epidermis (vaseline or greasy cream). Ask the Client to close her/his eyes during the procedure. During the exfoliation constantly observe skin reactions, ask about Client's feedback. It is recommended to stay by Client's chair during the treatment.

3 | 4

Pour a suitable quantity of 40% Mandelic Acid into a glass or porcelain bowl. It is recommended to use a dry brush made of natural hair. With each subsequent treatment, prolong the application time by 2 minutes. The first treatment should last 3 minutes, the second treatment - 5 minutes, and the application time during the last treatment should not exceed 10 minutes.

After the recommended treatment time is over, use the Neutralizer to neutralize the acid. Rinse the skin with lukewarm water and dry with cosmetic wipes. PLEASE NOTE: Carefully monitor skin reactions and the patient's condition to determine the individual application time. Should any acute skin reactions occur (acute burning sensation, reddening, pricking), immediately remove the acid with the neutralizer.

TREATMENT PROCEDURE

5 | 6

## MANDELIC ACID EXFOLIATION TREATMENT

### MAIN ACTIVE INGREDIENTS



#### MANDELIC ACID

It is gentle, completely free of irritating properties, it soothes skin inflammation, heals pimples and blemishes, it brightens discoloration caused by sunlight and inflammation, it evens skin tone.



#### LACTIC ACID

It refreshes and smooths the skin, it has disinfecting properties, it soothes irritations and inflammations. It restores proper skin pH. It has keratolytic properties, it softens callous epidermis.



#### LACTOBIONIC ACID

Thanks to the unique properties of binding water in the epidermis it strengthens its protective barrier. It prevents the formation of teleangiectasia, it strengthens the elasticity of blood vessels. It is a strong antioxidant.



#### EXPERT ADVICE

**Justyna Dziura** - Cosmetologist, Bielenda Professional Coach, Regional Sales Manager.

Mandelic acid has the strongest antibacterial effect among the AHA group, thanks to which it reduces the severity of acne and the secretion of sebum. Thanks to its excellent anti-ageing properties, it causes the filling of fine wrinkles. It brightens discoloration effectively and also smooths scars on the skin. Accompanied by high sunscreen preparations, it can be successfully used all year round.



#### RECOMMENDATIONS

Skin can be exfoliated throughout the year, also in the summer, provided that UV protection is applied. Apply 6-8 treatment cycles, in min. 7-day intervals.



## PRODUCTS FOR THE TREATMENT FACE CARE



### GEL PREPARING FOR EXFOLIATION TREATMENTS

**Intended for:**  
all skin types (excluding contraindications).

**Active ingredients:**  
Lactobionic acid, Mandelic acid, Lactic acid.

**Action:**

- purified skin
- the skin is prepared for exfoliation
- it increases the effectiveness of the treatment and tests skin hyper reactivity before the proper exfoliation treatment.

**Capacity: 200 g**  
**Yield: 40 treatments**  
**Index: 137266**



### 40% MANDELIC ACID + AHA + LACTOBIONIC ACID, PH 1.6

**Intended for:**  
all skin types (excluding contraindications).

**Active ingredients:**  
Lactobionic acid, Mandelic acid, Lactic acid.

**Action:**

- keratolytic properties
- reduced fine lines
- smoother, firmer and revitalised skin
- brightened discolouration
- no post-treatment discolouration
- skin tone is evened out
- bacteriostatic properties
- reduced and regulated sebum production.

**Capacity: 150 g**  
**Yield: 65 treatments**  
**Index: 137267**



### NEUTRALIZER

**Intended for:**  
all skin types.

**Action:**

- inactivates the acid used for the treatment
- prevents irritation
- has soothing properties.

**Capacity: 200 g**  
**Yield: 20 treatments**  
**Index: 137268**



### NOURISHING AND REGENERATING FACE MASK AFTER EXFOLIATION

**Intended for:**  
dry, sensitive, couperose skin.

**Active ingredients:**  
Macadamia oil, Vitamin E, Boswellia Serrata, D-panthenol, Troxerutin.

**Action:**

- moisturised and smoothed skin
- soothes and relieves irritation caused by exfoliation
- eliminates swelling, itching, redness.

**Capacity: 175 ml**  
**Yield: 20 treatments**  
**Index: 137269**



### LIGHT REGENERATING FACE GEL CREAM

**Intended for:**  
sensitive or irritated skin after intensive cosmetology and aesthetic medicine procedures.

**Active ingredients:**  
Hyaluronic acid, Squalane, Trehalose, Allantoin, D-panthenol, Vitamin E, Nanosilver.

**Action:**

- regenerated skin
- soothed irritation
- moisturised skin
- it does not block exfoliation.

**Capacity: 100 ml**  
**Yield: 50 treatments**  
**Index: 137500**

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the POST TREATMENT CARE line and Light Cream with Triple Action of AHA and PHA acids.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p.71).

BEAUTY PARLOUR  
FORMULA



# ANTI-ACNE PROGRAM



## INDICATIONS

the 20+ and 40+ age group • combination skin, oily, prone to acne 20+ age group • seborrhea • acne • contaminated skin with enlarged pores • blackheads • blemishes and scars 40+ age group • mature combination complexion • oily • prone to acne • skin with signs of aging • shallow wrinkles • loss of firmness and elasticity • photoaging • aging skin • after sun and age discoloration • dry and rough skin • pigmentation disorders



## ACTION

• exfoliates dead skin cells • cleanses and narrows extended sebaceous glands • reduces blackheads • regulates the secretion of sebum • cleanses • improves hydration and elasticity of the skin • reduces wrinkles and shallow acne changes • reduces the visibility of acne scars and discoloration • increases the effectiveness of skin care products • evens the skin tone and improves the overall skin condition



## CONTRAINDICATIONS

• active viral infections (herpes, warts) • active bacterial infections • active inflammatory skin diseases (eczema, psoriasis, AD) • a history of recent surgery (fresh scars) or light therapies • sensitivity to acids (allergy) • pregnancy and lactation • treatment with retinoids in the last 6 months • antibiotics and various forms of vitamin A • scratches, interrupted continuity of the skin • keloids • acne: phlegmonous, acne conglobata, acne keloïdem (active purulent lesions, cysts) • skin after depilation • a large number of pigmented lesions



## ADVANTAGES / BENEFITS

• safe and effective exfoliation



## NOTES

• any contact with the sun and solarium is forbidden before, during application of the treatment and two weeks after its completion

1 | 2

Remove eye and lip make-up removing using the Liquid make-up remover for the eyes and mouth. The face, neck and neckline are purified using the ultra-moisturizing cleansing cream. Tone the skin with the Ultra-moisturizing tonic.

Protect hands with latex or vinyl gloves. Before proceed to the treatment, secure the area of the eyes (using a dry cotton pad), the wings of the nose, corners of the mouth, unusual signs of dye, skin damage (using a vaseline or a fatty cream). Patients are asked to have their eyes closed during the treatment. During exfoliation, constantly observe reactions of the skin, ask how patient feels. It is not advisable to move away from the seat. Apply on a cotton pad the Micro-exfoliating gel-tonic (200 g) and wash the skin subjected to exfoliation, avoiding the eye area. This can be repeated twice, each time replacing the pads. NOTE! The skin, prior to contact with the product, should be cleaned and dried.

3 | 4

Using a glass or a porcelain bowl, apply the right amount of 40% salicylic acid, azelaic acid + mandelic acid + lactic acid or 45% shikimic acid + lactobionic acid + lactic acid onto the skin. The acid should be applied using a dry brush onto dried skin of the face (avoiding the eye area).

Allow the preparation to be left for a time adapted to the condition and sensitivity of the skin. Application is started from the front, followed with the other parts of the face. Skin reactions should be monitored (the recommended treatment regimen for easy selection of the time of peeling is given on the next page). NOTE! Observation of the skin and an interview are the basis to determine the individual time of the preparation being left on the skin. In the case of any reaction - severe burning, redness, tingling - the acid action should be immediately stopped by applying the acid neutralizer. Then, the skin is to be washed with lukewarm water and dried with a treatment tissue.

## TREATMENT PROCEDURE

5 | 6

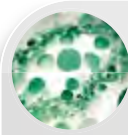
Apply a thick layer of the zinc soothing mask, avoiding the eye area. Leave it for 15 minutes, then wash the skin with lukewarm water.

At the end of the treatment apply on the eye area, the preparation tailored to the Client's skin needs (full range of products available on page 68 of the catalog). Apply the Protective face cream SPF 50 on the face, neck and neckline. NOTE! During the series of treatments the Client should prepare the skin at home with Micro-exfoliating Gel Toner (200 g) once a day for 7 days prior to each planned treatment.

## PERSONALISED, COMPREHENSIVE EXFOLIATING TREATMENT FOR COMBINATION, OILY AND ACNE SKIN

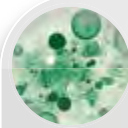


## MAIN ACTIVE INGREDIENTS



### SHIKIMIC ACID

It has strong exfoliating effect, while maintaining a low level of skin irritation. It has antibacterial properties, provides effective smoothing and brightening effects.



### GLUCONOLACTONE

A natural anti-oxidant, strongly moisturizing. It influences the production of collagen, improves elasticity and firmness of the skin, soothes irritations, reduces the tendency to redness.



### SALICYLIC ACID DERIVATIVE (LHA)

A lipo hydroxy acid which exhibits increased affinity for the skin, so it acts more smoothly at the same time stimulating the renewal of the epidermis, it has antibacterial, anti-inflammatory properties, it increases penetration of the active ingredients contained in the formulations.



## EXPERT ADVICE

**Sylvia Wójcik** - Care Expert, Coach, Bielenda Professional Research & Development Expert.

Thanks to a carefully selected mixture of acids, the treatment effectively combats the imperfections of the skin associated with teen acne, regulates the secretion of sebum and exfoliates dead skin. Before the treatment, it is important to prepare the skin with a Micro-exfoliating toning gel 200 g for 7 days before the planned application of the acid. After treatment, remember to protect the skin with a cream with a high UV filter and a 2in1 home care active sebo-regulating moisturising cream recommended for 20+ people or 2in1 Active sebo-regulating anti-ageing cream recommended for 40+ people.



## RECOMMENDATIONS

Series of 4-6 treatments every 10-15 days, treatments performed only in the fall or spring while keeping UV protection.



## PRODUCTS FOR THE TREATMENT FACE CARE



### 40% SALICYLIC ACID + AZELAIC ACID + MANDELIC ACID + LACTIC ACID, pH 2, 20+

**Intended for:**  
combination skin, oily skin, prone to acne (including contraindications).

**Active ingredients:**

Salicylic acid, Azelaic acid, Mandelic acid, Lactic acid.

**Action of the mixture of acids:**

- antibacterial and anti-inflammatory (azelaic acid)
- inhibits the growth of the Propionibacterium acnes bacteria (azelaic acid)
- unclogs pores, helps to eliminate blackheads (salicylic acid)
- regulates the skin cell renewal, has exfoliating properties (salicylic acid)
- inhibits the synthesis of melanin (azelaic acid)
- speeds up the healing process of pimples and irritation (salicylic acid)
- moisturizes and tones the skin (lactic acid)
- reduces wrinkles, tightens pores (lactic acid)
- lightens discoloration (lactic acid)
- inhibits the growth of Staphylococcus aureus, Bacillus Proteus, Escherichia coli, Aerobacter Aerogenes (mandelic acid)
- lightens discoloration after sun and inflammation (mandelic acid)
- soothing, does not cause strong irritation, flaking and redness after treatments (mandelic acid).

**Capacity: 30 g**

**Yield: 10 treatments**

**Index: 137372**



### GEL NEUTRALIZER

**Intended for:**  
neutralizing the effect of acids.

**Action:**

- instantly neutralizes the effect of acids
- prevents irritation
- soothes and eliminates excessive burning, stinging, itching and tingling
- ensures the safety of the exfoliation treatment.

**Capacity: 500 g**

**Yield: 50 treatments**

**Index: 137379**



### SOOTHING MASK WITH ZINC

**Intended for:**  
any type of skin, particularly hypersensitive skin, irritated after cosmetic surgery.

**Active ingredients:**

Zinc, Aloe extract, D-panthenol, Coconut oil.

**Action:**

- eliminates redness of the skin
- calms and soothes the irritated skin
- reduces the skin itchy after exfoliation.

**Capacity: 150 g**

**Yield: 20 treatments**

**Index: 137374**

### SCHEME OF TREATMENTS:

Type of preparation	Type of skin	I treatment	II treatment	III treatment	IV, V, VI treatment
40% salicylic acid + azelaic acid + mandelic acid + lactic acid, pH 2	Normal skin	3 minutes	5 minutes	6 minutes	8 minutes
	Sensitive skin	2 minutes	4 minutes	5 minutes	6 minutes

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the ANTI-ACNE PROGRAM line.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p.72).

BEAUTY PARLOUR  
FORMULA





# ESSENCE OF ASIA



## INDICATIONS

- tired, dull skin, devoid of glow • wrinkles, lack of skin firmness • skin exposed to harmful external factors, including free radicals • skin affected by premature aging and oxidative stress • smoker's skin



## ACTION

- stimulation of synthesis of collagen and elastin • restoration of natural barrier functions of the skin • protection against the harmful effects of external factors • protection against free radicals • increase in moisture level and skin tension • skin rejuvenation and firming



## CONTRAINDICATIONS

- allergy or hypersensitivity to the ingredients contained in the preparations



## ADVANTAGES / BENEFITS

- the concentrate acts as both a serum and a light non-comedogenic massage preparation



## NOTES

- face massage is an important part of the procedure, the original massage created especially for the needs of Bielenda Professional can be found on the CD attached to the treatment set

1 | 2

Perform a thorough makeup removal of the area submitted to treatment using products from the Bielenda Professional range, chosen depending on client's skin type. We especially recommend products from the Essence of Asia line. Apply the Balm-to-Oil Makeup Remover to dry skin of the face and neck, gently massaging in circular motions. Next, wet your hands and repeat the action until an emulsion is formed. Wash the skin with a damp treatment cloth or cotton pads. After cleansing the skin, wipe it with a cotton swab saturated with the Antioxidant Facial Toning Essence.

Exfoliate the skin using the Smoothing Powder Face Scrub. Pour a dose of the product into the palm of your hand. Add water to create a creamy emulsion. Apply the emulsion to the skin and massage gently. Massage time should be adjusted to the level of exfoliation we want to obtain. Wash off with a damp treatment cloth or cotton pads, then wipe the skin with a cotton swab saturated with the Antioxidant Facial Toning Essence.

3 | 4

Apply 2in1 Glow Restoring Facial Massage Multiconcentrate on the cleansed face and perform an original Essence of Asia massage. Do not rinse!

Next, apply the Tightening Sheet Mask to the face and neck so that it fits snugly over the entire surface of the skin. Leave for 15-20 minutes, then remove and massage the remaining essence into the skin.

TREATMENT PROCEDURE

5 | 6

At the end of the treatment apply the Glow Restoring Revitalizing Face Cream SPF 20 to the face and neck, massaging gently.

In order to enhance and extend the effects of the treatment, we recommend using the 5in1 Glow Restoring Face Elixir for professional home care.

## INTERNAL GLOW RESTORING TREATMENT

### MAIN ACTIVE INGREDIENTS



#### DONGBAEK OIL

Traditionally sourced Camellia Japonica seed oil is characterized by a wealth of antiradical ingredients, it has antioxidant effect and reduces skin inflammation. The content of phytosterols promotes skin regeneration. It also stimulates fibroblasts to produce collagen and elastin.



#### YEAST FILTRATE

Rich in polysaccharides, flavonoids, aminoacids and anti-inflammatory  $\beta$ -glucan. It helps to regenerate the skin and adds glow.



#### ANTI-POLLUTION SYSTEM

A unique ingredient that protects the skin against the harmful effects of external factors, including coal dust, heavy metals, and UV radiation.



#### EXPERT ADVICE

**Monika Hajdziony** - *Beautician of the Year 2017, cosmetologist, Master of biotechnology applied in cosmetology, pharmacist, podologist. Participant of numerous industry trainings, workshops, conferences and symposiums.*

Introduce the client to the climate of oriental relaxation from the very beginning of the visit. A chimney with the aroma of green tea will welcome our guest, and a cup of Green Tea will supplement the atmosphere of relaxation. Green tea, popular in Asia, present in the Essence of Asia line, is a source of biologically active compounds, affecting the human body comprehensively, considered to be a „drink of youth“.



#### RECOMMENDATIONS

Apply the treatment on the face, neck, chest, the proposed series is 4-8 treatments once a week. To maintain the effects - 1 treatment once a month. The treatment can be performed once to quickly improve the condition of the skin.



## PRODUCTS FOR THE TREATMENT FACE CARE



### BALM-TO-OIL MAKEUP REMOVER

**Intended for:**  
tired, dull skin, wrinkles, skin exposed to harmful external factors, skin affected by premature aging and oxidative stress.

**Active ingredients:**  
Dongbaek Oil, Rice Oil, Avocado Oil, Bamboo Extract.

**Action:**

- removes makeup gently and effectively
- thoroughly cleanses the skin
- prepares skin for the treatment.

**Capacity: 150 g**  
**Yield: 40 treatments**  
**Index: 137558**



### ANTIOXIDANT FACIAL TONING ESSENCE

**Intended for:**  
tired, dull skin, wrinkles, skin exposed to harmful external factors, skin affected by premature aging and oxidative stress.

**Active ingredients:**  
Green Tea Hydrolate, Fermented Yeast Filtrate, Soybean Ferment Filtrate, Vitamin C, Allantoin, Extracts: Bamboo, Aloe, Cherry, Ginseng Root, Hyaluronic Acid.

**Action:**

- antioxidant effect
- restores physiological pH level
- tones
- regenerates and nourishes
- moisturizes.

**Capacity: 500 ml**  
**Yield: 60 treatments**  
**Index: 137559**



### SMOOTHING POWDER FACE SCRUB

**Intended for:**  
tired, dull skin, wrinkles, skin exposed to harmful external factors, skin affected by premature aging and oxidative stress.

**Active ingredients:**  
Matcha, β-glucan, Glucose, Aloe, Exfoliating particles.

**Action:**

- exfoliates superficial layers of the epidermis,
- antioxidant effect
- prepares the skin to receive active ingredients
- soothes.

**Capacity: 100 g**  
**Yield: 50 treatments**  
**Index: 137560**



### 2IN1 GLOW RESTORING FACE MASSAGE MULTI-CONCENTRATE

**Intended for:**  
tired, dull skin, wrinkles, skin exposed to harmful external factors, skin affected by premature aging and oxidative stress.

**Active ingredients:**  
Centella Asiatica, Fermented Yeast Filtrate, Anti-pollution System, Green Tea Hydrolate, Extracts: Bamboo, Ginseng root, Cherry, Aloe Vera, Vitamin C, Hyaluronic Acid.

**Action:**

- ensures a perfect slip during massage
- moisturizes and soothes
- strengthens natural barrier functions of the skin
- antioxidant properties.

**Capacity: 145 g**  
**Yield: 5 treatments**  
**Index: 137561**



### GLOW RESTORING REVITALIZING FACE CREAM

**Intended for:**  
tired, dull skin, wrinkles, skin exposed to harmful external factors, skin affected by premature aging and oxidative stress.

**Active ingredients:**  
Dongbaek Oil, Anti-pollution System, Green Tea Herbal Water, Vitamin C, Bamboo and Cherry Extracts, Anti-Pollution System, Soybean Ferment Extract.

**Action:**

- regenerates and nourishes
- moisturizes
- revitalizes the skin
- protects against harmful external factors.

**Capacity: 50 ml**  
**Yield: 25 treatments**  
**Index: 137563**



### TIGHTENING GLOW RESTORING SHEET MASK

**Intended for:**  
tired, dull skin, wrinkles, skin exposed to harmful external factors, skin affected by premature aging and oxidative stress.

**Active ingredients:**  
Anti-pollution system, Peptides, Fermented Yeast Filtrate Extract, Green Tea Herbal Water, Hyaluronic Acid, Aloe, Ginseng and Cherry Extracts.

**Action:**

- protects against harmful external factors
- moisturizes and regenerates
- firms
- has antioxidant properties.

**Capacity: 25 g**  
**Yield: 1 treatment**  
**Index: 137562**



### ESSENCE OF ASIA TREATMENT AVAILABLE IN TREATMENT SET AND IN SINGLE SELL

#### SET CONTAINS:

- 1 x Smoothing Powder Face Scrub, 100 g
- 1 x 2in1 Glow Restoring Face Massage Multi-Concentrate, 145 g
- 5 x Tightening Glow Restoring Sheet Mask, 25 g
- 1 x Glow Restoring Revitalizing Face Cream SPF 20, 50 ml
- 1 x original Essence of Asia massage instruction DVD

**Index: 200907**

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the ESSENCE OF ASIA line.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p. 72).



BEAUTY PARLOUR FORMULA

# SKIN BREATH



## INDICATIONS

• dull and anoxic skin • smoker's skin, ashen skin • wrinkles, lack of skin firmness • dry skin • skin affected with premature ageing and oxidative stress • puffy eyes and dark circles • sensitive skin • excessively tanned skin



## ACTION

• fresh, youthful look • illuminated, brighter and oxygenated skin • cleansing and deep moisturization of the skin • slowing down changes caused by oxidative stress and harmful effect of UV radiation • reduction of puffy eyes and dark circles • reduction of wrinkle depth and increased skin firmness



## CONTRAINDICATIONS

• allergy or hypersensitivity to the ingredients contained in the preparations



## ADVANTAGES / BENEFITS

• innovative formula of enzymatic peeling and algae mask



## NOTES

• prepare the Client for the tickling sensations that may appear when the Bubble Peel Mask is foaming and increasing its volume

1 | 2

Remove make-up precisely from the treatment area with the Bielenda Professional cosmetics best matching the skin type of the client. We especially recommend Skin Breath products. In order to cleanse the skin, apply the Skin Breath Micellar Gel-Cream Make-up Remover on a cotton pad and remove make-up. It is also perfect for the sensitive skin of the eye area. After cleansing the skin, wipe it with a cotton pad soaked with the Energizing Toning Facial Essence. Do not rinse.

Apply a portion of Skin Breath Bubble Peel Mask (approximately 10 doses) on the cleansed face. The mask will gently tickle your skin when foaming. After approximately 10 minutes, rinse with clean water. CAUTION! The mask increases its volume considerably when foaming, so avoid the eye, mouth and nostril area and leave approximately 1 cm margin. Rinse with lukewarm water in the case of irritation.

3 | 4

Massage Skin Breath Energizing and Nourishing Face Concentrate into cleansed skin. The preparation may also be applied with ultrasounds or needleless mesotherapy. You can apply the serum directly or in combination with the ultrasound gel. Do not rinse.

Measure out 90 ml of cold still mineral water in the shaker. Add 2 measures of powder and shake vigorously several times. Pour the mask into the shaker cap and then apply onto the face with a spatula, avoiding the eye, mouth and nostril area. Remove the mask in one piece after 15-20 minutes.

TREATMENT PROCEDURE

5 | 6

At the end of the treatment, apply Skin Breath Energizing Caffeine Eye Cream onto the eye area and Skin Breath Energizing and Oxygenating Face Cream, gently patting them in.

For longer and more intensive effects of the treatment we recommend Professional Home Care products from the SKIN BREATH line: 2-Phase Oxygenating Face Serum, Energizing Oxygenating Face Cream, Energizing Caffeine Eye Cream.

## ENERGIZING OXYGENATING FACE TREATMENT



## MAIN ACTIVE INGREDIENTS



### COENZYME Q10

A component of cellular respiration. It helps to assimilate oxygen and produce ATP, a cellular fuel for which demand increases when the cell is exposed to harmful external factors. Administration of Q10 in a liposome increases its availability in the skin.



### SEA MINERALS

They ensure correct level of skin nutrition and better blood supply and blocking transepidermal water loss.



### GINSENG

The vitality restoring ingredient that has been used in Chinese medicine for four thousand years. It is rich in vitamins, minerals, amino acids, polysaccharides and the most important - ginsenosides, which increase haemoglobin's ability to attach oxygen, causing better nutrition and oxygenation of the skin.



## EXPERT ADVICE

**Justyna Dziura** - Cosmetologist, Bielenda Professional Coach, Regional Sales Manager.

The treatment guarantees an immediate effect of illuminated skin and reduces the dark circles and puffy eyes. I also recommend it as a „banquet” treatment. It's perfect for skin affected by oxidative stress, which causes premature skin ageing. Thanks to professional home care from the Skin Breath line, clients will enjoy a strengthened and prolonged effect of the treatment.



## RECOMMENDATIONS

Apply the treatment on the face, neck, chest, the proposed series is 4-8 treatments once a week. To maintain the effects - 1 treatment once a month. The treatment can be performed once to quickly improve the condition of the skin.



## PRODUCTS FOR THE TREATMENT FACE CARE



### MICELLAR GEL-CREAM MAKE-UP REMOVER

**Intended for:**  
tired and underoxygenated skin, dull, dry and sensitive skin, wrinkles, skin affected with premature ageing and oxidative stress, excessively tanned skin.

**Active ingredients:**  
Trehalose, Ginseng Extract, Sorbitol, D-panthenol.

**Action:**

- removes make-up gently and effectively
- purifies the skin
- prepares skin for the treatment
- soothes.

**Capacity: 500 g**  
**Yield: 30 treatments**  
**Index: 137516**



### ENERGIZING TONING FACIAL ESSENCE

**Intended for:**  
tired and underoxygenated skin, dull, dry and sensitive skin, wrinkles, skin affected with premature ageing and oxidative stress, excessively tanned skin.

**Active ingredients:**  
Hyaluronic Acid, Orange Water Essence, Yeast Filtrate Extract.

**Action:**

- removes make-up gently and effectively
- purifies the skin
- prepares skin for the treatment
- soothes.

**Capacity: 500 ml**  
**Yield: 60 treatments**  
**Index: 137515**



### BUBBLE PEEL MASK

**Intended for:**  
tired and underoxygenated skin, dull, dry and sensitive skin, wrinkles, skin affected with premature ageing and oxidative stress, excessively tanned skin.

**Active ingredients:**  
Sea Minerals, Papain Bromelain, Citric Acid, Trehalose.

**Action:**

- gently exfoliates
- prepares the skin for absorption of active ingredients
- brightens the skin
- nourishing and oxygenating effect.

**Capacity: 45 g**  
**Yield: 10 treatments**  
**Index: 137512**



### ENERGIZING AND NOURISHING FACE CONCENTRATE

**Intended for:**  
tired and underoxygenated skin, dull, dry and sensitive skin, wrinkles, skin affected with premature ageing and oxidative stress, excessively tanned skin.

**Active ingredients:**  
Ginseng Extract, Coenzyme Q 10, Caffeine, Vitamin C, Hyaluronic Acid.

**Action:**

- restores skin's vitality
- oxygenates and nourishes
- regenerates
- moisturizes.

**Capacity: 30 ml**  
**Yield: 10 treatments**  
**Index: 137514**



### ENERGIZING OXYGENATING FACE CREAM

**Intended for:**  
tired and underoxygenated skin, dull, dry and sensitive skin, wrinkles, skin affected with premature ageing and oxidative stress, excessively tanned skin.

**Active ingredients:**  
Ginseng, Coenzyme Q10, Sea Minerals, Caffeine, Vitamin C.

**Action:**

- revitalizes the skin
- oxygenates
- moisturizes.

**Capacity: 50 ml**  
**Yield: 25 treatments**  
**Index: 137509**



### ENERGIZING CAFFEINE EYE CREAM

**Intended for:**  
tired, under-oxygenated skin, wrinkles around the eyes, dark circles, puffy eyes.

**Active ingredients:**  
Caffeine, Eyebright Extract, Ginseng Extract, Marine Minerals, Hyaluronic Acid.

**Action:**

- reduces dark circles
- reduces puffy eyes
- has anti-wrinkle effect.

**Capacity: 15 ml**  
**Yield: 25 treatments**  
**Index: 137510**



### OXYGENATING PEEL OFF ALGAE MASK WITH SEA MINERALS

**Intended for:**  
tired and underoxygenated skin, dull, dry and sensitive skin, wrinkles, skin affected with premature ageing and oxidative stress, excessively tanned skin.

**Active ingredients:**  
Glucose, Sea Minerals.

**Action:**

- moisturizes
- oxygenates the skin..

**Capacity: 80 g**  
**Yield: 10 treatments**  
**Index: 137513**



### ESSENCE OF ASIA TREATMENT AVAILABLE IN TREATMENT SET AND IN SINGLE SELL

#### SET CONTAINS:

- 1x Bubble Peel Mask
  - 1x Energizing & Nourishing Face Concentrate
  - 1x Oxygenating Peel Off Algae Face Mask with marine minerals
  - 1x Energizing Oxygenating Face Cream
  - 1x Energizing Caffeine Eye Cream
  - 1x Shaker
- Index: 200867**

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the SKIN BREATH line.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p. 72).

BEAUTY PARLOUR FORMULA



# POWER OF NATURE



## INDICATIONS

• dull, anoxic skin with impurities frequently exposed to deteriorating urban elements • skin in need of regeneration, after intensive exfoliation and/or aesthetic medicine procedures, also with special equipment • irritated, ageing skin; skin with acne and/or acne scars

## ACTION

• detoxication and lightening of the skin • deep hydration and improved texture • restoration of skin barrier • strong antioxidant action • restoration and regeneration of the skin

## CONTRAINDICATIONS

• allergy or hypersensitivity to the ingredients contained in the preparations

## ADVANTAGES / BENEFITS

• peeling thoroughly and quickly removed without using water

## NOTES

• inform the Client that tingling or tickling sensation may appear during removing peeling from the skin

## DETOXIFYING AND REGENERATING TREATMENT

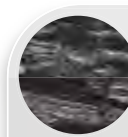


## MAIN ACTIVE INGREDIENTS



### SNAIL SLIME EXTRACT

Works like a regenerating potion. It contains collagen, elastin, glycolic acid, allantoin, antibacterial substances, and vitamins A, C, and E. It restores collagen fibres, has antibacterial properties, lightens and gently exfoliates the skin.



### ACTIVATED CARBON

Demonstrates a deep cleansing, detoxifying, and bactericidal properties, and absorbs excess sebum.



### MAGNETITE

It is a natural mineral whose filings are the scrub's abrasive particles. In addition to pyrrhotite, it's one of the naturally occurring magnetic substances. Its crystals are attracted by a magnet.



### EXPERT ADVICE

**Monika Hajdziony** - *Beautician of the Year 2017, cosmetologist, Master of biotechnology applied in cosmetology, pharmacist, podologist. Participant of numerous industry trainings, workshops, conferences and symposiums.*

It's a perfect treatment also for men. The magnetic-enzymatic scrub thoroughly cleanses the skin, preparing it for the treatment. The magnet attached to the package will remove the exfoliating particles from the skin surface, perfectly dealing with facial hair, even of bearded men. The active ingredients cleanse and detoxify the skin while maintaining the regenerative effect, which is especially important in the care of men's skin.

1 | 2

Very thoroughly remove make-up around the treatment area using Bielenda Professional products matching customer's skin type (full offer of make-up removal products is available on pages 62-63 of the catalog).

NOTE! Protect the eyes against exfoliating magnetite filings. It is recommended to make a compress for tired eyes with cotton pads and Satin Rose Water. Apply a portion of the Magnetic Enzymatic Face Scrub and massage into the skin. The massage should last 2 to 5 minutes. Leave the peeling on the skin for up to 10 minutes. Remove magnetite filings from the skin with the included magnet. NOTE! Wrap the magnet in a disposable tissue. Wash off the rest of the preparation with a compress or sponge. Remove the protecting compress from the eyes.

## RECOMMENDATIONS

Apply the treatment on the face, neck, chest, the proposed series is 4-8 treatments once a week. To maintain the effects - 1 treatment once a month. The treatment can be performed once to quickly improve the condition of the skin.



3 | 4

Apply the Creamy Regenerating and Nourishing Face Mask with your hand or a brush. You may use occlusion to intensify the effect. Wash off the rest of the preparation with a compress or sponge.

Apply the Rebuilding Repair Serum with Snail Slime Extract on dry skin. Massage gently. You may use special equipment to apply the serum to enhance the effect. We recommend ultrasound or needleless mesotherapy with the 2-in-1 Photon Ultrasonic Massager. Do not wash off. If you use the device, remove excess contact gel for the ultrasound treatment.

## TREATMENT PROCEDURE

5 | 6

Prepare the Detoxifying Algae Gel Face Mask with Activated Carbon by mixing 2 parts of the mask in 3 parts of cold, still mineral water. Mix until smooth and apply on the treatment area. Do not remove the mask until it is solid. Depending on customer skin temperature and ambient temperature, this may be about 15-20 minutes. After the solidification time, remove the whole algae gel mask in one piece.

At the end of the treatment, apply the Regenerating Face Cream with Snail Slime Extract SPF 15, and massage it in gently. The cream is perfect for care of the sensitive area around eyes as well.



## PRODUCTS FOR THE TREATMENT FACE CARE



### MAGNETIC ENZYMATIC FACE SCRUB

**Intended for:**  
gray, underoxygenated skin, with impurities, skin requiring regeneration and detoxification, skin having frequent contact with urban contamination.

**Active ingredients:**  
Keratoline, Hyaluronic acid, Magnetite filings.

**Action:**  
• exfoliates dead skin cells  
• smoothes  
• moisturizes.

**Capacity: 150 g**  
**Yield: 30 treatments**  
**Index: 137482**



### CREAMY REGENERATING AND NOURISHING FACE MASK

**Intended for:**  
gray, underoxygenated skin, with impurities, skin requiring regeneration and detoxification, skin having frequent contact with urban contamination.

**Active ingredients:**  
Avocado oil, Babassu oil, Vitamin E, Rose oil, Activated carbon, Green tea.

**Action:**  
• cleanses and detoxifies  
• regenerates  
• has antioxidant and anti-ageing properties  
• moisturizes  
• smoothes.

**Capacity: 150 ml**  
**Yield: 20 treatments**  
**Index: 137483**



### REGENERATING AND REJUVENATING FACE SERUM WITH SNAIL SLIME EXTRACT

**Intended for:**  
gray, underoxygenated skin, with impurities, skin requiring regeneration and detoxification, skin having frequent contact with urban contamination.

**Active ingredients:**  
Hyaluronic Acid, Snail slime extract, Aloe, Vitamin B3.

**Action:**  
• moisturizes  
• soothes  
• regenerates.

**Capacity: 30 ml**  
**Yield: 10 treatments**  
**Index: 137484**



### NEODYMIUM MAGNET FOR THE TREATMENT 1 PIECE Index: 137487



### DETOXYFYING ALGAE GEL FACE MASK WITH ACTIVATED CARBON

**Intended for:**  
gray, underoxygenated skin, with impurities, skin requiring regeneration and detoxification, skin having frequent contact with urban contamination.

**Active ingredients:**  
Glucose, Activated carbon, Oat silk.

**Action:**  
• deeply cleanses and detoxifies the skin  
• absorbs excess sebum  
• alleviates irritations.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137481**



### REGENERATING FACE CREAM WITH SNAIL SLIME EXTRACT SPF 15

**Intended for:**  
gray, underoxygenated skin, with impurities, skin requiring regeneration and detoxification, skin having frequent contact with urban contamination.

**Active ingredients:**  
Snail slime extract, Hyaluronic acid, Rose oil, Aloe, Buriti oil, Sweet almond oil.

**Action:**  
• regenerates  
• provides deep moisturisation  
• alleviates  
• strengthens collagen and elastin  
• has antioxidant properties.

**Capacity: 100 ml/50 ml**  
**Yield: 50/25 treatments**  
**Index: 137508/137486**



### POWER OF NATURE TREATMENT AVAILABLE IN TREATMENT SET AND IN SINGLE SELL

#### SET CONTAINS:

- 1x Magnetic - Enzymatic Face Scrub, 150 g
  - 1x Creamy Regenerating and Nourishing Face Mask, 150 ml
  - 1x Rebuilding Repair Face Serum with Snail Slime Extract, 30 ml
  - 1x Regenerating Face Cream with Snail Slime Extract SPF 15, 50 ml
  - 1x Magnet
  - 1x Head Band
  - 5x Cream sample
- Index: 200806**

**THE PRODUCT IS  
RECOMMENDED  
FOR TREATMENTS  
PERFORMED WITH THE  
USE OF APPARATUS**



## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the POWER OF NATURE line.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p. 72).

BEAUTY PARLOUR FORMULA



# SENSITIVE SKIN



## INDICATIONS

• rosacea • normal acne • seborrhea • sensitive skin prone to irritations • superficially vascularized skin • dry skin • erythema • in therapies combined with micro-needle mesotherapy (roller, dermapen) • as a supplement to a completed laser therapy, after medical peelings



## ACTION

• relieves the symptoms and facilitates therapy in rosacea • reduces skin redness of different origins • reduces visibility of capillaries • eliminates discomfort • soothes skin irritations • moisturizes and regenerates the skin • improves skin color



## CONTRAINDICATIONS

• every acne type in the active phase • active viral and bacterial infections • active inflammatory skin diseases (eczema, psoriasis) • surgeries (new scars) or phototherapies • hypersensitivity to acids (allergy) • hypersensitivity to any of the ingredients used in the treatment • pregnancy and lactation • break in integrity of epidermis • keloids • skin after epilation



## ADVANTAGES / BENEFITS

• 0% coloring agents, 0% allergens, 0% aromatic composition



## NOTES

• Lactobionic acid toner can be used with cavitation peeling

## SOOTHING TREATMENT WITH 20% AND 40% LACTOBIONIC ACID



## MAIN ACTIVE INGREDIENTS



### AZELAIC ACID

Antibacterial properties against *Propionibacterium acnes*, it inhibits the activity of sebaceous glands, it has sebostatic and anti-inflammatory effect, it has mild exfoliating properties, it is recommended for people with AD.



### LACTOBIONIC ACID (PHA)

It stimulates skin repair mechanisms, it strengthens the protective barrier of the epidermis, it prevents the formation of telangiectasia, it strengthens the elasticity of blood vessels, it is a strong antioxidant.



### D-PANTHENOL

It activates the division of epidermal cells, accelerating healing and soothing irritation, it has anti-inflammatory properties, it reduces erythema and soothes skin redness.



## EXPERT ADVICE

**Justyna Mrówczyńska** - Master of cosmetology, Regional Assistant Sales Manager, Bielenda Professional Coach.

Thanks to the use of lactobionic and azelaic acids, we can safely offer clients with sensitive, overactive and even rosacea-affected skin a comprehensive care treatment that will bring relief, soothe the skin and reduce irritation. A soothing and alleviating mask with lactic acid, thanks to the content of diatomaceous clay among others, effectively regenerates and relieves the skin after the treatment.

1 | 2

Remove eye and lip make-up using Gentle eye and lip make-up remover. Clean the skin of the face using Soothing micellar solution for make-up removal and cleansing of skin, and repeat it if necessary. Apply Lactobionic acid tonic on a cotton pad and clean the skin, avoiding the eyes.

Protect your hands with latex or vinyl gloves. Before proceeding with therapy, protect the eye area (with a dry cotton pad), sides of the nose, corner of the mouth, unusual pigmented moles, damaged epidermis (using vaseline or a greasy cream). The Client is asked to keep his/her eyes closed during the treatment. During exfoliation, observe how the skin reacts, asking the Client how they feel. It is not recommended to leave the Client's side. The skin should be clean and dry before application of the preparation.



## RECOMMENDATIONS

Treatment can be performed all year long, with high UV protection. During a series of treatments, excessive exposure to sunlight should be avoided. Recommended series of 10 treatments, performed every 7-10 days (series may be shorter depending on the effect). The series should be repeated every 3 or 6 months. One treatment can be performed in order to improve skin condition.

3 | 4

Put 20% Lactobionic acid or 40% lactobionic acid in a glass or porcelain bowl and apply it on the skin. The acid should be applied with a dry brush onto the dried skin of the face (avoid the eye area). Start the application from the front and proceed to other parts of the face (cheeks, nose, chin).

Leave the preparation on the skin for the time appropriate for skin condition and sensitivity. Skin reactions should be controlled. Recommended treatment plan: • 20% Lactobionic acid - first two treatments of the series • 40% Lactobionic acid - the rest of treatments. The time of acid application should be successively extended with every treatment, from 1 do max. 15 minutes. After this time, use Neutralizer to remove the acid. Finally, rinse the skin with cold water. CAUTION! Thorough skin observation as well as information provided by the client should be the basis for calculations of the individual time of application of the preparation on the skin. If any of the following: strong burning sensations, extensive redness or tingling occur, the acid should be removed immediately, using the Neutralizer. Rinse the skin with cold water and dry it with a special tissue.



5 | 6

Protect the eye area with moist cotton pads. Cover the skin thoroughly with clean, moist gauze, leaving an opening for nostrils. Mix 50 ml (2,5 measures) of the powdered Soothing mask with lactobionic acid with 20-25 ml of cold mineral water (non-carbonated) until you obtain a homogenous mixture. Apply the mask evenly with a dry brush, avoiding the eye area and nostrils. After 15 minutes, carefully remove the mask and the wash off the residue with cold water.

Apply Soothing face and eye area cream or 5% Face cream with azelaic acid. In order to protect the skin from sunlight, apply also a Protective Face Cream SPF 50.



## PRODUCTS FOR THE TREATMENT FACE CARE



### GENTLE EYE AND LIP MAKE-UP REMOVER

**Intended for:**  
sensitive skin of eyelids and around the eyes, may be used by persons wearing contact lenses.

**Active ingredients:**  
Hyaluronic acid, Allantoin, D-panthenol.

**Action:**  
• removes water-proof make-up  
• moisturizes delicate skin around the eyes.

**0% AROMATIC COMPOSITION / 0% ALLERGENS**  
Capacity: 200 ml  
Index: 137446



### SOOTHING MICELLAR LIQUID FOR MAKE-UP REMOVAL AND SKIN CLEANSING

**Intended for:**  
every skin type, in particular sensitive skin prone to redness of different origins, overreactive skin, rosacea.

**Active ingredients:**  
Hyaluronic acid, Allantoin, D-panthenol.

**Action:**  
• gently and effectively removes face, eye and lip make-up  
• moisturizes the skin  
• refreshes  
• soothes the skin.

**0% AROMATIC COMPOSITION / 0% ALLERGENS**  
Capacity: 500 ml  
Index: 137445



### LACTOBIONIC ACID TONIC

**Intended for:**  
sensitive, capillary, overreactive, dry skin, rosacea, skin redness of different origins.

**Active ingredients:**  
Lactobionic acid, Gluconolactone, Trehalose, D-panthenol.

**Action:**  
• prepares the skin for exfoliation with lactobionic acid  
• tones, refreshes and moisturizes the skin  
• may be used for cavitation peeling.

**Capacity: 200 ml**  
**Yield: 20 treatments**  
**Index: 137447**



### 20% LACTOBIONIC ACID, PH 1,9 / 40% LACTOBIONIC ACID, PH 1,7

**Intended for:**  
sensitive, capillary, overreactive, dry skin, rosacea.

**Active ingredients:**  
20% / 40% Lactobionic acid.

**Action:**  
• exfoliates the surface stratum corneum cells  
• reinforces the protective barrier of the epidermis  
• stimulates fibroblasts to produce collagen fibres  
• prevents teleangiectasia, enhances elasticity of capillary vessels  
• reduces skin irritation  
• facilitates regeneration, moisturizes.

**Capacity: 30 g**  
**Yield: around 20 treatments**  
**20% Lactobionic acid pH 1,9 (Index: 137448)**  
**40% Lactobionic acid pH 1,7 (Index: 137449)**



### SOOTHING LACTOBIONIC ACID FACE MASK

**Intended for:**  
sensitive, capillary, overreactive, dry skin, rosacea, skin prone to redness of different origins.

**Active ingredients:**  
Lactobionic acid, Diatomaceous clay, Glucose, Colloidal oat flour, Beta-glucan, Kaolin.

**Action:**  
• soothes skin irritations  
• regenerates and calms the skin after therapy  
• reduces redness.

**Capacity: 150 g**  
**Yield: 10 treatments**  
**Index: 137450**



### SOOTHING FACE AND EYE CREAM

**Intended for:**  
atopic skin, prone to allergy, extremely sensitive, skin in retinoid therapy.

**Active ingredients:**  
Allantoin, Vitamin E, D-panthenol, Coconut oil, Shea butter.

**Action:**  
• soothes skin irritations  
• intensively moisturizes and regenerates  
• calms the skin after therapy  
• reduces redness  
• reduces irritation and burning sensations.

**0% AROMATIC COMPOSITION / 0% ALLERGENS**  
Capacity: 50 ml  
Yield: 25 treatments  
Index: 137453

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the SENSITIVE SKIN line.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p. 73).

BEAUTY PARLOUR FORMULA





# HYDRA-HYAL<sup>2</sup> INJECTION



## INDICATIONS

- every type of skin • treatment recommended for those over 30 years of age • skin with clearly delineated wrinkles • dry skin with symptoms of loss of firmness and elasticity • sensitive skin, skin showing signs of aging



## ACTION

- intense and long-lasting hydration • improved natural contours of the face • smoothing of superficial wrinkles • increased skin elasticity and firmness • smoothed skin • radiant and visibly rejuvenated skin • improvement of the structure and appearance of the skin



## CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients



## ADVANTAGES / BENEFITS

- the skin becomes more tense immediately • the treatment perfectly complements rejuvenating therapies in aesthetic medicine procedures (we do not perform ultrasounds in the procedure then)



## NOTES

- make sure that the client does not suffer from claustrophobia and warn that after applying the Anatomic algae and gypsum mask, they may feel weight on their face

## REJUVENATING FACE VOLUMETRY TREATMENT

## MAIN ACTIVE INGREDIENTS



### HEXAPEPTIDE (ARGIRELINE™)

It is a neuropeptide that blocks the release of neurotransmitters, and reduces the intensity and frequency of facial muscles micro-contractions. This helps to reduce wrinkles resulting from movement of the facial muscles, and prevents the formation of new mimic wrinkles.



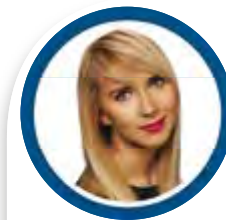
### LOW MOLECULAR WEIGHT HYALURONIC ACID (LMW)

It has the capacity to penetrate through the stratum corneum of the epidermis, thus activating biochemical processes in deeper layers of the skin. It ensures the correct level of skin hydration at the epidermal and dermal levels, and reduction of TEWL. The Low molecular weight Hyaluronic acid used in the preparations has a molecular weight of 0,4-100 kDa.



### HIGH MOLECULAR WEIGHT HYALURONIC ACID (HMW)

It remains on the skin surface, where it forms an occlusive layer, the so-called hydrofilm, ensuring the appropriate level of hydration, and protecting the skin from loss of elasticity. The High molecular weight hyaluronic acid used in the preparations has a molecular weight of 1-1,5 million kDa.



## EXPERT ADVICE

**Justyna Dziura** - *Cosmetologist, Bielenda Professional Coach, Regional Sales Manager.*

Occlusion in the form of algae and gypsum face mask enhances the penetration of active ingredients, reduces TEWL and improves hydration of the epidermis. In addition, this type of modelling mask gently tightens the skin and improves the face contour while setting. We apply the mask symmetrically in strands towards the sides and upwards, along the muscles.

1 | 2

Remove eye and lip make-up using Eye and lip makeup remover. Cleanse the skin of the face, neck and décolleté using Ultra moisturizing cream for make-up removal. Next, apply the Ultra moisturizing facial toner to tone the skin.

Apply the Hyaluronic enzymatic face scrub to the area undergoing the treatment. Apply a thin layer to clean and dry face skin avoiding the eye area. Leave for approx. 3 minutes. For about 3 minutes with circular movements perform a gentle massage, during which occurs a rolling effect of the product and the abrasion of dead skin cells. Rinse off with lukewarm water and tone the skin.



## RECOMMENDATIONS

Treatment to be applied to the face and neck. The suggested regimen is a series of 4-6 treatments, once a week. To sustain the effects, one treatment once a month, plus one-off treatments to quickly improve the condition of the skin.

3 | 4

Apply three doses of 3.5% Hyaluronic Facial Serum to cleansed skin. The serum must be applied in a thin, even layer over the entire surface of the treated skin (face, neck). Then massage in the serum for about 5 minutes using ultrasounds or massage manually until absorbed.

NOTE! We suggest the application of a thin layer of Contact-Gel for ultrasound treatments, in order to increase comfort and glide between the device head and the skin. Do not rinse off the serum, any excess of Contact-Gel can be removed with dry cosmetic pads. Secure the eye area with cosmetic pads soaked in Satin rose water.



5 | 6

Apply a thick layer of Hyaluronic lifting face mask on the face, neck and neckline. Cover the face and neck with clean gauze, leaving the nostrils unobstructed. Mix 5 scoops of the powder and 3 scoops of cold mineral water (still) until the texture is smooth. Then immediately put the mask evenly over the entire face and neck - avoiding the eye area, and leaving the nostrils free. Apply the mask by massaging vigorously in even stripes outwards and slightly upwards. After 20 minutes, carefully remove the mask in one piece.

At the end of the treatment, apply a preparation matching the needs of the client's skin to the eye area (a full range of products is available on page 68 of the catalogue). Apply the Hyaluronic liquid crystal face cream SPF 15 onto the face, neck and chest.



## PRODUCTS FOR THE TREATMENT FACE CARE



### HYALURONIC MAKE-UP REMOVER

**Intended for:**  
dry skin lacking firmness, skin with signs of ageing.

**Active ingredients:**  
Low Molecular Weight Hyaluronic Acid, High Molecular Weight Hyaluronic Acid, Allantoin, Vitamin E.

**Action:**

- toned and refreshed skin
- optimum hydration
- reduced skin tension
- a perfect finish of make-up removal.

**Capacity: 500 ml**  
**Yield: 60 treatments**  
**Index: 137455**



### HYALURONIC FACE TONER

**Intended for:**  
dry skin lacking firmness, skin with signs of ageing.

**Active ingredients:**  
Low Molecular Weight Hyaluronic Acid, Hyaluronic Acid, D-panthenol.

**Action:**

- perfectly removes make-up, also from the eyes
- cleanses and refreshes the skin
- relieves and soothes irritation
- provides optimum hydration.

**Capacity: 500 ml**  
**Yield: 60 treatments**  
**Index: 137454**



### HYALURONIC ENZYMATIC FACE SCRUB

**Intended for:**  
all skin types, including dry skin, skin lacking firmness and skin with signs of ageing.

**Active ingredients:**  
Low Molecular Weight Hyaluronic Acid, High Molecular Weight Hyaluronic Acid, Trehalose, Papaya extract, Pineapple extract, D-Panthenol.

**Action:**

- exfoliates dead skin cells gently
- smooths and moisturises the skin
- relieves irritation effectively
- brightens and improves skin tone.

**Capacity: 150 g**  
**Yield: 30 treatments**  
**Index: 137456**



### 3,5% HYALURONIC FACE SERUM

**Intended for:**  
dry skin with loss of firmness, showing signs of ageing, also around the eyes.

**Active ingredients:**  
Low molecular weight Hyaluronic acid, High molecular weight Hyaluronic acid, Hyaluronic acid, Allantoin.

**Action:**

- intensely hydrates
- stimulates natural skin moisturizing mechanisms
- smooths the skin
- adds elasticity and firms the skin
- creates a hydrofilm on the skin (prevents drying)
- reduces superficial wrinkles.

**Capacity: 50 g**  
**Yield: 17 treatments**  
**Index: 137393**



### HYALURONIC LIFTING FACE MASK

**Intended for:**  
dry skin with loss of firmness, showing signs of ageing.

**Active ingredients:**  
Hydra-HYAL<sup>2</sup> technology (Low molecular weight Hyaluronic acid, High molecular weight Hyaluronic acid, Hydrolyzed Glycosaminoglycans, Hexapeptide), Vitamin E, Coconut oil.

**Action:**

- optimally hydrates
- intensely nourishes
- lifting effects
- smooths and firms the skin.

**Capacity: 175 ml**  
**Yield: 20 treatments**  
**Index: 137395**



### ANATOMICAL ALGAE-GYPSUM FACE MASK

**Intended for:**  
dry skin with loss of firmness, showing signs of ageing.

**Active ingredients:**  
Alginate, Gypsum.

**Action:**

- facilitates absorption of active substances from the preparations applied under the mask
- improves skin firmness
- volumizes and shapes the face contour.

**Capacity: 800 g**  
**Yield: 10 treatments**  
**Index: 137394**



### HYALURONIC FACE CREAM SPF 15

**Intended for:**  
dry skin with loss of firmness, showing signs of ageing.

**Active ingredients:**  
Hydra-HYAL<sup>2</sup> technology (Low molecular weight Hyaluronic acid, High molecular weight Hyaluronic acid, Hydrolyzed Glycosaminoglycans, Hexapeptide).

**Action:**

- reduces skin roughness and the feeling of skin tension
- offers long-term protection against dryness
- smooths and firms the skin
- overall effects of lightly mattified skin.

**Capacity: 150 ml**  
**Yield: 50 treatments**  
**Index: 137396**

**THE PRODUCT IS RECOMMENDED FOR TREATMENTS PERFORMED WITH THE USE OF APPARATUS**



## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the HYDRA-HYAL<sup>2</sup> INJECTION line.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p. 73).

BEAUTY PARLOUR FORMULA



# RETI-VIT C [ASCORBIC-VC]

premium

## INDICATIONS

- skin lacking radiance, with signs of fatigue, exposed to oxidative stress
- evening out of skin tone, lightening discolorations
- skin in need of rejuvenation and illumination

## ACTION

- smoothes and brightens the skin
- improves the appearance and texture of the skin
- increases the synthesis of collagen in the skin
- lightens discolorations and prevents the formation of new skin changes
- protects against photoaging
- restores a uniform color of the skin (balances skin tone)
- acts as an antioxidant against free radicals

## CONTRAINDICATIONS

- allergy or hypersensitivity to any ingredient contained in the product
- do not use on irritated, damaged or affected skin

## ADVANTAGES / BENEFITS

- innovative 2-phase formula of the treatment concentrate

## NOTES

- the client should not wash the skin for at least 6 hours following the treatment in order to maintain continuity of the procedure

## ADVANCED REJUVENATING AND BRIGHTENING TREATMENT FEATURING INTELLIGENT C-5 C CAPSULE TECHNOLOGY



## MAIN ACTIVE INGREDIENTS



### ULTRA STABLE VITAMIN C (ASCORBIC-VC)

A new generation derivative, strong anti-oxidant. It stimulates collagen synthesis, protects against photo-aging, strengthens, refreshes and regenerates the skin. It effectively evens out the skin tone, reduces hyperpigmentation.



### CYCLIC PEPTIDE (C-5 C) (CYCLOPEPTIDE-5 CAPSULE)

New generation peptide intelligently mimics the natural process of regeneration and communication of the skin, accelerating the cycle of its renewal. It has the properties enabling to slow down the aging of the skin by reducing wrinkles, improving firmness and elasticity.



### RETINOL BIOSPHERES

Create a unique system of controlled penetration of active ingredients into the skin by guaranteeing precise access to certain cells, followed by a gradual release.



### EXPERT ADVICE

**Justyna Dziura** - Cosmetologist, Bielenda Professional Coach, Regional Sales Manager

The genes and excessive tanning are responsible for the appearance of discoloration. It occurs as a result of abnormal functioning of melanocytes – skin cells that produce melanin, which affects the skin colour. The treatment effectively reduces discoloration, has refreshing effect and protects the skin against photo-ageing. It is also recommended for discoloration spots on the hands and can be performed throughout the year.

1 | 2

Remove make-up from the eye and lip area using an eye and lip make-up remover. Clean the face and neck area using the Cleansing Foam with Vitamin C - 2-3 doses evenly distributed on damp skin of the face, avoiding the eye area. If necessary, repeat. Rinse thoroughly with water. Follow by applying the Brightening Toner with Vitamin C.

Apply a face peeling matching with the needs and condition of the client's skin - the offer of peels can be found on p. 64 of the catalogue.

3 | 4

Apply about 40-50 drops of the 13% 2-Phase Lightening Concentrate to cleansed skin (shake until achieving homogeneous consistency before use). Apply thin and uniform layer of the product to the entire treated surface (face, neck). Then, introduce the concentrate for about 5 minutes using a needleless mesotherapy device or massage manually until absorbed. As an alternative, you may use a device with the RF head and apply the RF Cream designed for use in RF treatments. Before the procedure, apply opaque layer of the RF Cream to the treated area. Massage the skin of the face in circular motions for about 20 minutes. If necessary, apply more RF Cream during procedure, so that the skin is covered with 1-2 mm layer for the duration of treatment.

After finishing the procedure, remove the remaining product using lukewarm water. Then, apply 40-50 drops of the 13% 2-Phase Lightening Concentrate to dried skin. The serum must be applied in a thin, even layer over the entire treated surface (face, neck) and massaged manually until absorption. Secure the area around the eyes using moist pads. Apply a thick layer of the Brightening Face Mask to the face and neck. Cover the face and neck thoroughly with clean gauze, leaving openings for the nostrils.



5 |



### RECOMMENDATIONS

Treatments can be performed throughout the year, provided high UV protection is used. Avoid excessive exposure to the sun in the course of a series of treatments. Treatment may be performed on the face, neck or hands. The proposed series includes 6-8 treatments performed every 7-10 days. One treatment per month to sustain the effects; as one-time treatment to quickly improve skin's condition.

Mix 6 scoops of the powder (Modeling Algae & Gypsum Mask with Pure Vitamin C) and 3 scoops of cold mineral water (non-carbonated), until smooth. After about 3 minutes, spread the mask evenly over the entire face and neck, avoiding the eye area and the nostrils. Apply the mask vigorously in strips to the outside and slightly upward. After 20 minutes, carefully remove the mask in one piece. Remove the remains of the mask with dry pads. At the end of the treatment apply eye area product tailored to the skin of the client (full offer of eye products is available on page 68 of the catalogue). Apply the Brightening Cream with SPF 30 to the face and neck area.



## PRODUCTS FOR THE TREATMENT FACE CARE



### CLEANSING FOAM WITH VITAMIN C

**Intended for:**  
skin lacking radiance, with signs of fatigue, exposed to oxidative stress; evening out of skin tone, lightening discolorations; skin in need of rejuvenation and illumination.

**Active ingredients:**  
Vitamin C (Ascorbic-VC), Citric acid, Betain.

**Action:**

- effectively removes make-up
- thoroughly cleanses the skin
- illuminates and evens out the skin tone.

**Capacity: 160 ml**  
**Yield: 20 treatments**  
**Index: 137418**



### BRIGHTENING TONER WITH VITAMIN C

**Intended for:**  
skin lacking radiance, with signs of fatigue, exposed to oxidative stress; evening out the skin tone lightening discolorations; skin requiring rejuvenation and illumination.

**Active ingredients:**  
Vitamin C (Ascorbic- VC), Lactic acid, Trehalose.

**Action:**

- tones and refreshes the skin
- brightens the skin tone
- intensively moisturizes.

**Capacity: 500 ml**  
**Yield: 60 treatments**  
**Index: 137419**



### 13% 2-PHASE BRIGHTENING CONCENTRATE

**Intended for:**  
skin lacking radiance, with signs of fatigue, exposed to oxidative stress; evening out the skin tone lightening discolorations; skin requiring rejuvenation and illumination.

**Active ingredients:**  
Vitamin C (Ascorbic-VC), Retinol Biospheres, Cyclic Peptide (C-5 C), Vitamin E, Citric acid, Palm oil.

**Action:**

- tones and refreshes the skin
- brightens the skin tone
- intensively moisturizes.

**Capacity: 15 ml**  
**Yield: 10 treatments**  
**Index: 137417**



### MODELING ALGAE & GYPSUM FACE MASK WITH PURE VIT. C

**Intended for:**  
skin lacking radiance, with signs of fatigue, exposed to oxidative stress; evening out of skin tone, lightening discolorations; skin in need of rejuvenation and illumination.

**Active ingredients:**  
Pure vitamin C, Alginate.

**Action:**

- improves the absorption of active ingredients from products applied underneath the mask through occlusion
- gently tightens the skin
- illuminates and evens out the skin tone
- refreshes
- shapes the face oval.

**Capacity: 960 g**  
**Yield: 10 treatments**  
**Index: 137423**



### BRIGHTENING FACE MASK

**Intended for:**  
skin lacking radiance, with signs of fatigue, exposed to oxidative stress; evening out of skin tone, lightening discolorations; skin in need of rejuvenation and illumination.

**Active ingredients:**  
Vitamin C (Ascorbic-VC), Vitamin E, Retinol biospheres, Cyclic peptide (C-5 C), Coconut oil, Sodium lactate, Lanolin.

**Action:**

- gently brightens the skin
- imparts radiance and illuminates the skin
- nourishes and moisturizes the skin
- anti-aging and anti-oxidant properties.

**Capacity: 175 ml**  
**Yield: 20 treatments**  
**Index: 137422**



### BRIGHTENING FACE CREAM SPF 30

**Intended for:**  
skin lacking radiance, with signs of fatigue, exposed to oxidative stress; evening out of skin tone, lightening discolorations; skin in need of rejuvenation and illumination.

**Active ingredients:**  
Vitamin C (Ascorbic-VC), Vitamin E, Retinol biospheres, Cyclic peptide (C-5 C), Avocado oil.

**Action:**

- protects the skin from UV rays
- gently brightens the skin
- imparts radiance and illuminates the skin
- moisturizes
- regenerates and smooths
- improves skin elasticity
- anti-aging and anti-oxidant properties.

**Capacity: 150 ml**  
**Yield: 50 treatments**  
**Index: 137424**



**THE PRODUCT IS  
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PERFORMED  
WITH THE USE OF  
APPARATUS**



## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the RETI+VIT C [ACCORBIC-VC] line.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p. 73).



BEAUTY PARLOUR  
FORMULA

# AQUA-PORIN ULTRA EFFECT

essential



## INDICATIONS

• all skin types from 25 years of age • dry and dehydrated skin deprived of sufficient oxygen • skin after excessive exposure to the sun • after microdermabrasion and acid exfoliation, or other beauty treatments



## ACTION

• intensive and long-lasting moisturizing action from the inside and outside • progressive activation of aquaporins in the skin • reinforcement and regeneration of the skin • leaving it soft and silky smooth • improved skin firmness and elasticity • delivers the sensation of skin comfort • soothes and calms irritation • the skin looks radiant and healthy



## CONTRAINDICATIONS

• allergy or hypersensitivity to any of the ingredients



## ADVANTAGES / BENEFITS

• the treatment perfectly complements rejuvenating therapies in aesthetic medicine procedures (we do not perform ultrasounds in the procedure then)



## NOTES

• to extend the time of contact of the head with the skin, apply a top layer of Contact gel for ultrasound treatments after application of the serum

1 | 2

Remove eye and lip make-up with the Face & Lip Make-up Remover. Cleanse the face, neck and décolleté with the Ultra Moisturizing Makeup Removal Cream. Rebalance the skin with the Ultra Moisturizing Facial Toner.

Apply the 2in1 Enzymatic Fine Grained Facial Scrub with Papain and Bromelain on the treatment area. Exfoliate the face, neck and décolleté for 5-10 minutes. Rinse the scrub with lukewarm water, dry and balance the skin. NOTE! Choose the proper exfoliation method depending on the skin type. Follow the instructions provided on the packaging.

3 | 4

Apply the Ultra Moisturizing Facial Serum on cleansed skin. Massage it gently into the skin; use a suitable system (ultrasounds, etc.) to deliver better treatment results.

The Ultra Moisturizing Facial Mousse can be used for a relaxing massage of the face, neck and décolleté.

TREATMENT PROCEDURE

5 | 6

Apply the Ultra Moisturizing Facial Serum on cleansed skin. Massage it gently into the skin; use a suitable system (ultrasounds, etc.) to deliver better treatment results.

The Ultra Moisturizing Facial Mousse can be used for a relaxing massage of the face, neck and décolleté.

## ULTRA HYDRATING ANTI-AGEING TREATMENT



## MAIN ACTIVE INGREDIENTS



### DUO AQUA - PORIN

Salicornia herbacea extract (salt marsh plant living in coastal areas which can adapt to the most extreme environmental conditions) responsible for aquaporin-mediated water and urea transport, the so-called hydrostatic equilibrium. It helps effectively rebuild the structure of the epidermis to restore optimum skin hydration levels.



### TREHALOSE

A natural disaccharide that permits survival of selected plant species in conditions of extreme dehydration. Trehalose protects human skin against excessive dehydration. It helps maintain proper skin moisture and prevents fibroblast degeneration.



### BETAINE

A natural product with unusual water-binding properties. It protects the skin against mechanical and chemical damage. It smoothes the skin, giving instant impression of smoothness. Betaine influences the proper transport of water to and from the skin cells.



## EXPERT ADVICE

**Sylwia Wójcik** - Care Expert, Coach, Bielenda Professional Research & Development Expert.

Scientific discoveries and observation of skin physiology have become the inspiration for the creation of the treatment. The discovery of Aquaporins was awarded the Nobel Prize in 2003. The laboratory of Bielenda Professional used this discovery to create a treatment that maintains the hydrostatic balance of the skin and effectively rebuilds the structure of the epidermis. The liquid crystal technology used in the treatment copies the structure of intercellular cement of the epidermis, thanks to which it effectively seals the natural barrier of the skin.



## RECOMMENDATIONS

Apply on the face, neck and décolleté, a series of 6 treatments once per week is initially recommended, subsequently once per month to prolong treatment effects, occasionally before special events.

After the serum has been applied on the skin, soak cosmetic pads with the Satin Rosewater and apply them on closed eyes. Next, prepare the Transparent Ultra Moisturizing Algae Mask (mix 3 portions of the powder and 2 portions of cold mineral water), and apply it on the face and neck. The Ultra Moisturizing Facial Mousse can be used instead of the Algae Mask. Leave it on for 20 minutes and remove.

At the end of the treatment, apply a preparation matching the needs of the client's skin to the eye area (a full range of products is available on page 68 of the catalogue). Apply the Ultra Moisturizing Liquid Crystal Facial Cream SPF 15 on the face, neck and décolleté.



## PRODUCTS FOR THE TREATMENT FACE CARE



### ULTRA HYDRATING FACE CLEANSING CREAM

**Intended for:**  
all skin types, especially dry and dehydrated skin.

**Active ingredients:**  
Trehalose, Sweet Almond Oil, Vitamin E.

**Action:**

- effective makeup remover
- the skin is well prepared for the treatment
- removes all impurities
- calms and soothes skin irritation
- restores optimum hydration
- leaves the epidermis smooth and soft.

**Capacity: 500 ml**  
**Yield: 60 treatments**  
**Index: 137319**



### ULTRA HYDRATING FACE TONER

**Intended for:**  
all skin types, especially dry and dehydrated skin.

**Active ingredients:**  
Lactic Acid, Sodium Lactate, Trehalose, Betaine.

**Action:**

- toned and refreshed skin
- restores optimum hydration
- alleviates the sensation of skin tightness
- delivers the final touch in make-up removal.

**Capacity: 500 ml**  
**Yield: 60 treatments**  
**Index: 137320**



### 2in1 ENZYMATIC FINE GRAIN SCRUB WITH PAPAINE AND BROMELAIN

**Intended for:**  
sensitive, dry and dehydrated skin.

**Active ingredients:**  
Papain, Bromelain, Urea, Avocado Oil.

**Action:**

- combined enzymatic and mechanical exfoliation
- cornified epidermal cells removed
- the skin is well prepared for the treatment
- smooth and regenerated skin
- leaves the skin radiant and refreshed
- the skin becomes silky soft.

**Capacity: 150 g**  
**Yield: 30 treatments**  
**Index: 137321**



### ULTRA HYDRATING FACE SERUM

**Intended for:**  
all skin types, especially dry and dehydrated skin.

**Active ingredients:**  
Trehalose, Betaine.

**Action:**

- provides intensive hydration
- supports the natural skin protection mechanisms
- prevents water and urea loss
- restores the proper skin elasticity
- improves the skin suppleness
- smoothes the epidermis
- anti-ageing action.

**Capacity: 30 ml**  
**Yield: 10 treatments**  
**Index: 137322**



### ULTRA HYDRATING FACE MOUSSE

**Intended for:**  
all skin types, especially dry and dehydrated skin.

**Active ingredients:**  
Duo AQUAPorin, Trehalose, Grape Seed Oil.

**Action:**

- provides intensive hydration
- activates the natural skin hydration mechanisms
- delivers long-lasting protection against dehydration
- reduces the sensation of rough and tight skin.

**Capacity: 150 g**  
**Yield: 20 treatments**  
**Index: 137323**



### TRANSPARENT ULTRA HYDRATING ALGAE FACE MASK

**Intended for:**  
all skin types, especially dry and dehydrated skin.

**Active ingredients:**  
Alginate, Trehalose, Betaine, Microcapsulated Vitamin E.

**Action:**

- improved skin hydration and nourishment
- calms and soothes skin irritation
- intensified skin regeneration
- prevents loss of skin elasticity
- tones the skin.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137324**  
**Index (Refill package): 137326**



### ULTRA HYDRATING LIQUID CRYSTAL FACE CREAM SPF 15

**Intended for:**  
all skin types, especially dry and dehydrated skin.

**Active ingredients:**  
Ceramides, Phytosterols, Linoleic Acid and Linolenic Acid extracted from Kukui Nut Oil, Linoleic Acid extracted from Passiflora Oil, Duo AQUAPorin, Trehalose, Betaine.

**Action:**

- intensive and long-lasting moisturization (water retention in the skin)
- protection against transepidermal water loss
- activates the natural skin hydration mechanisms
- stimulates regeneration of the epidermal barrier lipids
- makes the skin look radiant and healthy
- calms the sensation of skin discomfort
- delivers proper skin moisturization.

**Capacity: 100 ml**  
**Yield: 30 treatments**  
**Index: 137325**

**THE PRODUCT IS  
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WITH THE USE OF  
APPARATUS**



## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using Liquid Crystal Ultra Hydrating Face Cream SPF 15 for professional home care.



BEAUTY PARLOUR  
FORMULA

# ESSENCE OF YOUTH

essential



## INDICATIONS

- any kind of skin after 35 years of age
- skin with symptoms of decline in elasticity and firmness
- skin with an increased tendency to form wrinkles



## ACTION

- moisturizes, nourishes
- minimizes the harmful influence of external factors (UV radiation, pollution)
- the skin is visibly rejuvenated
- skin becomes radiant and regains firmness and the potential for intensive, natural regeneration



## CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients



## ADVANTAGES / BENEFITS

- fundamental skin rejuvenation



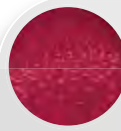
## NOTES

- at the last stage of the treatment, after the application of the algae mask, you can perform a relaxing hand massage using the Cold paraffin hand mask with shea butter

## ANTI-AGING TREATMENT WITH STEM CELLS PHYTOCELLTEC™ ARGAN

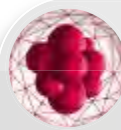


## MAIN ACTIVE INGREDIENTS



### PHYTOCELLTEC™ ARGAN

An innovative ingredient based on plant stem cells derived from argan sprouts. This is the first active ingredient with scientifically proven protective and revitalizing effect on skin stem cells.



### ARGAN OIL

Obtained exclusively by the traditional method of pressing Argan tree nuts. It contains: tocopherols, phytosterols, triterpenalcohols, saturated fats, unsaturated fats and OMEGA fatty acids. It has antioxidant properties. It has excellent moisturising effect on the skin.



### HYALURONIC ACID

A very strong moisturiser that occurs in our skin. A strong anti-wrinkle ingredient penetrates into the epidermis easily and quickly and fills wrinkles from the inside.



## EXPERT ADVICE

**Justyna Mrówczyńska** - Master of cosmetology, Regional Assistant Sales Manager, Bielenda Professional Coach.

PhytoCellTec™ Argan stem cell extract used in the Essence of Youth treatment penetrates deep into the skin through hair follicles and clearly rejuvenates, tightens and moisturises the skin, increases its density and protects it against external factors. Rejuvenating face mousse with argan oil is perfectly suited for face massage.

1 | 2

Thoroughly remove make-up from the treatment area with the use of Bielenda Professional products, selected for the skin type of the client (full offer of make-up removal products is available on pages 62-63 of the catalog).

Apply Facial Scrub with stem cells PhytoCellTec™ Argan on the area covered by the treatment. For about 5-10 minutes massage the face, neck and décolleté. After this time wash the scrub off with warm water and dry the skin, then tone. NOTE! Match the peel with the client's skin type. Follow the instructions on the packaging.



## RECOMMENDATIONS

Treatment designed for face, neck and décolleté, proposed as a series of 6-8 treatments twice a week, to maintain the effects one treatment once a month. A single application may be treated as a 'banquet' treatment.

3 | 4

Apply Face Serum with stem cells PhytoCellTec™ Argan. Massage the serum into the skin, use the machine of your choice (eg ultrasound) to enhance the effects.

NOTE! We suggest the application of a thin layer of Contact-Gel for ultrasound treatments, in order to increase comfort and glide between the device head and the skin. If the serum is applied manually, perform a relaxing massage of the face, neck and décolleté with the Rejuvenating Facial Mousse with stem cells PhytoCellTec™ Argan.

## TREATMENT PROCEDURE

5 | 6

After the application of serum soak cotton pads in Satin Rose Water and apply to eyes as a soothing compress. Then prepare the Algae Mask with stem cells PhytoCellTec™ Argan (2.5 scoops of powder per 3 scoops and mineral water), apply it on face and neck. Interchangeably with algae mask you can use Rejuvenating Facial Mousse of stem cells PhytoCellTec™ Argan. To intensify the effects create the occlusion by putting the Algae Mask on top of it. Leave for 20 minutes, then remove.

At the end of the treatment, apply a preparation matching the needs of the client's skin to the eye area (a full range of products is available on page 68 of the catalogue). To the face, neck and décolleté apply Rejuvenating Facial Cream with stem cells PhytoCellTec™ Argan SPF 15.



## PRODUCTS FOR THE TREATMENT FACE CARE



### ARGAN FACE SCRUB WITH PLANT STEM CELLS

**Intended for:**

dry, combination, sensitive skin.

**Active ingredients:**

PhytoCellTec™ Argan, Argan Oil, Olive Oil, Avocado Oil, Sweet Almond Oil, D-Panthenol, Vitamin E.

**Action:**

- removes dead skin cells
- prepares the skin for further stages of the treatment
- nourishes and moisturises the skin intensively
- makes skin soft and velvety smooth
- smooths and regenerates skin
- brightens, refreshes and relaxes skin.

**Capacity: 150 g**

**Yield: 30 treatments**

**Index: 137309**



### FACE SERUM WITH PLANT STEM CELLS

**Intended for:**

skin that needs revitalisation.

**Active ingredients:**

PhytoCellTec™ Argan, Arginine, Urea, Sodium Lactate, Lactic Acid, Hyaluronic Acid.

**Action:**

- revitalised skin cells
- moisturised and nourished skin
- more elastic, tender and denser skin
- reduced depth of wrinkles
- it intensifies the process of microdamage regeneration
- it strengthens the metabolic functions of the skin.

**Capacity: 30 ml**

**Yield: 10 treatments**

**Index: 137293**



### REJUVENATING FACE MOUSSE WITH PLANT STEM CELLS

**Intended for:**

skin lacking elasticity and firmness.

**Active ingredients:**

PhytoCellTec™ Argan, Argan Oil, Vitamin E, Hyaluronic Acid.

**Action:**

- rejuvenated and revitalised skin
- moisturised and nourished skin
- strengthened regenerative potential of the skin
- increased skin firmness and density
- improved skin tension
- reduced depth of wrinkles
- it revitalises and protects the valuable cells of the dermis.

**Capacity: 175 g**

**Yield: 20 treatments**

**Index: 137294**



### REJUVENATING FACE CREAM WITH PLANT STEM CELLS SPF 15

**Intended for:**

skin lacking elasticity and firmness.

**Active ingredients:**

PhytoCellTec™ Argan, Argan Oil, Bio-Peptides, Hyaluronic Acid.

**Action:**

- rejuvenates the skin thoroughly
- moisturised and revitalised skin
- revitalises the stem cells of the dermis
- strengthened regenerative potential of the skin
- increased skin firmness and density
- improved skin tension
- reduced depth of wrinkles
- revitalises and protects the valuable cells of the dermis.

**Capacity: 100 ml**

**Yield: 30 treatments**

**Index: 137296**



### ALGAE FACE MASK WITH PLANT STEM CELLS

**Intended for:**

skin lacking elasticity and firmness.

**Active ingredients:**

PhytoCellTec™ Argan, Alginate (100% brown algae extract).

**Action:**

- revitalised skin cells
- moisturised and nourished skin
- more elastic, tender and denser skin
- intensifies the process of skin regeneration.

**Capacity: 190 g**

**Yield: 10 treatments**

**Index: 137295**

**Index (Refill package):**

**137297**



**THE PRODUCT IS  
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WITH THE USE OF  
APPARATUS**



## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the ESSENCE OF YOUTH line.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p. 74).

BEAUTY PARLOUR  
FORMULA





# WATERFALLS OF GOLD

essential



## INDICATIONS

- each skin type • complexion requiring brightening and firming • fine wrinkles and expression lines • occasionally before a special event



## ACTION

- increased collagen and elastin synthesis • intensive skin moisturization and softening • improved skin density and structure • reduced fine wrinkles • skin nourishment and regeneration • bright and radiant-looking skin



## CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients



## ADVANTAGES / BENEFITS

- firm, regenerated and illuminated skin



## NOTES

- at the last stage of the treatment, after the application of the algae mask, you can perform a relaxing hand massage using the Cold paraffin hand mask with shea butter • serum is intended for manual application

## EXCLUSIVE MOISTURIZING & FIRMING TREATMENT

## MAIN ACTIVE INGREDIENTS



### COLLOIDAL GOLD

The small size of gold particles (about 4 microns) allows it to be absorbed through the skin, where it stimulates repair processes, supports the production of collagen and positively affects the blood supply to the capillaries.



### MICROCOLLAGEN

It is a tripeptide with a structure identical to the one that stimulates collagen synthesis in our skin. It is a biomimetic peptide because it mimics our natural reactions occurring in the skin.



### BOSWELIA SERRATA

It has remarkable irritation relieving and soothing properties. It reduces the symptoms of pain, redness and itching by blocking the key enzyme that causes inflammatory reactions.



### EXPERT ADVICE

**Sylwia Wójcik** - Care Expert, Coach, Bielenda Professional Research & Development Expert.

The treatment will be great for mature skin, which needs firming and regeneration. Thanks to the content of such ingredients as colloidal gold, caviar extract and vegetable oil blends, the skin will be smoothed and nourished after the treatment, and the brightening particles contained in the serum and algae mask will give the skin a healthy and radiant look.

1 | 2

Remove make-up thoroughly on the treatment area using products from the Bielenda Professional brand matching the client's skin type (a full range of facial make-up remover products is available on page 62-63 of the catalogue).

Apply a peel matching the client's skin type (a full range of facial peels is available on page 64 of the catalogue).

3 | 4

Perform a relaxing face, neck and chest massage using a Nourishing face massage cream. After the massage, remove the excess cream with a moist compress.

Apply the Firming serum with colloidal gold. Massage it into the skin gently. After applying the serum, wet cotton pads with Satin rose water and apply to the eyes as a compress for tired eyelids.

TREATMENT PROCEDURE

5 | 6

Prepare the Algae mask with colloidal gold, and apply it on the face and neck. Leave it for 20 minutes. Remove the mask and tone the skin. Then apply the Gold firming mask for the face, neck and chest, leave to absorb.

At the end of the treatment, apply a preparation matching the needs of the client's skin to the eye area (a full range of products is available on page 68 of the catalogue). Apply the Regenerating face cream with colloidal gold SPF 10 onto the face, neck and chest.



## RECOMMENDATIONS

Apply on face, neck and décolleté, a series of 5 treatments once per week is initially recommended, subsequently once per month to prolong treatment effects, occasionally before special events.



## PRODUCTS FOR THE TREATMENT FACE CARE



### FIRMING FACE SERUM WITH COLLOIDAL GOLD

**Intended for:**  
all skin types.

**Active ingredients:**  
Colloidal gold, Caviar.

**Action:**

- stimulates the natural vitality of cells
- inhibits the process of wrinkle formation
- smooths and reduces existing wrinkles
- increases the bounciness and elasticity of the epidermis
- eliminates discolouration and evens skin tone
- makes skin illuminated and radiant.

**Capacity: 50 ml**

**Yield: 25 treatments**

**Index: 137112**



### GOLD FIRMING FACE MASK

**Intended for:**  
all skin types.

**Active ingredients:**  
Colloidal gold, Microcollagen, Bio-bustyl, Caviar extract.

**Action:**

- moisturises and softens the epidermis intensely
- stimulates the natural vitality of cells
- improves skin density and strengthens its structure
- reduces fine lines
- nourishes and regenerates skin
- makes skin illuminated and radiant.

**Capacity: 175 ml**

**Yield: 20 treatments**

**Index: 137251**



### REGENERATING FACE CREAM WITH COLLOIDAL GOLD SPF 10

**Intended for:**  
all types of skin that needs regeneration.

**Active ingredients:**  
Colloidal Gold, Boswellia Serrata, Niacinamide PC, Macadamia Oil, Kukui Oil, Arginine.

**Action:**

- accelerates the regeneration of the epidermis thanks to the unique combination of gold, aminopeptides and medicinal plant oils
- moisturises skin, relieves itching and burning
- has antibacterial properties
- UV protection.

**Capacity: 150 ml**

**Yield: 50 treatments**

**Index: 137149**



### FACE ALGAE MASK WITH COLLOIDAL GOLD

**Intended for:**  
skin lacking firmness.

**Active ingredients:**  
Colloidal gold, Alginate (100% brown algae extract).

**Action:**

- stimulates the production of collagen and elastin
- improves skin density and strengthens its structure, tightens and smooths it (lifting effect)
- shapes the facial contour
- neutralizes free radicals
- moisturises deeply
- improves skin tone.

**Capacity: 190 g**

**Yield: 10 treatments**

**Index: 137095**

**Index (Refill package): 200078**

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using Regenerating Face Cream with Colloidal Gold SPF 10.

BEAUTY PARLOUR  
FORMULA



# DIAMOND LIFTING

essential



## INDICATIONS

- mature skin with reduced firmness and elasticity • skin requiring re-generation, strengthening and firming • fine wrinkles and expression lines • occasionally before a special event



## ACTION

- lifting and firming effect • reduced visibility of wrinkles • improved elasticity • face contour modelling • reduced signs of fatigue and stress • absorption of active substances that activate skin recovery • improved skin hydration and colour



## CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients



## ADVANTAGES / BENEFITS

- skin lifting • perfect as a 'banquet' treatment



## NOTES

- the treatment serum is intended for manual application

## EXCLUSIVE LIFTING TREATMENT FOR MATURE SKIN

## MAIN ACTIVE INGREDIENTS



### POWDERED DIAMOND

A mineral, natural crystalline substance called the „king of gems“. Powdered diamonds have the ability to reflect light, which gives illuminating effect that adds radiance to the skin.



### BIO-BUSTYL®

It contains three synergistic substances; a biotechnological bacterial filtrate rich in growth cells, a biopeptide stimulating collagen synthesis and a biopeptide called „elastic“, because it is made of elastin sequences.



### EASY LIFT

A complex of two synergistic ingredients. It tightens the skin by mechanical action caused by polymer structure. The active ingredient is adsorbed and stretches over the surface of the skin creating a uniform, elastic film. It retracts and stretches the skin in a short time. This results in visible and immediate smoothing of wrinkles.



### EXPERT ADVICE

**Justyna Mrówczyńska** - Master of cosmetology, Regional Assistant Sales Manager, Bielenda Professional Coach.

The treatment gives the skin an immediate effect of tension, reduction of fine lines, hydration and brightening. Applied in a series, it can visibly improve the overall condition of mature skin. In the last stage of the treatment after applying the algae mask, we can perform a relaxing hand massage using cold paraffin - hand mask with shea butter, which additionally softens, lubricates and nourishes the skin.

1 | 2

Thoroughly remove make-up from the treatment area with the use of Bielenda Professional products, selected for the skin type of the client (full offer of make-up removal products is available on pages 62-63 of the catalogue).

Perform a face peeling using a product tailored to the client's skin (full offer of face peelings available on page 64 of the catalogue).

3 | 4

Perform a relaxing massage using the Nourishing face massage cream. After the massage, remove any excess of the cream with wet compress.

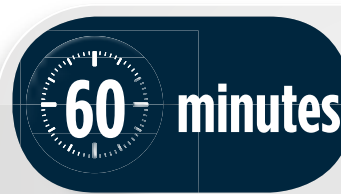
Apply Diamond lifting face serum. Gently massage it into the skin. After the serum is applied, soak cosmetic pads with Satin Rose Water and put them on eyes as a compress for tired eyelids.

TREATMENT PROCEDURE

5 | 6

Prepare Diamond Algae Mask, and apply it on the face and neck. Leave it on for 20 minutes. Remove the mask and balance the skin. Apply Diamond Lifting Mask on the face, neck and décolleté, leave to absorb.

At the end of the treatment, apply a preparation matching the needs of the client's skin to the eye area (a full range of products is available on page 68 of the catalogue). Apply the Diamond Lifting Face Cream SPF 15 on the face, neck and décolleté.



## RECOMMENDATIONS

Apply on face, neck and décolleté, a series of 8 treatments once per week is initially recommended, subsequently once per month to prolong treatment effects, occasionally before special events.



## PRODUCTS FOR THE TREATMENT FACE CARE



### DIAMOND LIFTING FACE SERUM

**Intended for:**  
mature skin.

**Active ingredients:**  
Diamond powder, Easy-Lift.

**Action:**

- improves and enriches all cosmetic treatments
- inhibits the process of wrinkle formation
- smooths and reduces existing wrinkles
- improves the bounciness and elasticity of the face, neck and chest.

**Capacity: 50 ml**  
**Yield: 25 treatments**  
**Index: 137215**



### DIAMOND LIFTING FACE MASK

**Intended for:**  
mature skin.

**Active ingredients:**  
Diamond powder, Easy-Lift, Microcollagen, Bio-bustyl.

**Action:**

- lifting effect on the skin
- improved skin tension
- smooths wrinkles by filling them from the inside
- tightened and moisturised skin
- prevents the skin from slackening.

**Capacity: 175 ml**  
**Yield: 20 treatments**  
**Index: 137253**



### DIAMOND LIFTING FACE CREAM SPF 15

**Intended for:**  
mature skin that needs lifting.

**Active ingredients:**  
Diamond powder, Easy-Lift ECOCERT certified, Ginseng, Marine Collagen.

**Action:**

- moisturised and regenerated skin
- optically reduced wrinkles
- improved skin tension
- immediate lifting effect
- antioxidant properties
- rejuvenates and regenerates skin cells.

**Capacity: 100 ml**  
**Yield: 30 treatments**  
**Index: 137290**



### DIAMOND ALGAE FACE MASK

**Intended for:**  
mature skin that needs lifting.

**Active ingredients:**  
Diamond powder, Alginate (100% brown algae extract), Macroelements, Microelements.

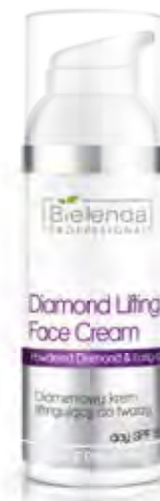
**Action:**

- optically reduced wrinkles
- more tense and smoother skin
- quick and effective hydration of the skin
- intensively nourishes the skin ensuring its proper functioning
- combats free radicals and thus prolongs youthful look of the skin.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137199**  
**Index (Refill package): 200182**

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using Diamond Lifting Face Cream SPF 15.



BEAUTY PARLOUR  
FORMULA

# THE INJECTION OF YOUTH

essential

## INDICATIONS

• for over-25-year-olds representing each skin type • dry skin • skin requiring regeneration • structural wrinkles and expression lines • supplementary to aesthetic medicine treatments • occasionally before a special event

## ACTION

• smoothed and reduced wrinkles • intensive hydration • replenishment of water deficits in the horny layer of the epidermis • protects the skin against dryness • improved skin density and structure • prevention of the skin ageing process • nourishment and regeneration • reduced signs of tiredness and stress

## CONTRAINDICATIONS

• allergy or hypersensitivity to any of the ingredients

## ADVANTAGES / BENEFITS

• smooth skin • instant effect • strong hydration

## NOTES

• to extend the time of contact of the head with the skin, apply a thick layer of Contact gel for ultrasound treatments after application of the serum

1 | 2

Thoroughly remove make-up from the treatment area with the use of Bielenda Professional products, selected for the skin type of the client (full offer of make-up removal products is available on pages 62-63 of the catalog).

Perform a face peeling using a product tailored to the client's skin (full offer of face peelings available on page 64 of the catalogue).

3 | 4

Apply Hyaluronic acid serum on the cleansed skin of the face. Massage it gently into the skin manually or using ultrasounds to strengthen the effect.

If the serum is applied manually, perform a relaxing massage of the face, neck and décolleté with the Nourishing face massage cream or Caviar face massage cream.

TREATMENT PROCEDURE

5 | 6

Prepare Algae Mask with Hyaluronic Acid (2.5 parts of powder per 3 parts of mineral water), cover the face and neck. Leave it on for 20 minutes. Remove the mask and balance the skin. Next apply Anti-wrinkle Mask with Hyaluronic Acid. Leave it on to absorb. Remove any excess of the mask and tone the skin.

At the end of the treatment, apply a preparation matching the needs of the client's skin to the eye area (a full range of products is available on page 68 of the catalogue). Apply Anti-wrinkle Cream with Hyaluronic Acid SPF 15 on the face, neck and décolleté.

## ANTI-WRINKLE TREATMENT WITH HYALURONIC ACID



## MAIN ACTIVE INGREDIENTS



### HYALURONIC ACID

A polysaccharide that is found in all living organisms. It binds water in the epidermis and is responsible for proper hydration of collagen (building material of the supporting fibres of the skin). Thanks to the film it forms on the skin, it ensures adequate hydration and prevents loss of elasticity.



### ARGAN OIL

Oil obtained exclusively by the traditional method of pressing Argan tree nuts. It contains: tocopherols, phytosterols, triterpenalcohols, saturated fats, unsaturated fats and OMEGA fatty acids. It has antioxidant and disinfecting properties, kills fungi and bacteria and improves blood circulation. It has excellent moisturising effect on the skin.



### MICROCOLLAGEN

A iniature protein fragment with a structure identical to the factor that stimulates collagen synthesis in our skin. It is a biomimetic peptide because it mimics our natural reactions occurring in the skin, signalling the initiation of synthesis of substances needed to saturate the skin. The effect is wrinkles filled from the inside, i.e. smoother skin.



### EXPERT ADVICE

**Justyna Dziura** - Cosmetologist, Bielenda Professional Coach, Regional Sales Manager.

The main active ingredient of the treatment - hyaluronic acid - is an excellent natural moisturiser. It can bind as much as 40 times more water molecules than it weighs. This is the secret of its great ability to hydrate and smooth the skin and reduce wrinkles. It is a great solution to protect skin against dryness and slow down the ageing process. I also recommend the injection of youth as a „banquet” treatment - it produces quick effects, it is non-invasive, and leaves the skin hydrated and smooth.



### RECOMMENDATIONS

Apply on face, neck and décolleté, a series of 6-8 treatments twice a week is initially recommended, subsequently once per month to prolong treatment effects, occasionally before a special event



## PRODUCTS FOR THE TREATMENT FACE CARE



### FACE SERUM WITH HYALURONIC ACID

**Intended for:**  
reduction of wrinkles, moisturization.

**Active ingredients:**  
Hyaluronic acid, Microcollagen, Taurine.

**Action:**

- fills wrinkles providing effective anti-wrinkle therapy
- improves skin tension.

**Capacity: 30 ml**  
**Yield: 10 treatments**  
**Index: 137249**



### ANTI-AGE FACE MASK WITH HYALURONIC ACID

**Intended for:**  
mature and dry skin.

**Active ingredients:**  
Hyaluronic acid, Taurine, Pomegranate extract.

**Action:**

- smoother and intensely hydrated skin
- eliminates wrinkles on the surface of the skin
- binds water in the epidermis
- strengthens the protective properties of the skin
- increases skin elasticity
- smooths and firms the skin.

**Capacity: 175 ml**  
**Yield: 20 treatments**  
**Index: 137247**



### ANTI-WRINKLE FACE CREAM WITH HYALURONIC ACID SPF 15

**Intended for:**  
mature and dry skin.

**Active ingredients:**  
Hyaluronic acid, Argan oil, Coenzyme Q10.

**Action:**

- contains SPF 15 UVA, UVB protection
- stimulates skin renewal, regenerates and nourishes the skin
- smooths the skin and improves hydration of the epidermis
- oxygenates cells, neutralises free radicals.

**Capacity: 100 ml**  
**Yield: 30 treatments**  
**Index: 137262**



### FACE ALGAE MASK WITH HYALURONIC ACID

**Intended for:**  
dry skin with signs of wrinkles.

**Active ingredients:**  
Hyaluronic acid, Alginate (100% brown algae extract).

**Action:**

- binds water in the epidermis
- eliminates wrinkles on the surface of the skin
- strengthens the protective properties of the skin
- smooths the skin and improves hydration of the epidermis
- increases skin elasticity, smooths and firms the skin.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137248**  
**Index (Refill package): 200248**

**THE PRODUCT IS RECOMMENDED FOR TREATMENTS PERFORMED WITH THE USE OF APPARATUS**



## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using Anti-Wrinkle Face Cream with Hyaluronic Acid SPF 15.



BEAUTY PARLOUR FORMULA





### INDICATIONS

- dilated capillaries, sensitive skin prone to irritation • acne rosacea
- for men and women at every age



### ACTION

- tightening of blood vessels • reinforcement of capillary walls, which become more flexible and resistant to damage • prevention of dilated capillaries • reduction sensitivity of cutaneous thermoreceptors • skin cooling • alleviated irritation • improvement of protective functions of the epidermis • skin tone compensation



### CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients



### ADVANTAGES / BENEFITS

- effectively reduces skin redness



### NOTES

- to extend the time of contact of the head with the skin, apply a thick layer of Contact gel for ultrasound treatments after application of the serum

1 | 2

Thoroughly remove make-up from the treatment area with the use of Bielenda Professional products, selected for the skin type of the client (full offer of make-up removal products is available on pages 62-63 of the catalog).

Perform a face peeling using a product tailored to the client's skin (full offer of face peelings available on page 64 of the catalogue).

3 | 4

Apply Capillary Repair Serum and spread a film of Capillary Repair Ultrasound Gel. Use sonophoresis to stimulate absorption into deeper epidermal layers.

If the serum is applied manually, perform a relaxing massage of the face, neck and décolleté with the Nourishing face massage cream or Caviar face massage cream.

TREATMENT PROCEDURE

5 | 6

Next, apply Cooling Algae Mask (avoid the eyes area) or Strengthening face mask with Rutin and Vitamin C. To intensify the operation of this mask across the occlusion we propose to put on Algae Mask and leave it on for 20 minutes.

At the end of the treatment, apply a preparation matching the needs of the client's skin to the eye area (a full range of products is available on page 68 of the catalogue). Apply Rutin and Vitamin C Face Cream SPF 15.

## STRENGTHENING TREATMENT FOR DILATED CAPILLARY SKIN

### MAIN ACTIVE INGREDIENTS



#### STABLE VITAMIN C

Traditional forms of Vitamin C are unstable, sensitive to oxygen, light, metal ions and decompose quickly. Stable Vitamin C or Ascorbyl Glucoside is activated after application onto the skin. In contact with skin enzymes it undergoes hydrolysis, which results in pure, active Vitamin C and glucose. It is a very strong antioxidant, it participates in the synthesis of collagen.



#### HORSE CHESTNUT EXTRACT

It contains aescin, which in combination with flavonoids and coumarin derivatives seals capillary walls, reduces their fragility, restores elasticity, improves blood circulation in the skin and smooth muscles. Thanks to the bioflavonoids contained in horse chestnut extract, it also has an anti-wrinkle effect.



#### TROXERUTIN

It has an intense protective effect on blood vessels, strengthens their walls, increases their flexibility. It is an active antioxidant.



#### EXPERT ADVICE

**Justyna Mrówczyńska** - Master of cosmetology, Regional Assistant Sales Manager, Bielenda Professional Coach.

Couperose skin requires special care. Its fragile blood vessels should be sealed by using preparations reducing redness and soothing irritation. The algae mask used in the treatment gently cools, calms the skin and evens out its tone. To balance the skin tone you can also use CC concealing and toning face cream, which gently adjusts to the skin type and leaves the skin brightened and radiant.



#### RECOMMENDATIONS

Apply on face, neck and décolleté, a series of 6 treatments twice a week is initially recommended, subsequently once per month to prolong treatment effects.



## PRODUCTS FOR THE TREATMENT FACE CARE



### CAPILLARY REPAIR SERUM

**Intended for:**  
sensitive, couperose skin.

**Active ingredients:**  
Rutin, Horse Chestnut Extract, Stable Vitamin C.

**Action:**

- visibly strengthens the walls of blood vessels and increases their elasticity
- prevents broken capillaries and the formation of so-called "spider veins"
- relieves irritation effectively
- moisturises the skin actively
- brightens and improves skin tone.

**Capacity: 30 ml**  
**Yield: 10 treatments**  
**Index: 137053**



### STRENGTHENING FACE MASK WITH RUTIN AND VITAMIN C

**Intended for:**  
sensitive, couperose skin.

**Active ingredients:**  
Rutin, Stable Vitamin C, Horse Chestnut, Cranberry extract.

**Action:**

- visibly strengthens the walls of blood vessels and increases their elasticity
- relieves irritation effectively
- stimulates the natural immune defence system of the skin
- prevents broken capillaries
- eliminates inflammation and reduces skin redness
- brightens and improves skin tone.

**Capacity: 175 ml**  
**Yield: 20 treatments**  
**Index: 137287**



### CAPILLARY REPAIR FACE CREAM WITH RUTIN AND VITAMIN C SPF 15

**Intended for:**  
sensitive, redness-prone couperose skin.

**Active ingredients:**  
Rutin, Stable Vitamin C.

**Action:**

- calms and soothes inflammation
- reduces the hypersensitivity of blood vessels
- stimulates the natural immune defence system
- strengthens fragile capillaries
- prevents the formation of "spider veins"
- moisturises the skin and improves its tone
- provides optimal UVA and UVB protection, SPF 15.

**Capacity: 100 ml**  
**Yield: 30 treatments**  
**Index: 137147**



### STRENGTHENING FACE MASK WITH RUTIN AND VITAMIN C

**Intended for:**  
sensitive, couperose skin.

**Active ingredients:**  
Rutin, Stable Vitamin C, Horse Chestnut, Cranberry extract.

**Action:**

- visibly strengthens the walls of blood vessels and increases their elasticity
- relieves irritation effectively
- stimulates the natural immune defence system of the skin
- prevents broken capillaries
- eliminates inflammation and reduces skin redness
- brightens and improves skin tone.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137016**  
**Index (Refill package): 137072**

**THE PRODUCT IS RECOMMENDED FOR TREATMENTS PERFORMED WITH THE USE OF APPARATUS**



## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the S.O.S. line.

For more product information, see Chapter 4 of the catalogue - Professional Home Care (p. 74).

BEAUTY PARLOUR FORMULA





# SEBO-PURITY

essential



## INDICATIONS

• mixed, oily, and acne-prone skin • problematic skin (dilated orifices of sebaceous glands, blackheads) • excessive sebum secretion • cystic acne, oily skin with a tendency towards excessive shine



## ACTION

• skin cleansing by removal of deep impurities • cleansed orifices of the sebaceous glands by elimination of dead epidermal cells • skin pore contraction • balanced sebum secretion by reduced hyperactivity of sebaceous glands • relieved inflammations, reduced number of blackheads • skin detoxification • alleviation of irritations • improved skin moisturization and texture • balanced skin colour



## CONTRAINDICATIONS

• allergy or hypersensitivity to any of the ingredients



## ADVANTAGES / BENEFITS

• reduced visibility of enlarged pores

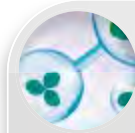


## NOTES

• at the last stage of the treatment, after the application of the algae mask, you can perform a relaxing hand massage using the Cold paraffin hand mask with shea butter

## PURIFYING AND NORMALIZING TREATMENT

## MAIN ACTIVE INGREDIENTS



### NIACINAMIDE

This is a form of vitamin B3. It has a very good effect on the skin and the processes occurring in it. It regulates the distribution of melanin in the epidermis, preventing discoloration and illuminating the skin. It strengthens the skin barrier: prevents transepidermal water loss (TWEL), because it increases resistance to damage. It improves the appearance of ageing skin, stimulates and increases the synthesis of collagen.



### SALICYLIC ACID

An organic chemical compound from the group of aromatic hydroxy carboxylic acids. It has antiseptic, keratolytic and antifungal properties. In higher concentrations it is used to remove calloused epidermis.



### KUKUI NUT OIL

Is a natural vegetable oil, obtained by cold pressing of kukui tree nuts, growing in Hawaii. It absorbs very well through the skin without leaving a greasy film on it. It contains unsaturated fatty acids, mainly linoleic acid. It has a unique skin softening effect, increases the skin's resistance to external factors and soothes irritation.



## EXPERT ADVICE

**Justyna Dziura** - Cosmetologist, Bielenda Professional Coach, Regional Sales Manager.

Thanks to the targeted compositions of all preparations, the Sebo-Purity treatment effectively reduces inflammation and purifies the skin. Antibacterial mask also works well for mature skin with excessive sebum production and the softening mask is recommended to be used with or without a steamer.

1 | 2

Remove eye and lip make-up with Liquid Face & Lip Make-up Remover. Cleanse the face, neck and décolleté with Antibacterial Make-up Removing Gel. Balance the skin with Antibacterial Normalizing Toner.

Apply Enzymatic Face Scrub on the treatment area. Leave it on for approx. 10 minutes. Rinse the scrub with lukewarm water, dry and balance the skin.



## RECOMMENDATIONS

Apply on face, neck and décolleté, back and forearms, use for mechanical skin cleansing, a series of 4-6 treatments every 2 weeks or 1 treatment once every 4 weeks is recommended depending on the condition and appearance of the skin (mechanical skin cleansing is not necessary), subsequently once per month to prolong treatment effects.

3 | 4

Apply Softening Mask with Kukui Oil on the treatment area. Use a brush to apply the mask. Use Vapozon or a sollux lamp with a red filter for more intensive skin softening effect. Wash away the mask after 15 minutes and cleanse the skin manually. Disinfect it with Antibacterial Normalizing Toner and carry out darsonvalisation.

Apply Cleansing Mud & Algae Mask or Antibacterial Mask with Green Clay. Keep it on for 15 minutes and balance the skin. Apply Normalizing Serum and gently massage it into the skin, or - if the skin was not cleansed manually - use a suitable system (ultrasounds, etc.) for better treatment results. In this case, Balancing Ultrasound Gel can be also applied.

## TREATMENT PROCEDURE

5 | 6

Prepare Citrus Algae Mask and apply it onto face and décolleté. Leave it on for 20 minutes. Remove the mask in one piece and tone the skin.

At the end of the treatment, apply a preparation matching the needs of the client's skin to the eye area (a full range of products is available on page 68 of the catalogue). Apply Normalizing & Mattifying Face Cream.



## PRODUCTS FOR THE TREATMENT FACE CARE



### ANTI-BACTERIAL MAKE-UP REMOVER GEL

**Intended for:**  
combination, oily, acne-prone skin.

**Active ingredients:**  
Salicylic acid, Vitamin B3, Green tea extract, Allantoin, D-Panthenol.

- Action:**
- cleanses the skin gently and thoroughly
  - does not clog the sebaceous glands
  - prevents the formation of blackheads
  - regulates sebum production
  - removes dead skin cells
  - does not cause irritation and skin dryness
  - soothes skin inflammation.

**Capacity: 500 ml**  
**Yield: 60 treatments**  
**Index: 137308**



### ANTI-BACTERIAL NORMALIZING TONIC

**Intended for:**  
combination, oily, acne-prone skin.

**Active ingredients:**  
Niacinamide PC, Aloe Vera, Green Tea.

- Action:**
- thoroughly cleanses and tightens skin pores reducing their visibility
  - regulates the functioning of sebaceous glands and reduces the shine of the skin
  - relieves and soothes irritation
  - reduces the growth of bacteria and the formation of blackheads
  - leaves the skin perfectly clean, fresh and matte.

**Capacity: 500 ml**  
**Yield: 60 treatments**  
**Index: 137194**



### SKIN SOFTENING FACE MASK WITH KUKUI NUT OIL

**Intended for:**  
all skin types.

**Active ingredients:**  
Kukui nut oil, Marshmallow extract, Urea.

- Action:**
- prepares the skin for the cleansing procedure
  - softens and moisturises the epidermis strongly
  - improves blood circulation and oxygenation of the skin
  - relieves and soothes irritation.

**Capacity: 150 ml**  
**Yield: 20 treatments**  
**Index: 137005**



### NORMALIZING FACE SERUM

**Intended for:**  
combination, oily, acne-prone skin.

**Active ingredients:**  
Niacinamide PC, Salicylic acid, Green tea.

- Action:**
- deeply cleansed skin
  - disinfects the epidermis and inhibits bacterial growth
  - regulates sebum production and gives the skin a matte finish
  - soothes irritation and inflammation.

**Capacity: 30 ml**  
**Yield: 10 treatments**  
**Index: 137055**



### ANTIBACTERIAL FACE MASK WITH GREEN CLAY

**Intended for:**  
combination, oily, acne-prone skin.

**Active ingredients:**  
Green clay, Green tea, Allantoin.

- Action:**
- anti-bacterial and anti-inflammatory effect
  - deeply cleanses the outlets of sebaceous glands
  - reduces redness and irritation of the epidermis
  - closes the enlarged outlets of sebaceous glands
  - strengthens, firms and smooths the epidermis.

**Capacity: 150 g**  
**Yield: 20 treatments**  
**Index: 137025**



### PURIFYING MUD AND ALGAE FACE MASK

**Intended for:**  
skin that needs thorough cleansing, the so-called "smoker's skin".

**Active ingredients:**  
Laminaria algae, Fucus.

- Action:**
- cleanses the skin deeply, absorbs about 95% of impurities: excess sebum, toxins and harmful metal ions
  - reduces skin hypersensitivity and prevents irritation
  - neutralizes free radicals, makes skin tenser, firmer and smoother (lifting effect)
  - deeply moisturises the skin and improves skin water balance
  - provides nutrients, macro- and micro-elements, vitamins and phytohormones
  - has refreshing and revitalising effect, improves skin tone and face contour.

**Capacity: 150 g**  
**Yield: 20 treatments**  
**Index: 137026**



### NORMALIZING AND MATTIFYING FACE CREAM

**Intended for:**  
combination, oily, acne-prone skin.

**Active ingredients:**  
Niacinamide, Lactobionic acid, Allantoin, D-Panthenol, Avocado oil.

- Action:**
- gives the oily area of the face (forehead, nose, chin) a long-lasting matte finish
  - normalises and slows down overactive sebaceous glands
  - moisturises the dry skin of the face sides
  - eliminates the shine of the skin
  - soothes irritation and inflammation
  - provides protection against UV radiation.

**Capacity: 100 ml**  
**Yield: 30 treatments**  
**Index: 137148**



### NORMALIZING ALGAE FACE MASK NETTLE AND LEMON BALM

**Intended for:**  
combination, oily, skin, skin with imperfections.

**Active ingredients:**  
Green Clay, Niacinamide, Nettle and Lemon Balm Extract.

- Action:**
- reduces visibility of imperfections
  - normalizes the skin.

**Capacity: 200 g**  
**Yield: 10 treatments**  
**Index: 137490**  
**Refill pkg. Index: 137503**

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using Normalizing-Mattifying Face Cream for professional home care.



BEAUTY PARLOUR  
FORMULA

# FEAST FOR THE SKIN

essential



## INDICATIONS

• dry, mixed, sensitive • mature skin, requiring firming • suffering on shortages from nutrients, caused with ageing, fatigue and stress • for women and men



## ACTION

• instant improvement of skin firmness and hydration • smoothed expression lines and age-related wrinkles • supplemented mineral deficiencies • assisted epidermal regeneration • strengthened natural protective functions of the skin • fresh looking and radiant complexion



## CONTRAINDICATIONS

• allergy or hypersensitivity to any of the ingredients



## ADVANTAGES / BENEFITS

• immediate skin hydration



## NOTES

• at the last stage of the treatment, after the application of the algae mask, you can perform a relaxing hand massage using the Cold paraffin hand mask with shea butter

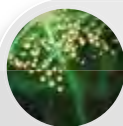
## NOURISHING AND MOISTURIZING TREATMENT WITH CAVIAR

## MAIN ACTIVE INGREDIENTS



### CAVIAR

An extremely rich source of proteins and vitamins: A, D, E and B, oligoelements and iodine, necessary for proper growth of tissues. The phospholipids and phosphorus contained in caviar stimulate the regeneration of the epidermis. Caviar has an intensive moisturising and firming effect. It improves the elasticity and condition of the skin.



### CENTELLA ASIATICA

It stimulates cellular renewal, improves subcutaneous circulation, firms and smooths the skin.



### CHITOZAN

It has a strong moisturising effect, because it effectively retains water in the skin. It forms a delicate protective film on the skin that protects it against harmful external factors.



## EXPERT ADVICE

**Justyna Mrówczyńska** - Master of cosmetology, Regional Assistant Sales Manager, Bielenda Professional Coach.

Caviar is the main active ingredient used in Feast For The Skin preparations. It is rich in phospholipids, EFA, vitamins A and E, and thus strengthens and rebuilds the protective barrier of the skin, accelerates regeneration processes, nourishes and firms the skin and has antioxidant properties.

1 | 2

Thoroughly remove make-up from the treatment area with the use of Bielenda Professional products, selected for the skin type of the client (full offer of make-up removal products is available on pages 62-63 of the catalog).

Perform a face peeling using a product tailored to the client's skin (full offer of face peelings available on page 64 of the catalogue).

3 | 4

Apply Serum with Caviar on the cleansed skin. Massage it gently manually or use ultrasounds to strengthen the effect.

NOTE! To extend the time of contact of the head with the skin, apply a thick layer of Contact gel for ultrasound treatments after application of the serum.

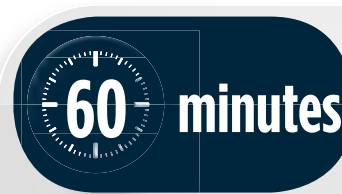
If the serum is applied manually, perform a relaxing massage of the face, neck and décolleté with the Nourishing face massage cream or Caviar face massage cream.

TREATMENT PROCEDURE

5 | 6

Apply Nourishing & Moisturising Caviar Mask. Leave to absorb for approx. 15-20 minutes. Do not rinse off the mask! Next, tone the skin.

At the end of the treatment, apply a preparation matching the needs of the client's skin to the eye area (a full range of products is available on page 68 of the catalogue). Apply Rejuvenating and Firming Caviar Face Cream SPF 15.



## RECOMMENDATIONS

Recommended for tired looking skin needing nutrient replenishment, apply on face, neck and décolleté, a series of 6 treatments once a week is initially recommended, subsequently once per month to prolong treatment effects.



## PRODUCTS FOR THE TREATMENT FACE CARE



### FACE SERUM WITH CAVIAR

**Intended for:**  
skin lacking firmness.

**Active ingredients:**  
Caviar, Centella Asiatica, Bio-Peptides.

**Action:**

- reduces the roughness of the skin and makes skin silky smooth
- firms and tightens the skin
- it has lifting properties, which significantly reduces the visibility and depth of wrinkles
- improves the tone and general condition of the skin.

**Capacity: 30 ml**  
**Yield: 10 treatments**  
**Index: 137043**



### NOURISHING AND MOISTURIZING FACE MASK WITH CAVIAR

**Intended for:**  
all skin types.

**Active ingredients:**  
Caviar, Sea Water Concentrate, Marine Collagen.

**Action:**

- it improves hydration and soothes irritated face skin
- it makes skin tenser and improves the face contour (lifting effect)
- helps the skin regain its proper firmness, making small wrinkles and skin folds less visible
- skin becomes velvety, smooth and delicate to the touch
- brightens skin tone and improves the grey shade of "smoker's skin"
- relaxes the body and the mind.

**Capacity: 175 ml**  
**Yield: 20 treatments**  
**Index: 137027**



### REJUVENATING AND FIRMING CAVIAR FACE CREAM SPF 15

**Intended for:**  
mature skin lacking firmness.

**Active ingredients:**  
Caviar, Chitozan, Marine Collagen, Vitamin B3.

**Action:**

- revitalises all cell functions
- protects and strengthens the skin's immune defence system
- smooths wrinkles
- firms facial features, making them more distinctive and attractive
- provides instant brightness and vitality
- inhibits the skin ageing process
- optimum UVA and UVB protection, SPF 15.

**Capacity: 100 ml**  
**Yield: 30 treatments**  
**Index: 137146**



### CAVIAR FACE MASSAGE CREAM

**Intended for:**  
all skin types.

**Active ingredients:**  
Caviar, Macadamia Oil.

**Action:**

- relaxes the facial muscles, gives the skin comfort and relief
- stimulates the renewal of epidermal cells
- has a stimulating and energising effect on the skin
- intensive moisturisation
- smooths facial lines
- gives the skin a youthful smoothness and freshness.

**Capacity: 175 ml**  
**Yield: 15 treatments**  
**Index: 137107**



**THE PRODUCT IS RECOMMENDED FOR TREATMENTS PERFORMED WITH THE USE OF APPARATUS**



## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using Anti-Wrinkle Face Cream with Hyaluronic Acid SPF 15.



BEAUTY PARLOUR FORMULA

# NATURAL BEAUTY



## INDICATIONS

- skin of the body that requires regeneration and nutrition • tension • dryness • discomfort • itching • burning of the skin • prevention of stretch marks and loss of skin firmness • treatment recommended for women during pregnancy and after delivery



## ACTION

- smooths the skin • improves blood circulation • provides minerals • prevents the formation of stretch marks and loss of skin firmness • helps maintain proper hydration • nourishes • strengthens and regenerates • improves elasticity • relieves discomfort, itching and burning • relaxes



## CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients



## ADVANTAGES / BENEFITS

- natural, safe ingredients, even for pregnant women



## NOTES

- if the treatment is performed on a pregnant woman, it is necessary to make sure that there are no contraindications to carry it out

## 4 GESTURES OF NATURAL BEAUTY

### MAIN ACTIVE INGREDIENTS



#### MAGNESIUM CHLORIDE

It is one of easily absorbable forms of this element. Products containing magnesium chloride will supplement the lack of magnesium, relieve pain and muscle spasms, reduce swelling, cleanse the body of toxins, have a relaxing effect.



#### FIELD HORSETAIL EXTRACT

It contains a wealth of compounds, including silica, that improve the condition of the skin. It increases skin elasticity, firms and revitalizes.



#### ORANGE ESSENTIAL OIL

It has amazing aromatherapy properties, relaxes, soothes, improves the mood while adding energy.



#### EXPERT ADVICE

**Paulina Skóra** - *Cosmetologist, Care Expert, consultant in the field of cosmetic ingredients, Beautician of the Year 2016.*

In the Natural Beauty treatment, we apply an algae mask on two areas of the body. I recommend first to prepare the mask for one area, e.g. belly, and apply it, and then to prepare the mask for the other area - breasts. This way, we do not have to hurry during application and we can apply the mask precisely. Remember that the mask is mixed with warm water to make the treatment pleasant for the mother and the baby inside her belly.



#### RECOMMENDATIONS

The treatment is recommended especially for pregnant women (after the first trimester). The treatment can be continued after childbirth (also during breastfeeding). If there is a tendency to stretch marks, we recommend using the treatment twice a month. Prevention and wellness – once a month in combination with body and face care.



1 | 2

Apply the right amount of the Mineral Body Scrub to clean skin of the selected parts of the body (remember to stir the product before use). Gently scrub the body using moist hands. Then, put a towel soaked in lukewarm water on the scrubbed body part and leave it for a few minutes to dissolve the minerals. Next, remove the scrub using compresses or in the shower.

Apply a dose of the Strengthening Serum for Thighs, Belly and Breasts onto your hands, spread and gently massage it into the body parts subject to the procedure until fully absorbed. Do not rinse off.

3 | 4

Mix 2.5 scoops of the Soothing Algae Mask for Belly and Breasts with 3 scoops of warm mineral water (or a multiple of this amount, depending on the surface of the body subject to the procedure) to obtain a uniform paste. Apply the mask evenly to the body parts subject to the procedure. Remove after 15 minutes.

Apply a dose of the Natural Firming Oil onto your hands. Apply the oil to selected parts of the body and perform a gentle massage. Leave to absorb, do not wash off.



SAFE FOR  
MOTHER AND  
BABY

## PRODUCTS FOR THE TREATMENT BODY CARE



### MINERAL BODY SCRUB

**Intended for:**

skin of the body that requires regeneration – tense, dry, itching, burning skin with discomfort. Recommended for women during pregnancy and after childbirth.

**Active ingredients:**

Salt, Magnesium Chloride, Argan Oil, Avocado Oil, Babassu Oil, Sorbitol, Glucose, Vitamin E.

**Action:**

- deeply cleanses
- relaxes
- soothes the skin
- prepares the skin for the treatment and to absorb active ingredients.

**Capacity: 650 g**

**Yield: 10 treatments**

**Index: 137565**



### STRENGTHENING SERUM FOR THIGHS, BELLY AND BREASTS

**Intended for:**

skin of the body that requires regeneration – tense, dry, itching, burning skin with discomfort. Recommended for women during pregnancy and after childbirth. Stretch marks prevention.

**Active ingredients:**

Hyaluronic Acid, Field Horsetail Extract, Ivy Extract, D-panthenol, Aloe Extract, Vitamin C.

**Action:**

- regenerates and nourishes the skin
- moisturizes
- soothes
- relieves discomfort, tension, itching, burning of the skin
- helps prevent stretch marks.

**Capacity: 190 g**

**Yield: 10 treatments**

**Index: 137566**



### SOOTHING ALGAE MASK FOR BELLY AND BREASTS

**Intended for:**

skin of the body that requires regeneration – tense, dry, itching, burning skin with discomfort. Recommended for women during pregnancy and after childbirth.

**Active ingredients:**

Diatomaceous Earth, Alantoin, Silky Oat Flour, β-Glucan, Sea Algae, Spirulina, Goat Milk.

**Action:**

- moisturizes
- soothes
- relieves discomfort, tension, itching, burning of the skin.

**Capacity: 500 g**

**Yield: 10 treatments**

**Index: 137568**



### NATURAL FIRMING OIL

**Intended for:**

skin of the body that requires regeneration – tense, dry, itching, burning skin with discomfort. Recommended for women during pregnancy and after childbirth.

**Active ingredients:**

Avocado Oil, Macadamia Oil, Argan Oil, Vitamin E, Orange Essential Oil.

**Action:**

- regenerates and nourishes the skin
- deeply moisturizes
- helps prevent stretch marks and loss of skin firmness
- improves elasticity
- relaxes.

**Capacity: 190 ml**

**Yield: 10 treatments**

**Index: 137567**



	RITUAL 1	RITUAL 2	RITUAL 3
MINERAL BODY SCRUB	Belly and breasts	Whole body	Whole body
STRENGTHENING SERUM	Belly and breasts	Belly and breasts	Belly and breasts
SOOTHING ALGAE MASK	Belly and breasts (+neck massage)	Belly and breasts (+hands and legs massage)	Belly and breasts (mini face treatment)
NATURAL FIRMING OIL	Belly and breasts	Belly and breasts	Whole body

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using Natural Firming Oil from the NATURAL BEAUTY line as professional home care.

BEAUTY PARLOUR  
FORMULA



# BODY SHAPING PROGRAM

essential



## INDICATIONS

- loss of firmness and elasticity of the skin • flaccid skin, devoid of tension • various forms of cellulite • stretch marks • excessive adipose tissue (abdomen, thighs, buttocks, arms) • disturbed metabolism • lipid metabolism issue • after childbirth (not during lactation) • in the course of a reduction diet • rapid weight gain; passive lifestyle.



## ACTION

- supports reduction of body fat (stimulates lipolysis • prevents lipogenesis) • improves skin elasticity • improves firmness and elasticity of the skin • restores lost firmness and elasticity of the skin • supports a gradual reduction of cellulite; prevents cellulite • smooths, softens and brightens the stretch marks • slims and shapes the body (reduces circumference of the treated body parts - BODY WRAPPING) • smooths and tightens the skin • regenerates the skin • helps maintain the results achieved during surgery • intensively nourishes and moisturizes • improves skin texture • relaxes



## CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients



## ADVANTAGES / BENEFITS

- treatment can be performed in SPA capsules



## NOTES

- 2in1 concentrate ensures very good conductivity of ultrasonic waves and prolongates the time of contact of the head with the skin by providing uninterrupted glide

1 | 2

Apply the Rejuvenating Body Scrub with Indian Forskolin on dry skin of the body (excluding bust area) or on selected parts treated during the procedure, and lightly massage in circular motions. The intensity of exfoliation can be adjusted by the pressure applied during the massage. Then, remove the scrub with warm water in the shower or using warm, moist compresses and dry the skin with a towel.

Spread the 2in1 Anti-Cellulite Body Concentrate with Indian Forskolin evenly on the skin of the body and massage gently into areas with excess of adipose tissue or areas affected by cellulite, until completely absorbed.

3 | 4

The concentrate can be applied with the help of cavitation liposuction (ultrasound), needle-free mesotherapy or sonophoresis (ultrasound) for approx. 10 minutes. Do not wash the concentrate off. Additional, a classic or anti-cellulite massage of the whole body or the areas subjected to treatment can be performed, with the use of one of Bielenda Professional's massage product (full offer of products available on page 68 of the catalogue).

Next, apply Shaping Body Mask with Indian Forskolin. Apply the mask evenly to the skin of the whole body, (but avoiding breast area), or to selected parts (during application, use latex gloves). You can also use Body wrapping, spa capsule or thermal blanket. After 20 minutes, remove the foil and wash the mask off with warm water in the shower. Dry the skin thoroughly.

TREATMENT PROCEDURE

5 |

## ANTI-AGING BODY CONTOUR MODELLING TREATMENT WITH ANTI-CELLULITE ACTION



## MAIN ACTIVE INGREDIENTS



### FORSKOLIN FROM INDIAN COLEUS

Releases fat reserves and promotes their burning for energy production. Inhibits the synthesis of lipids in cells of the so-called yellow adipose tissue. Effect - strong body fat reduction and a decrease in thigh and arm circumference.



### HYDROLYZED GLYCOSAMINOGLYCANS

Facilitates hydration of the skin by forming a hydrophilic barrier in the course of transepidermal penetration. Increases penetration of active ingredients due to a chemical affinity to the extracellular matrix.



### BLACK CURRANT SEED OIL

Strengthens the lipid barrier of the epidermis, moisturizes, regenerates and improves elasticity of the skin. It acts as an antioxidant against free radicals. Shows anti-inflammatory, antiallergic and healing effects.



### EXPERT ADVICE

**Sylwia Wójcik** - Care Expert, Coach, Bielenda Professional Research & Development Expert.

An effective anti-ageing treatment modelling the contour of the body, reducing the visibility of cellulite and stretch marks and giving the effect of smoother skin and slimmer body. Thanks to a comprehensive line of preparations and the synergy of active ingredients (including Forskolin from Indian Nettle, Caffeine, Ivy, and Asian Centella), we can have a radical impact on individual aesthetic problems of the skin, obtaining lasting and visible results.



### RECOMMENDATIONS

The treatment can be applied to the whole body or selected parts thereof, excluding the bust area. Series of 8-12 treatments twice a week is recommended, then one treatment a month to sustain the effect. NOTE! Persons with varicose veins or dilated capillaries should not be subjected to „warm” treatment.



## PRODUCTS FOR THE TREATMENT BODY CARE



### 2IN1 ANTI-CELLULITE BODY CONCENTRATE WITH INDIAN FORSKOLIN

**Intended for:**

rejuvenation and body shaping, cellulite and stretch marks prevention.

**Active ingredients:**

Forskolin from Indian Coleus, Asian Pennywort, Ivy, Low Molecular Weight Hyaluronic Acid, Coenzyme Q10 Liposomes, Black Currant Seed Oil, Orange Extract.

**Action:**

- effectively shapes the body
- firms and slims the body
- improves firmness and elasticity of the skin
- helps to reduce cellulite and stretch marks
- prevents the symptoms of cellulite and stretch marks
- supports the process of body fat decomposition
- prevents re-accumulation of fat in adipocytes
- stimulates microcirculation and cellular metabolism.

**Capacity: 450 ml**

**Yield: 25 treatments**

**Index: 137349**



### REJUVENATING BODY SCRUB WITH INDIAN FORSKOLIN

**Intended for:**

every skin type.

**Active ingredients:**

Brown Cane Sugar, Moroccan Ghassoul Clay, Perilla Oil, Forskolin from Indian Coleus.

**Action:**

- prepares the skin for further treatments
- removes dead skin cells
- facilitates penetration of active ingredients
- stimulates microcirculation
- smooths and firms the skin
- intensely nourishes, lubricates and moisturizes the skin
- stimulates the senses with an aroma of juicy oranges
- imparts a feeling of silky smooth skin.

**Capacity: 550 g**

**Yield: 8 treatments**

**Index: 137348**



### SHAPING BODY LOTION WITH INDIAN FORSKOLIN

**Intended for:**

rejuvenation and body shaping, cellulite and stretch marks prevention.

**Active ingredients:**

Forskolin from Indian Coleus, Low Molecular Weight Hyaluronic Acid, Coenzyme Q10 Liposomes, Ivy, Orange Extract, Green Tea Extract.

**Action:**

- reduces appearance of cellulite and stretch marks
- supports the processes of reducing fat, cellulite and stretch marks
- tightens, tones and firms the skin
- shapes the body
- moisturizes and regenerates
- imparts soft and silky smooth feeling to the skin
- stimulates the senses and the body with an aroma of juicy oranges.

**Capacity: 500 ml**

**Yield: 16 treatments**

**Index: 137351**



### SHAPING BODY MASK WITH INDIAN FORSKOLIN

**Intended for:**

rejuvenation and body shaping, cellulite and stretch marks prevention.

**Active ingredients:**

Forskolin from Indian Coleus, Low Molecular Weight Hyaluronic Acid, Moroccan Ghassoul Clay, Vitamin A, Black Currant Seed Oil, Oceanic Algae, Caffeine.

**Action:**

- shapes the body
- demonstrates anti-cellulite and slimming properties
- stimulates microcirculation and metabolism (preventing puffiness and the beginning of cellulite)
- firms, smooths and improves elasticity of the skin
- moisturizes and regenerates.

**Capacity: 600 g**

**Yield: 4 treatments (whole body)/ 8 treatments**

**(thighs, buttocks, belly)**

**Index: 137350**

## PROFESSIONAL HOME CARE

BEAUTY PARLOUR FORMULA

In order to intensify and prolong effects of the treatment, we recommend using Anti-cellulite Body Serum with Indian Forskolin from the BODY SHAPING PROGRAM line as professional home care.





# RASPBERRY BODY PROGRAM

essential

## INDICATIONS

- excess fat tissue (abdomen, thighs, buttocks, arms) • various forms of cellulite • unpurified and insufficiently oxygenated skin • abnormal excretion of toxins • water retention in the tissues (edema) • loss of firmness and elasticity of the skin • low metabolism, slow blood circulation • after labor (not while lactating) • while dieting, passive lifestyle

## ACTION

- helps to reduce cellulite • prevents forming of cellulite • supports reduction of body fat (supports lipolysis, prevents lipogenesis) • helps maintaining the results achieved during surgical procedures • stimulates microcirculation and skin metabolism • supports secretion of water and toxins by stimulating the microcirculation in the skin in order to clear the tissues (skin cleansing and detoxification) • slims and shapes the body • tightens and tones the skin • intensively nourishes and moisturizes • improves skin texture • reduces swelling • possesses antioxidant properties • relaxes

## CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients

## ADVANTAGES / BENEFITS

- treatment can be performed in SPA capsules

## NOTES

- 2in1 concentrate ensures very good conductivity of ultrasonic waves and prolongates the time of contact of the head with the skin by providing uninterrupted glide

## SLIMMING AND DETOXIFYING TREATMENT WITH BRAZILIAN GUARANA BIO-CAFFEINE

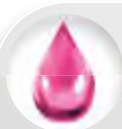


## MAIN ACTIVE INGREDIENTS



### BRAZILIAN GUARANA BIO-CAFFEINE

Guarana fruits have high content of caffeine which has a stimulating effect. It is composed, among others, of theophylline, theobromine, tannins and saponins, which have astringent, antibacterial properties and support the decomposition of fats.



### PERILLA OIL

A rich source of linoleic acid, vitamins and minerals. It prevents the loss of skin elasticity and improves its tension, as well as protects against the destructive effects of free radicals.



### CENTELLA ASIATICA

It grows in tropical swampy areas. It supports healing, creates new connective tissue and stimulates skin regeneration, improves circulation. Demonstrates antiradical and anti-aging effects.



### EXPERT ADVICE

**Justyna Dziura** - Cosmetologist, Bielenda Professional Coach, Regional Sales Manager.

Body Wrapping – a method of wrapping the body with cosmetic foil to enhance the effects and penetration of active ingredients – plays an important role in the Raspberry Body Program. This is a comprehensive solution for body shaping and firming and shaping a perfect figure.

1 | 2

Apply Raspberry body scrub with Guarana Bio-Caffeine on dry skin (excluding the breast area), and massage gently in circular motions. Peeling intensity can be adjusted by the level of pressure during the massage. Remove the scrub with warm water in the shower or using wet compresses. Thoroughly dry the skin with a towel. Peeling can also be performed in the SPA capsule.

Spread 2in1 Raspberry body concentrate with Guarana Bio-Caffeine evenly over the body and gently massage focusing on places with excess fat or cellulite symptoms until the product is completely absorbed.



### RECOMMENDATIONS

The treatment can be applied to the whole body or some of its parts, except the bust area, the recommended amount is 8-12 treatments twice a week. NOTE! Clients with varicose veins or fragile blood vessels should not be subjected to treatment with the use of heat.

3 | 4

The concentrate can be applied with needle-free mesotherapy or sonophoresis (ultrasound) for about 10 minutes. Do not wash the concentrate off. Additional, a classic or anti-cellulite massage of the whole body or the areas subjected to treatment can be performed, with the use of one of Bielenda Professional's massage product (full offer of products available on page 68 of the catalogue).

Next, apply Raspberry Body Mask with Guarana Bio-Caffeine. Using latex gloves apply the mask evenly to the whole body (avoid the breast area), or only to the selected body parts. You can also use Body wrapping, spa capsule or thermal blanket. After 20 minutes, remove the foil and wash the mask off with warm water in the shower. Dry the skin thoroughly.



5 |

Apply a thin layer of Raspberry Multi-active Body Balm with Guarana Bio-Caffeine on the whole body, or parts covered by the treatment, and gently massage into the skin until the product is fully absorbed. Do not rinse. You can perform the anti-cellulite draining massage (depending on the skin issues).



## PRODUCTS FOR THE TREATMENT BODY CARE



### 2IN1 RASPBERRY BODY CONCENTRATE WITH GUARANA BIO-CAFFEINE

**Intended for:**

slimming, detoxification, cellulite prevention.

**Active ingredients:**

Brazilian Guarana Bio-Caffeine, Raspberry Extract, Centella Asiatica, Green Tea Extract, Ivy, Hyaluronic Acid, Perilla Oil, Avocado Oil.

**Action:**

- supports reduction of cellulite
- prevents the symptoms of cellulite
- supports lipolysis (fat decomposition process)
- prevents lipogenesis (the process of accumulation of fat in adipocytes)
- stimulates microcirculation and cellular metabolism
- stimulates the excretion of water and toxins from the body
- effectively shapes the body
- firms and slims the body
- improves firmness and elasticity of the skin
- nourishes and moisturizes the skin
- antioxidant properties.

**Capacity: 450 ml**

**Yield: 25 treatments**

**Index: 137313**



### RASPBERRY BODY SCRUB WITH GUARANA BIO-CAFFEINE

**Intended for:**

every skin type.

**Active ingredients:**

Brazilian Guarana Bio-Caffeine, Raspberry Extract, Sugar, Vitamin E, Perilla Oil.

**Action:**

- prepares the skin for further treatments
- removes dead skin cells
- facilitates penetration of active ingredients
- stimulates microcirculation
- smooths and firms the skin
- intensely nourishes, lubricates and moisturizes the skin
- stimulates the senses with an aroma of raspberries.

**Capacity: 550 g**

**Yield: 8 treatments**

**Index: 137311**



### RASPBERRY MULTI-ACTIVE BODY BALM WITH GUARANA BIO-CAFFEINE

**Intended for:**

slimming, detoxification, cellulite prevention.

**Active ingredients:**

Brazilian Guarana Bio-Caffeine, Raspberry Extract, Centella Asiatica, Coenzyme Q10, Perilla Oil, Shea Butter.

**Action:**

- reduces symptoms of cellulite
- supports the processes of reduction of fatty tissue and cellulite
- tightens and firms the skin
- shapes the body
- moisturizes and regenerates
- imparts soft and silky smooth feeling to the skin
- stimulates the senses and wraps the body in a raspberry fragrance.

**Capacity: 500 ml**

**Yield: 16 treatments**

**Index: 137314**



### RASPBERRY BODY MASK WITH GUARANA BIO-CAFFEINE

**Intended for:**

slimming, detoxification, cellulite prevention.

**Active ingredients:**

Brazilian Guarana Bio-Caffeine, Raspberry Extract, White Clay, Shea Butter, Centella Asiatica, Garcinia Cambogia, Green Tea Extract, Coenzyme Q10, Perilla Oil, Avocado Oil.

**Action:**

- anti-cellulite and slimming properties
- stimulates microcirculation and metabolism (preventing puffiness and the beginning of cellulite)
- firms, smooths and improves elasticity of the skin
- shapes the body
- moisturizes and regenerates
- demonstrates antioxidant properties
- supports the process of purifying the body of toxins (detox).

**Capacity: 600 g**

**Yield: 4 treatments (whole body)/ 8 treatments (thighs, buttocks, belly)**

**Index: 137312**

## PROFESSIONAL HOME CARE

BEAUTY PARLOUR FORMULA

In order to intensify and prolong effects of the treatment, we recommend using Anti-cellulite Body Serum with Indian Forskolin from the BODY SHAPING PROGRAM line as professional home care.



# JUICY TEMPTATION

essential

## INDICATIONS

- skin dryness all year round (exposure to sun, solarium central heating, air conditioning)
- dull skin lacking oxygen, with residual impurities and toxins, cellulite
- loss of suppleness and firmness
- bad mood, exposure to stress

## ACTION

- regenerates and protects the epidermis
- provides intense and long-lasting moisturization
- provides deep skin purification (detox)
- stimulates blood circulation and delivery of oxygen to skin cells
- firms and strengthens the skin
- compensates for deficiencies of minerals
- preserves the suntan
- deeply relaxes

## CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients

## ADVANTAGES / BENEFITS

- treatment can be performed in SPA capsules

## NOTES

- 2in1 concentrate ensures very good conductivity of ultrasonic waves and prolongates the time of contact of the head with the skin by providing uninterrupted glide

1 | 2

Apply Watermelon body scrub all over the body (excluding the breast area) and massage gently in circular motions. Peeling intensity can be adjusted by the level of pressure during the massage. Rinse in a shower or remove with wet cosmetic compresses.

Spread 2in1 Watermelon body concentrate evenly over the body and gently massage focusing on places with excess fat or cellulite symptoms until the product is completely absorbed.

3 | 4

The concentrate can be applied with needle-free mesotherapy or sonophoresis (ultrasound). Do not wash the concentrate off.

Additional, a classic or anti-cellulite massage of the whole body or the areas subjected to treatment can be performed, with the use of Watermelon butter massage.

TREATMENT PROCEDURE

5 | 6

Apply the Watermelon Gel Body Mask all over body (excluding the breast area). Wrap in film and cover with a thermal blanket for 20 minutes. Remove the film, rinse the body with warm water and dry thoroughly.

Apply a thin layer of Watermelon body lotion on the whole body, or parts covered by the treatment, and gently massage into the skin until the product is fully absorbed. Do not rinse. You can perform the anti-cellulite draining massage (depending on the skin issues).

## WATERMELON HYDRATING & CELLULITE-REDUCING TREATMENT



## MAIN ACTIVE INGREDIENTS



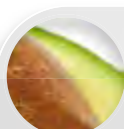
### CELLULITE CONTRA + COMPLEX- (CAFFEINE, IVY, ALGAE, GREEN TEA, CENTELLA ASIATICA)

Complex stimulating blood and lymph microcirculation, facilitating the elimination of toxins from the body. It blocks the activity of enzymes responsible for the conversion of carbohydrates into adipose tissue and facilitates burning of the existing one.



### WATERMELON EXTRACT

It has strong softening, moisturizing, antioxidant and anti-aging properties. Thanks to the content of Vitamin C, which is a powerful antioxidant, it inhibits free radicals and combats the effects of photoaging.



### AVOCADO OIL

Oil rich in Vitamins A, B1, B2, D, K, E, PP, proteins, pantothenic acid and glycerides of oleic and linoleic acids. It is a natural sunscreen, protects the skin against the harmful effects of external factors. It moisturizes, lubricates and regenerates the skin.



## EXPERT ADVICE

**Justyna Mrówczyńska** - Master of cosmetology, Regional Assistant Sales Manager, Bielenda Professional Coach.

Moisturising, anti-cellulite effect and aromatherapy in one. Watermelon extract, rich in micronutrients, moisturises and nourishes the skin. It removes excess water from the body, which greatly supports the fight against cellulite. It contains lycopene - a strong antioxidant. Its fruity fragrance will leave no-one indifferent. The advantage of the treatment is a gel body mask thanks to which the skin will receive a huge portion of hydration and relaxation. For better results, I recommend ad-



## RECOMMENDATIONS

Apply all over the body or onto the selected body parts, apply on breasts, except for nipples, 6 treatments are recommended, twice or once a week, e.g. after sunbathing.



## PRODUCTS FOR THE TREATMENT BODY CARE



### WATERMELON BODY SCRUB

**Intended for:**  
every skin type.

**Active ingredients:**  
Watermelon Extract, Avocado Oil.

**Action:**

- perfectly cleanses and smooths the skin
- improves blood circulation and oxygenation of the skin
- optimally moisturizes and gently lubricates
- prepares the skin to absorb active ingredients
- leaves the skin velvety to the touch.

**Capacity: 600 g**  
**Yield: 8 treatments**  
**Index: 137231**



### 2IN1 WATERMELON BODY CONCENTRATE

**Intended for:**  
hydration and cellulite reduction.

**Active ingredients:**  
Hydromaniol™, Cellulite Contra+ Complex, Watermelon Extract, Caffeine, Hyaluronic Acid.

**Action:**

- provides intense and long-lasting hydration
- reduces cellulite
- eliminates toxins from the body
- restores firmness and elasticity of the skin.

**Capacity: 450 ml**  
**Yield: 25 treatments**  
**Index: 137233**



### WATERMELON BODY LOTION

**Intended for:**  
every skin type.

**Active ingredients:**  
Hydromaniol™, Cellulite Contra+ Complex, Watermelon Extract, Avocado Oil, Vitamin E.

**Action:**

- provides intense and long-lasting hydration
- regulates exfoliation of the stratum corneum
- restores firmness and elasticity of the skin
- supports cellulite reducing processes
- improves the condition and tone of the skin
- prevents skin aging processes
- wraps the body in a fresh, watermelon scent.

**Capacity: 500 ml**  
**Yield: 16 treatments**  
**Index: 137234**



### WATERMELON BUTTER MASSAGE

**Intended for:**  
relaxation and cellulite reduction.

**Active ingredients:**  
Watermelon Extract, Avocado Oil, Shea (Karite) Butter.

**Action:**

- reduces cellulite
- provides the skin with vitamins, unsaturated fatty acids and antioxidants
- deeply moisturizes
- improves blood circulation
- strengthens and nourishes the epidermis
- relaxes, ensures well-being.

**Capacity: 500 ml**  
**Yield: 8 treatments**  
**Index: 137261**



### WATERMELON BODY MASK IN GEL

**Intended for:**  
every skin type.

**Active ingredients:**  
Cellulite Contra+ Complex, Watermelon Extract, Hyaluronic Acid.

**Action:**

- reduces cellulite
- strengthens collagen fibers
- improves skin hydration and elasticity
- provides intense and long-lasting hydration
- eliminates the roughness of the epidermis
- softens and smooths the skin, which becomes velvety to the touch.

**Capacity: 600 ml**  
**Yield: 4 treatments (whole body)/**  
**8 treatments (thighs, buttocks, belly)**  
**Index: 137232**

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using Raspberry Body Serum with guarana bio-caffeine from the RASPBERRY BODY PROGRAM line as professional home care.



BEAUTY PARLOUR FORMULA

# CHOCOLATE DELIGHT

## SLIMMING AND RELAXING BODY TREATMENT

essential



### INDICATIONS

- overweight • all forms of cellulite • loss of firmness and premature skin aging • impure and dull skin • tired skin which needs nutrition



### ACTION

- reduction of adipose tissue • cellulite reduction • excellent smoothness and nourishment • endorphins stimulation • skin stress reduction



### CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients



### ADVANTAGES / BENEFITS

- treatment can be performed in SPA capsules



### NOTES

- 2in1 concentrate ensures very good conductivity of ultrasonic waves and prolongates the time of contact of the head with the skin by providing uninterrupted glide

## MAIN ACTIVE INGREDIENTS



### CAFFEINE

It stimulates the metabolism and contributes to the removal of fat deposits due to the effect of tissue drainage, demonstrates slimming and detoxifying effect. Improves microcirculation of blood in skin tissue.



### COCOA EXTRACT

It contains polyphenols and flavonoids: theobromine, caffeine and theophylline, substances that stimulate blood circulation and strengthen blood vessels. It contains antioxidants that protect against free radicals.



### L-CARNITINE

It is a vitamin-like substance, essential in energy and metabolic cellular processes. It affects the mobilization of fat cells of the lower layers of the skin, accelerating fat metabolism and skin regeneration.

## EXPERT ADVICE



**Justyna Mrówczyńska** - Master of cosmetology, Regional Assistant Sales Manager, Bielenda Professional Coach.

Chocolate, otherwise known as the „Drink of the Gods”, apart from the slimming and relaxing effect, stimulates the body to produce endorphins, which are responsible for our well-being. For the treatment to be pleasant and relaxing, the products used for it should be heated in a water bath or an aroma chimney. Apply the mask to the whole body starting from the feet towards the heart and wrap the whole body with foil or apply the body wrapping method. While waiting for the mask to absorb, do a relaxing face or head massage. Finish

1 | 2

Apply the Sugar Body Scrub on dry skin of the body (excluding bust area) or on selected parts treated during the procedure, and lightly massage in circular motions. The intensity of exfoliation can be adjusted by the pressure applied during the massage. Then, remove the scrub with warm water in the shower or using warm, moist compresses and dry the skin with a towel.

Spread the 2in1 Chocolate Body Concentrate with L-carnitine evenly on the skin of the body and massage gently into areas with excess of adipose tissue or areas affected by cellulite, until completely absorbed.



## RECOMMENDATIONS

Treatment for the body or parts of the body with problems, the whole series consists of 8-10 treatments applied every 2-4 days, treatment is also recommended for sensitive skin and skin with dilated capillaries, the treatment gives excellent results in persons with tired skin, especially due to slimming diets or pregnancy.

3 | 4

The concentrate can also be applied using professional apparatus. We recommend needle-free mesotherapy or ultrasounds. Do not rinse the concentrate off the skin.

Additionally, you can perform a classic or relaxing massage of the whole body or its parts subject to the procedure, using a body massage product from the Bielenda Professional line (full product offer - available on page 68 of the catalog).

## TREATMENT PROCEDURE

5 | 6

Then, apply the Chocolate Body Mask with L-carnitine. The mask should be applied evenly over the whole body (excluding bust area), or on selected parts of the body. You can use the body wrapping technique and use a spa capsule or thermal blanket. After 20 minutes, remove the foil and rinse off the mask in the shower with warm water, then dry the skin thoroughly.

At the end of the treatment, apply the Chocolate Body Lotion with L-carnitine to the whole body or its parts subject to the procedure. Gently massage into the skin until fully absorbed. Do not rinse off.



## PRODUCTS FOR THE TREATMENT BODY CARE



### SUGAR BODY SCRUB

**Intended for:**  
every skin type.

**Active ingredients:**  
Granulated Sugar, Grapefruit Oil.

**Action:**

- cleanses and smooths the skin
- stimulates microcirculation
- strengthens and firms the skin
- gently lubricates
- optimally hydrates
- prepares the skin to absorb active ingredients.

**Capacity: 600 g**  
**Yield: 8 treatments**  
**Index: 137034**



### CHOCOLATE BODY LOTION WITH L-CARNITINE

**Intended for:**  
every skin type.

**Active ingredients:**  
Cocoa Butter, Cocoa Extract, L-carnitine.

**Action:**

- restores firmness and elasticity of the skin
- supports the process of body fat reduction
- improves the condition and tone of the skin
- inhibits skin aging
- adds vitality
- wraps the body in a tempting chocolate scent.

**Capacity: 500 ml**  
**Yield: 16 treatments**  
**Index: 137165**



### CHOCOLATE BODY MASK WITH L-CARNITINE

**Intended for:**  
slimming and relaxation.

**Active ingredients:**  
Cocoa Extract, L-carnitine, Caffeine, Orange Oil.

**Action:**

- stimulates microcirculation
- reduces the symptoms of cellulite
- improves the condition and tone of the skin
- nourishes, moisturizes and smooths the skin
- leaves a pleasant, chocolate scent on the skin
- improves the mood, relaxes
- adds vitality.

**Capacity: 600 ml**  
**Yield: 4 treatments (whole body)/**  
**8 treatments (thighs, buttocks, belly)**  
**Index: 137031**



### 2in1 CHOCOLATE BODY CONCENTRATE WITH L-CARNITINE

**Intended for:**  
slimming, body shaping.

**Active ingredients:**  
L-Carnitine, Caffeine, Cocoa, Ivy, Green Tea Extract, Hyaluronic Acid, Perilla Oil, Sweet Almond Oil, Centella Asiatica.

**Action:**

- reduces fatty tissue and cellulite
- stimulates microcirculation and tissue metabolism
- improves firmness, elasticity and the overall skin condition after weight loss regimens
- improves skin elasticity
- provides active epidermal regeneration.

**Capacity: 450 ml**  
**Yield: 25 treatments**  
**Index: 137200**

## PROFESSIONAL HOME CARE

BEAUTY PARLOUR FORMULA

In order to intensify and prolong effects of the treatment, we recommend using Anti-cellulite Body Serum with Indian Forskolol from the BODY SHAPING PROGRAM line as professional home care.



# EXPRESS HAND TRIO

essential



## INDICATIONS

- all skin types • rough and damaged skin • requiring regeneration, nourishment and renewal • dry, sensitive skin with first signs of aging • tightness of the skin



## ACTION

- intensively moisturizes and regenerates the skin • improves the condition of cuticles • eliminates the feeling of roughness, dryness of the hand • nourishes



## CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients



## ADVANTAGES / BENEFITS

- an effective treatment that immediately regenerates the hands



## NOTES

- the EXPRESS HAND TRIO treatment can be a stand-alone treatment or can be combined with any care treatment offered by Bielenda Professional

## 3 STEPS TO BEAUTIFUL HANDS - AN EXPRESS HAND TREATMENT

## MAIN ACTIVE INGREDIENTS



### SHEA BUTTER

It has amazing skin care properties - smooths and softens the skin, moisturizes and lubricates it. Accelerates regeneration and healing. It is a safe ingredient - it can be used even on the most sensitive skin. Protects against dryness and adverse external factors.



### LANOLIN

It is a wax with a composition resembling the lipid layer of human skin. It reduces roughness, smooths the skin. It also has moisturizing and lubricating properties. It is a dream ingredient for very dry and damaged, cracked skin of the hands.



### MARINE MINERALS AND VITAMINS

Marine minerals in the Mineral line as well as the Vitamin complex in the Multivitamin line enrich the product formulas with additional nutritional and skin care benefits.



### EXPERT ADVICE

**Justyna Mrówczyńska** - Master of cosmetology, Regional Assistant Sales Manager, Bielenda Professional Coach.

The most important element of a hand care treatment is mechanical peel, which exfoliates dead skin cells, smooths, nourishes and revitalises the skin. It is a perfect preparation for further stages of the treatment. Multivitamin and Mineral Peels contain a natural abrasive substance - volcanic rock pumice. During a massage, the colour of both peels changes because of increased intensity of the treatment.



### RECOMMENDATIONS

The suggested regimen includes a series of 5 treatments once a week or depending on the needs and condition of the skin.

1 | 2

TREATMENT PROCEDURE

3 | 4

Apply the scrub to dry or wet skin of the hands. Massage. Then, remove the remains of the scrub with warm water. Dry the skin. The scrub during the massage changes color, showing the effectiveness of the treatment.

Apply a thick layer of the product in such a way that the entire hands are covered with it. Put on plastic gloves. Additionally, you can put on terry gloves. Leave for about 20 minutes and remove the residue. The product can also be used for hand massage.

At the end of the procedure, massage a small amount of the cream into the skin of the hands, cuticles and nails.

We recommend Multivitamin or Mineral hand cream 50 ml for professional home care.



## PRODUCTS FOR THE TREATMENT HAND CARE



### MULTIVITAMIN HAND SCRUB

**Intended for:** damaged, rough skin in need of intense regeneration and renewal.

**Active ingredients:** Shea Butter, Pumice, Niacinamide, Vitamin Complex.

**Action:**

- removes dead skin cells
- smooths the skin of the hands
- prepares the skin to absorb active ingredients.

**Capacity: 175 g**  
**Index: 137523**



### MULTIVITAMIN COLD PARAFFIN HAND MASK

**Intended for:** damaged, rough skin in need of intense regeneration and renewal.

**Active ingredients:** Shea Butter, Coenzyme Q10, Lanolin, Carnitine, Vitamin A, Vitamin E.

**Action:**

- regenerates the skin
- moisturizes and regenerates
- smooths the skin
- eliminates tightness and roughness.

**Capacity: 150 g**  
**Index: 137525**



### MULTIVITAMIN HAND CREAM

**Intended for:** damaged, rough skin in need of intense regeneration and renewal.

**Active ingredients:** Shea Butter, Lanolin, D-panthenol, Coenzyme Q10, Carnitine, Niacinamide, Vitamin C, Vitamin E.

**Action:**

- moisturizes and regenerates without leaving a greasy residue
- protects the skin against external factors
- smooths the skin.

**Capacity: 500 ml**  
**Index: 137524**



### MINERAL HAND SCRUB

**Intended for:** dry, sensitive skin in need of nutrition and with first signs of aging.

**Active ingredients:** Shea Butter, Pumice, Mineral Complex.

**Action:**

- removes dead skin cells
- smooths the skin of the hands
- prepares the skin to absorb active ingredients.

**Capacity: 175 g**  
**Index: 137519**



### MINERAL COLD PARAFFIN HAND MASK

**Intended for:** dry, sensitive skin in need of nutrition and with first signs of aging.

**Active ingredients:** Shea Butter, Marine Minerals, Lanolin, Buriti Oil, Field Horsetail Extract.

**Action:**

- regenerates the skin
- moisturizes and regenerates
- smooths the skin
- eliminates tightness and roughness.

**Capacity: 150 g**  
**Index: 137521**



### MINERAL HAND CREAM

**Intended for:** dry, sensitive skin in need of nutrition and with first signs of aging.

**Active ingredients:** Shea Butter, Marine Minerals, Laminaria Algae Extract, Buriti Oil, Keratin, Lanolin.

**Action:**

- moisturizes and regenerates without leaving a greasy residue
- protects the skin against adverse external factors
- smooths the skin.

**Capacity: 500 ml**  
**Index: 137520**



## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products.

BEAUTY PARLOUR FORMULA





# HAND PROGRAM

essential



## INDICATIONS

- every skin type • hands exposed to external factors (wind, frost, sun, detergents) • dry, rough skin • hand skin aging • sun spots and nicotine discoloration



## ACTION

- smooths and improves skin elasticity • strengthens the skin's resistance to external factors • provides the skin with essential nutritional and nourishing ingredients • improves the skin tone • restores the hydrolipidic coat • provides intensive hydration of the skin • improves the condition of nails and cuticles



## CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients



## ADVANTAGES / BENEFITS

- comprehensive hand care



## NOTES

- the HAND PROGRAM treatment can be a stand-alone treatment or can be combined with any care treatment offered by Bielenda Professional

## MOISTURIZING AND REGENERATING HAND TREATMENT

### MAIN ACTIVE INGREDIENTS



#### SILK PROTEINS

They have an electrostatic charge opposite to the load of the skin, which causes the products containing them to strongly adhere to the surface of the skin. They retain moisture, causing long-lasting smooth skin effect.



#### ALANTOIN

An urea derivative, it regenerates and accelerates the renewal and healing of damaged epidermis. It has strong soothing and calming properties. Reduces burning and redness of skin sensitive to harmful external factors. It moisturizes and softens the skin.



#### GROUND COCONUT SHELL

Ground particles exfoliate dead skin cells, smooth and prepare the skin to absorb further active ingredients.



#### EXPERT ADVICE

**Justyna Mrówczyńska** - Master of cosmetology, Regional Assistant Sales Manager, Bielenda Professional Coach.

Products from the HAND PROGRAM line will relieve dry skin of the hands, exposed to external factors. They nourish and regenerate the skin, restoring its proper level of hydration. They protect against unfavourable factors such as: dry, hot air, wind, frost, detergents. Hand mask - cold paraffin is a great alternative to classic, warm paraffin, also suitable for hand massage.

1 | 2

Apply the Hand Scrub to the skin of the hands (including fingers and wrists) and make a few-minute massage. Rinse off the remaining product or remove it using a moist compress.

Apply the Regenerating Hand Mask to the clean and dry skin subject to treatment and perform a relaxing massage, starting with the fingers.



#### RECOMMENDATIONS

The proposed treatment includes a series of 5 treatments once a week. To sustain the effects, one treatment once a month. In case of applying hot paraffin wax mask with the treatment, repeat the procedure once every two weeks.

3 | 4

Then, apply again a thick layer of the Regenerating Hand Mask evenly to the hands and nails.

Prepare a paraffin bath with any selected paraffin mask. Dip the hands 3 times in a paraffin wax heater with Apricot or Grapefruit Paraffin Mask, and put on foil gloves and then terry gloves. Leave for about 20 minutes. Then, remove the paraffin wax completely together with the foil gloves. Massage the excess cream mask into the skin of the hands.

#### TREATMENT PROCEDURE

5 | 6

An alternative to the hot paraffin wax mask is to apply cold paraffin hand mask with Shea Butter (description of the use on the packaging of the product).

At the end of the treatment, massage the Luxury Hand and Nail Cream or the Revitalizing Hand and Nail Lotion with Shea Butter SPF 6 gently into the skin of the hands and between the fingers. Leave to absorb. Do not rinse off.



## PRODUCTS FOR THE TREATMENT HAND CARE



### HAND PEELING

**Intended for:** particularly dry skin in need of regeneration.

**Active ingredients:** Ground Coconut Shell, Silk Proteins, Urea.

**Action:**

- removes dead skin cells
- stimulates microcirculation
- prepares the skin to absorb active ingredients
- smooths and firms the skin
- optimally hydrates
- leaves the skin silky to the touch.

**Capacity: 175 g**  
**Index: 137286**



### REGENERATING HAND MASK

**Intended for:** dry and damaged skin of the hands.

**Active ingredients:** Silk Proteins, D-panthenol, Urea, Alantoin.

**Action:**

- accelerates regeneration of damaged epidermis
- intensively moisturizes
- protects against the harmful effects of external factors
- improves softness and elasticity of the epidermis
- imparts silky softness to the skin.

**Capacity: 175 ml**  
**Index: 137254**



### LUXURY HAND AND NAIL CREAM

**Intended for:** dry, cracked and damaged skin of the hands.

**Active ingredients:** Silk Proteins, Vitamin Calcium: PP, B5, B6, C, and E, Calceum, D-panthenol.

**Action:**

- intensively regenerates
- absorbs completely
- visibly firms and smooths the skin of the hands, which becomes soft and velvety to the touch.

**Capacity: 500 ml**  
**Index: 137127**



### REVITALIZING HAND AND NAIL LOTION WITH SHEA BUTTER, SPF 6

**Intended for:** dry and cracked skin of the hands, hypersensitive to external environmental factors, weakened nail plate.

**Active ingredients:** Shea Butter, Ceramides, Rice Oil, Vegetable Glycerin, Vitamin E, Lanolin, Lactic Acid.

**Action:**

- revitalizes
- regenerates nail plate and cuticles
- strengthens the nails
- soothes redness and irritation
- moisturizes, nourishes
- makes the skin soft and silky smooth
- has anti-aging properties
- softens, smooths and firms the skin
- relaxes the hands, leaving a pleasant smell.

**Capacity: 500 ml**  
**Index: 137361**



### COLD PARAFFIN - HAND MASK WITH SHEA BUTTER

**Intended for:** dry and cracked skin of the hands, irritated and hypersensitive to external environmental factors.

**Active ingredients:** Shea Butter, Ceramides, Lanolin, Vitamin A, Vitamin E.

**Action:**

- helps rebuild the hydrolipidic layer of the skin
- protects the skin from excessive drying
- reduces the feeling of roughness, itching and tightness
- prevents cracking of the skin
- softens and relaxes the skin
- lubricates and nourishes the skin
- moisturizes and regenerates.

**Capacity: 150 g**  
**Index: 137360**



### GRAPEFRUIT PARAFFIN MASK

**Intended for:** regeneration of the skin of the hands, feet and the whole body.

**Active ingredients:** Paraffin Wax, Bees Wax, Sweet Almonds Oil, Vitamin E, Vitamin C, Grapefruit Oil.

**Action:**

- optimally moisturizes the skin
- regenerates, smooths and refreshes the epidermis
- helps to brighten pigmentation spots
- stimulates microcirculation
- facilitates deeper penetration of active ingredients.

**Capacity: 400 g**  
**Index: 137137**



### APRICOT PARAFFIN MASK

**Intended for:** regeneration of the skin of the hands, feet and the whole body.

**Active ingredients:** Paraffin Wax, Kukui Oil, Macadamia Oil, Bees Wax.

**Action:**

- optimally moisturizes the skin
- regenerates, smooths and softens the skin
- improves the tone of the skin
- stimulates microcirculation
- facilitates deeper penetration of active ingredients.

**Capacity: 400 g**  
**Index: 137028**

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend professional home care from the HAND PROGRAM line.



BEAUTY PARLOUR FORMULA



### INDICATIONS

- dry and rough feet • signs of aging of the skin of the feet • cracking of the epidermis • excessive sweating of the feet • relaxation for the feet and the entire body • feet regeneration



### DZIAŁANIE

- antibacterial and refreshing effects • nourishing and strengthening of the skin



### CONTRAINDICATIONS

- allergy or hypersensitivity to any of the ingredients



### ADVANTAGES / BENEFITS

- specialist, comprehensive foot care



### NOTES

- the PODO EXPERT treatment can be a stand-alone treatment or can be combined with any care treatment offered by Bielenda Professional

## REGENERATING AND REFRESHING FOOT TREATMENT

### MAIN ACTIVE INGREDIENTS



#### UREA

NMF component. It has a keratolytic effect, due to which it facilitates the penetration of biologically active substances. Increases the keratin water binding properties, softens, refreshes, and tones the skin.



#### SALICYLIC ACID

An organic chemical compound from the group of carboxylic acids. It has antiseptic, keratolytic and antifungal properties. In higher concentrations, Salicylic Acid is used to remove keratinized epidermis.



#### LANOLIN

Natural wax, creates an occlusive film on the skin surface, which reduces the evaporation of water from the epidermis. It has the ability to penetrate well into the skin, making it smooth.

### EXPERT ADVICE



**Justyna Dziura** - Cosmetologist, Bielenda Professional Coach, Regional Sales Manager.

PODO EXPERT is a line of specialist foot care preparations. Thanks to a comprehensive approach in the selection of active ingredients, we have achieved effective performance on many levels - refreshment, regeneration, softening and exfoliation of keratinized epidermis, antibacterial effect and reduction of excessive sweating of the feet.

1 | 2

Prepare a foot bath with the use of Bielenda Professional products, selected for the skin type of the client (full offer of foot bath products is available on the next page). The client should soak her / his feet for about 15 minutes.

Dry the skin and apply a scrub properly selected for the skin type (full offer of foot scrubs is available on the next page) and massage the feet, which will help with the exfoliation and facilitate the penetration of active ingredients from products applied in subsequent steps of the procedure. Rinse off the remaining product or remove it using a moist compress.



### RECOMMENDATIONS

The proposed treatment includes a series of 8-10 treatments 1-2 times a month. In case of applying hot paraffin wax mask with the treatment, repeat the procedure once every two weeks.

3 | 4



Apply the Regenerating Foot Mask to the clean and dry skin of the feet and between the toes, and perform a relaxing massage, starting with the toes.

Then, apply again a thick layer of the Regenerating Foot Mask evenly to the feet and nails.

5 | 6

Prepare a paraffin bath with any selected paraffin mask. Dip the feet 3 times in a paraffin wax heater with Apricot or Grapefruit Paraffin Mask, and put on foil socks and then special terry socks (especially in autumn and winter). Leave for about 20 minutes. Then, remove the paraffin wax completely together with the foil socks. Massage the excess cream mask into the skin of the feet.

At the end of the treatment, gently massage into the skin of the feet and between the toes a foot cream selected for the client's skin needs (full offer of products is available on the next page). Leave to absorb. Do not rinse off.



## PRODUCTS FOR THE TREATMENT FEET CARE



### SOFTENING FOOT BATH PEARLS WITH UREA

**Intended for:** preparatory treatment prior to pedicure treatments; dry, calloused and damaged skin of the feet; excessive sweating of the feet.

**Active ingredients:** Urea, Essential Oils: Mint, Lavender, Cypress, Lemon Peel.

**Action:**

- softens the epidermis prior to pedicure treatment
- refreshes the feet
- relaxes and delivers lightness to heavy feet
- smooths the epidermis.

**Capacity: 400 g**  
**Index: 137457**



### FOOT BATH SALT WITH LIME & MINT

**Intended for:** recommended prior to pedicure treatment.

**Active ingredients:** Aloe, Urea, Lime.

**Action:**

- softens hardened skin
- facilitates the removal of corns and callouses
- refreshes and disinfects the skin
- effectively prevents sweating of the feet
- relaxes tired feet.

**Capacity: 600 g**  
**Index: 137209**



### SOFTENING GEL FOR HARDENED SKIN, CORNS AND CALLOUSES

**Intended for:** excessively hardened skin.

**Active ingredients:** 20% Urea.

**Action:**

- softens excessively hardened skin
- allows for quick and easy removal of hardened skin, calluses and corns
- shortens the time of pedicure procedures.

**Capacity: 500 ml**  
**Index: 137318**



### SMOOTHING FOOT SCRUB WITH PUMICE

**Intended for:** dry, hardened, damaged skin; excessive sweating.

**Active ingredients:** Urea, Pumice, Essential Oils: Mint, Lavender, Cypress, Lemon Peel; Ground Coconut Shell.

**Action:**

- exfoliates and smooths hardened skin of the feet and heels
- accelerates regeneration processes of the epidermis
- nourishes and lubricates
- prepares the skin to absorb active ingredients from further treatment products.

**Capacity: 500 ml**  
**Index: 137458**



### FOOT BATH SALT WITH GOAT MILK

**Intended for:** cracking skin of the feet, hardened epidermis; excessive sweating; recommended prior to pedicure treatments.

**Active ingredients:** Natural Salt, Goat Milk.

**Action:**

- softens hardened epidermis, corns, callouses and cracked skin,
- disinfects the skin
- salt bath: strengthens the skin, prevents it from cracking, as well as from sweating.

**Capacity: 600 g**  
**Index: 137122**



### SOFTENING FOOT CREAM 20% UREA + SALICYLIC ACID

**Intended for:** hardened, rough, dry and cracked skin of the feet.

**Active ingredients:** Urea, Salicylic Acid, Ceramides, Kukui Oil, Macadamia Oil, Vitamin A, Vitamin E, Wild Pansy Extract, Lanolin, D-panthenol.

**Action:**

- has anti-bacterial and anti-itching effects
- soothes irritation
- accelerates regeneration of the skin.

**Capacity: 500 ml**  
**Index: 137317**



### CREAMY FOOT SCRUB

**Intended for:** recommended for foot, knee and elbow exfoliation.

**Active ingredients:** Sweet Almond Oil, Pumice, Lime Extract.

**Action:**

- deeply exfoliates the skin
- prepares the skin to absorb active ingredients
- softens and smooths
- improves blood circulation in feet.

**Capacity: 500 ml**  
**Index: 137125**



### REGENERATING FOOT MASK

**Intended for:** dry and damaged skin of the feet.

**Active ingredients:** Urea, Salicylic Acid, Alginate.

**Action:**

- intensively regenerates and moisturizes
- softens and smooths the skin
- refreshes and cools the skin
- light feet effect.

**Capacity: 175 ml**  
**Index: 137255**



### REGENERATING FOOT CREAM

**Intended for:** cracking heels and dry skin of the feet.

**Active ingredients:** Urea, Arginine PCA, Lime Extract, Alantoin.

**Action:**

- softens and exfoliates hardened skin
- prevents cracking of the skin and stimulates healing
- soothes itching
- prevents the formation of corns and callouses
- absorbs quickly
- immediately moisturizes the skin of the feet, making it extremely smooth and soft
- improves blood circulation, refreshes and delivers lightness to the feet.

**Capacity: 500 ml**  
**Index: 137126**



### ANTIPERSPIRANT FOOT CREAM

**Intended for:** excessive sweating of the feet; dry, damaged skin.

**Active ingredients:** Kukui Oil, Marshmallow Extract, Alantoin, Essential Oils: Mint, Lavender, Cypress, Lemon Peel.

**Action:**

- reduces excessive sweating of the feet
- eliminates unpleasant odor
- softens hardened skin
- prevents cracking of the skin
- absorbs completely.

**Capacity: 500 ml**  
**Index: 137459**

## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the treatment, we recommend using professional home care products from the PODO EXPERT line.

BEAUTY PARLOUR FORMULA



# PODOCALL THERAPY



## INDICATIONS

- strongly keratinised and hard skin of the feet • calluses • keratinisation • foot skin requiring renewal and regeneration

## ACTION

- intense softening of calluses • easier removal of calluses • regeneration and renewal of the skin of the feet • refreshment

## CONTRAINDICATIONS

- pregnancy and lactation • fresh wounds and damage to the epidermis • allergy or hypersensitivity to any of the ingredients • mycosis of the feet • foot warts • diabetes

## ADVANTAGES / BENEFITS

- instant callus softening • targeted action without intense exfoliation

## NOTES

- the PODOCALL THERAPY treatment can be a stand-alone treatment or can be combined with any care treatment offered by Bielenda Professional

## ADVANCED SOFTENING AND REGENERATING TREATMENT FOR FEET

## MAIN ACTIVE INGREDIENTS



### KOH (POTASSIUM HYDROXIDE)

A safe ingredient with proven effect - it softens the skin and removes keratosis. It has keratolytic properties.



### UREA

The ingredient of NMF, the natural moisturising factor of the skin. It has strong moisturising and regenerating effect and the ability to retain water in the epidermis.



### MAGNESIUM CHLORIDE

One of the more easily absorbable forms of this element. Cosmetics with magnesium chloride supplement the lack of magnesium, relieve pain and muscle spasms, reduce swelling, purify from toxins, have a relaxing effect.



### EXPERT ADVICE

**Sylwia Wójcik** - Care Expert, Coach, Bielenda Professional Research & Development Expert.

The PODOCALL THERAPY treatment consists of 4 specialized preparations which have a targeted action to remove calluses. The treatment can be extended by performing a full-feet scrub after exfoliation and smoothing the epidermis. We recommend specialist foot peelings from Bielenda Professional offer.

1 | 2

Dissolve a measuring cup of the relaxing foot bath in 3 liters of warm water. Soak client's feet for 10-15 minutes. The salt can also be used in foot massagers.

Put on disposable gloves before performing the treatment. Apply the Gel intensively softening calluses onto calluses on the cleansed skin of the feet and tightly protect with plastic wrap. Depending on the severity of calluses, leave for 15-20 minutes on the skin.



### RECOMMENDATIONS

The proposed series of treatments depends on the client's skin condition. The number of treatments is selected individually to the client's needs. After the treatment, we recommend giving the client the foot file to be used at home.

3 | 4

Remove the wrap and remove the calluses using a plastic knife/scraper, dry skin remover or foot file.

Smooth the skin with a foot file.



5 |

At the end of the treatment, massage Moisturising and rebuilding foot cream into the skin.



## PRODUCTS FOR THE TREATMENT FEET CARE



### RELAXING FOOT BATH SALT

**Intended for:**  
preparation for the pedicure procedure,  
horny, damaged and irritated skin of  
the feet.

**Active ingredients:**  
Urea, Magnesium chloride, Salvia extract,  
Marshmallow root extract.

**Action:**

- refreshes the skin
- antiseptic effect
- prepares for the pedicure treatment
- softens the skin
- soothes.

**Capacity: 400 g**  
**Index: 137569**



### DEEPLY MOISTURIZING AND RECONSTRUCTING FOOT CREAM

**Intended for:**  
firmly keratinized and hard skin of the feet.

**Active ingredients:**  
Urea, Lanolin, Salvia Extract, D-Panthenol, Allantoin,  
Tea Tree Essential Oil.

**Action:**

- intensive regeneration and renewal
- strongly hydrates
- soothes
- refreshes the skin of the feet.

**Capacity: 500 ml**  
**Index: 137571**



### CALLUS DEEPLY SOFTENING GEL

**Intended for:**  
firmly keratinized and hard skin of the  
feet.

**Active ingredients:**  
KOH, Lactic acid, Salicylic acid.

**Action:**

- strongly softens calluses
- prepares the skin for mechanical  
removal of calluses
- smoothes.

**Capacity: 200 g**  
**Index: 137570**



### FOOT FILE



## PROFESSIONAL HOME CARE

In order to intensify and prolong effects of the  
treatment, we recommend using Deeply Moisturizing  
and Reconstructing Foot Cream from the  
PODOCALL THERAPY line as professional home care.

BEAUTY PARLOUR  
FORMULA



## FACE CARE PRODUCTS

## MAKE-UP REMOVAL

### BALM-TO-OIL MAKEUP REMOVER

**Intended for:** tired, dull skin, wrinkles, skin exposed to harmful external factors, skin affected by premature aging and oxidative stress.

**Active ingredients:** Dongbaek Oil, Rice Oil, Avocado Oil, Bamboo Extract.

**Action:**

- removes make-up gently and effectively
- thoroughly cleanses the skin
- prepares skin for the treatment.

**Capacity: 150 g**  
**Yield: 40 treatments**  
**Index: 137558**



### ANTIOXIDANT FACIAL TONING ESSENCE

**Intended for:** tired, dull skin, wrinkles, skin exposed to harmful external factors, skin affected by premature aging and oxidative stress.

**Active ingredients:** Green Tea Hydrolate, Fermented Yeast Filtrate, Soybean Ferment Filtrate, Vitamin C, Allantoin, Extracts: Bamboo, Aloe, Cherry, Giseng Root, Hyaluronic Acid.

**Action:**

- antioxidant effect
- restores physiological pH level
- tones
- regenerates and nourishes
- moisturizes.

**Capacity: 500 ml**  
**Yield: 60 treatments**  
**Index: 137559**



### MICELLAR GEL-CREAM MAKE-UP REMOVER

**Intended for:** tired and under-oxygenated skin, dull, dry and sensitive skin, wrinkles, skin affected with premature ageing and oxidative stress, excessively tanned skin.

**Active ingredients:** Trehalose, Ginseng Extract, Sorbitol, D-panthenol.

**Action:**

- removes make-up gently and effectively
- purifies the skin
- prepares skin for the treatment
- soothes.

**Capacity: 500 g**  
**Yield: 30 treatments**  
**Index: 137516**



### ENERGIZING TONING FACIAL ESSENCE

**Intended for:** tired and under-oxygenated skin, dull, dry and sensitive skin, wrinkles, skin affected with premature ageing and oxidative stress, excessively tanned skin.

**Active ingredients:** Hyaluronic Acid, Orange Water Essence, Yeast Filtrate Extract.

**Action:**

- removes make-up gently and effectively
- purifies the skin
- prepares skin for the treatment
- soothes.

**Capacity: 500 ml**  
**Yield: 60 treatments**  
**Index: 137515**



### GENTLE FACE CLEANSER POWDER

**Intended for:** every skin type, especially skin in need of deep cleansing.

**Active ingredients:** Silky Oat Flour, Urea, Glucose.

**Action:**

- deep cleansing of the skin
- make-up and excess sebum removal
- mattifying and moisturizing of the skin.

**Capacity: 100 g**  
**Yield: 50 treatments**  
**Index: 137494**



### MICELLAR LIQUID CLEANSER

**Intended for:** all skin types.

**Active ingredients:** Micelles, Pearl, Caviar.

**Action:**

- can be used as a perfect substitute for face cleansing milk, tonic and water
- skin cleansing and refreshment
- absorbs excess sebum, make-up and other impurities
- helps to maintain optimum skin hydration
- leaves the skin fresh and smooth, without a trace of skin tightness.

**Capacity: 300 ml**  
**Index: 137242**



### GENTLE LIP & EYE MAKE-UP REMOVER

**Intended for:** sensitive skin of eyelids and around the eyes, may be used by persons wearing contact lenses.

**Active ingredients:** Hyaluronic acid, Allantoin, D-panthenol.

**Action:**

- removes water-proof make-up
- moisturizes delicate skin around the eyes.

**0% AROMATIC COMPOSITION**  
**0% ALLERGENS**  
**Capacity: 200 ml**  
**Index: 137446**



### LIQUID EYE AND LIP MAKE-UP REMOVER

**Intended for:** sensitive eyelid skin and skin around the eyes.

**Active ingredients:** Chamomile, Vitamin B5.

**Action:**

- effective and fast make-up removal (eye pencils, eye shadows, waterproof mascaras)
- gently and effectively cleanses the sensitive skin around the eyes
- strengthened and more flexible eyelashes
- gentle moisturization and powerful skin refreshment
- improved looks of the skin around the eyes and eyelid skin.

**Capacity: 200 ml**  
**Index: 137002**



### SOOTHING MICELLAR LIQUID FOR FACE CLEANSING & MAKE-UP REMOVAL

**Intended for:** every skin type, in particular sensitive skin prone to redness of different origins, overreactive skin, rosacea.

**Active ingredients:** Hyaluronic acid, Allantoin, D-panthenol.

**Action:**

- gently and effectively removes face, eye and lip make-up
- moisturizes the skin
- refreshes
- soothes the skin.

**0% AROMATIC COMPOSITION**  
**0% ALCOHOL**  
**Capacity: 500 ml**  
**Index: 137445**



### SATIN ROSE WATER

**Intended for:** any type of skin, especially dry and sensitive.

**Active ingredients:** D-panthenol, Urea.

**Action:**

- refreshes the skin and improves blood circulation
- regenerates the protective layer of the skin
- soothes
- moisturizes
- anti-inflammatory properties
- strengthens and seals the blood vessels
- tones.

**Capacity: 500 ml**  
**Index: 137292**



### SATIN TONIC GEL

**Intended for:** all skin types, especially dry and sensitive skin.

**Active ingredients:** Hydromanil™, Sea Samphire, D-panthenol.

**Action:**

- balances the skin, restores the natural pH level
- cleanses and refreshes the skin
- calms and soothes irritations
- stimulates cellular respiration
- boosts skin defence
- delivers optimum hydration.

**Capacity: 500 ml**  
**Index: 137004**



### SATIN MAKE-UP REMOVER

**Intended for:** all skin types.

**Active ingredients:** Sweet Almond Oil, Sea Samphire, Vitamin E.

**Action:**

- gently and effectively cleanses the skin to prepare it for treatment
- softens and regenerates the epidermis
- helps to maintain the optimum skin hydration
- neutralizes free radicals, prevents skin ageing
- protects the lipid layer of the skin from drying.

**Capacity: 500 ml**  
**Index: 137003**



# MAKE-UP REMOVAL



## LACTOBIONIC ACID TONER

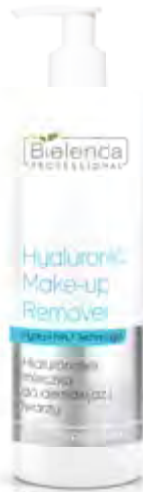
**Intended for:**  
sensitive, capillary, overreactive, dry skin; rosacea; skin redness of different origins.

**Active ingredients:**  
Lactobionic acid, Gluconolactone, Trehalose, D-panthenol.

**Action:**

- prepares the skin for exfoliation with lactobionic acid
- tones, refreshes and moisturizes the skin.
- may be used for cavitation peeling.

**Capacity: 200 ml**  
**Index: 137447**



## HYALURONIC MAKE-UP REMOVER MILK

**Intended for:**  
dry skin with loss of firmness, skin with signs of aging.

**Active ingredients:**  
Low Molecular Weight Hyaluronic Acid, High Molecular Weight Hyaluronic Acid, Allantoin, Vitamin E.

**Action:**

- effective make-up remover
- smooths and firms the skin
- effect of lightly mattified skin.

**Capacity: 500 ml**  
**Index: 137455**



## HYALURONIC FACE TONER

**Intended for:**  
dry skin with loss of firmness, skin with signs of aging.

**Active ingredients:**  
Low Molecular Weight Hyaluronic Acid, High Molecular Weight Hyaluronic Acid, D-panthenol.

**Action:**

- toned and refreshed skin
- lifting effects
- intensely nourished and perfectly cleaned skin.

**Capacity: 500 ml**  
**Index: 137454**



## CLEANSING FOAM WITH VITAMIN C

**Intended for:**  
skin lacking radiance, with signs of fatigue, exposed to oxidative stress, evening out of skin tone, lightening discolorations, skin in need of rejuvenation and illumination.

**Active ingredients:**  
Vitamin C (Ascorbic-VC), Citric acid, Betain.

**Action:**

- effectively removes make-up
- thoroughly cleanses the skin
- illuminates and evens out the skin tone.

**Capacity: 160 ml**  
**Index: 137418**



## BRIGHTENING TONER WITH VITAMIN C

**Intended for:**  
skin lacking radiance, with signs of fatigue, exposed to oxidative stress, evening out the skin tone lightening discolorations, skin requiring rejuvenation and illumination.

**Active ingredients:**  
Vitamin C (Ascorbic-VC), Lactic acid, Trehalose.

**Action:**

- tones and refreshes the skin
- brightens the skin tone
- intensively moisturizes.

**Capacity: 500 ml**  
**Index: 137419**



## ULTRA HYDRATING FACE CLEANSING CREAM

**Intended for:**  
all skin types, especially dry and dehydrated skin.

**Active ingredients:**  
Trehalose, Sweet Almond Oil, Vitamin E.

**Action:**

- effective makeup remover
- the skin is well prepared for the treatment
- removes all impurities
- calms and soothes skin irritation
- restores optimum hydration
- leaves the epidermis smooth and soft.

**Capacity: 500 ml**  
**Index: 137319**



## ULTRA HYDRATING FACE TONER

**Intended for:**  
all skin types, especially dry and dehydrated skin.

**Active ingredients:**  
Lactic Acid, Sodium Lactate, Trehalose, Betaine.

**Action:**

- toned and refreshed skin
- restores optimum hydration
- alleviates the sensation of skin tightness
- delivers the final touch in make-up removal.

**Capacity: 500 ml**  
**Index: 137320**



## ANTIBACTERIAL GEL MAKE-UP REMOVER

**Intended for:**  
mixed and oily skin, prone to acne.

**Active ingredients:**  
Salicylic acid, Vitamin B3, Green tea extract, Allantoin, D-panthenol.

**Action:**

- gently and thoroughly cleanses the skin
- does not clog the sebaceous glands
- prevents formation of blackheads
- regulates sebum secretion
- removes dead skin cells
- does not cause irritation
- reduces skin inflammation.

**WITHOUT SLS AND PARABENS.**  
**Capacity: 500 g**  
**Index: 137308**



## ANTIBACTERIAL & NORMALIZING FACE TONIC

**Intended for:**  
mixed, oily, acne skin.

**Active ingredients:**  
Niacinamide PC, Aloe, Green Tea.

**Action:**

- effectively cleanses and contracts skin pores, which makes them less visible
- balanced sebum secretion, skin matting effect
- calms and soothes irritations
- inhibits bacteria growth and prevents the formation of blackheads
- leaves the skin perfectly clean, fresh, and matt.

**Capacity: 500 ml**  
**Index: 137194**



**SMOOTHING POWDER FACE SCRUB**

**Intended for:** tired, dull skin, wrinkles, skin exposed to harmful external factors, skin affected by premature aging and oxidative stress.

**Active ingredients:** Matcha,  $\beta$ -glucan, Glucose, Aloe, Exfoliating particles.

**Action:**

- exfoliation of superficial layers of the epidermis,
- preparation of the skin to receive active ingredients
- calmes the skin
- soothes.

**Capacity: 100 g**  
**Yield: 50 treatments**  
**Index: 137560**



**BUBBLE PEEL MASK**

**Intended for:** tired and under-oxygenated skin, dull, dry and sensitive skin, wrinkles, skin affected with premature ageing and oxidative stress, excessively tanned skin.

**Active ingredients:** Sea Minerals, Papain Bromelain, Citric Acid, Trehalose.

**Action:**

- gentle exfoliation
- prepares the skin for active ingredients absorption
- skin brightening
- smoothing.

**Capacity: 45 g**  
**Yield: 10 treatments**  
**Index: 137512**



**MAGNETIC ENZYMATIC FACE SCRUB**

**Intended for:** gray, underoxygenated skin, with impurities, skin requiring regeneration and detoxification, skin having frequent contact with urban contamination.

**Active ingredients:** Keratoline, Hyaluronic acid, Magnetite filings.

**Action:**

- exfoliates dead skin cells
- smoothes
- moisturizes.

**Capacity: 150 g**  
**Index: 137482**



**NEODYMIUM MAGNET INDEX: 137487**

**HYALURONIC ENZYMATIC FACE SCRUB**

**Intended for:** every skin type, including dry skin with loss of firmness and signs of aging.

**Active ingredients:** Low molecular hyaluronic acid, High molecular hyaluronic acid, Trehalose, Papaya extract, Pineapple extract, D-panthenol.

**Action:**

- delicately removes dead skin cells
- smoothes and moisturizes the skin
- effectively reduces irritation.

**Capacity: 150 g**  
**Index: 137456**



**FINE-GRAINED FACE PEELING**

**Intended for:** normal and dry skin.

**Active ingredients:** Hyaluronic acid, Milk acid, Urea, Glycerin, Bits of peeling, Acai berry extract.

**Action:**

- exfoliation,
- removal of impurities
- skin tone equalization
- smoothing.

**Capacity: 150 g**  
**Index: 137463**



**COARSE-GRAINED FACE PEELING**

**Intended for:** mixed, oily and acne skin.

**Active ingredients:** Urea, Almond acid, Glycerine, Bits of peeling, Cucumber extract, Aloe extract.

**Action:**

- exfoliation
- removal of impurities
- skin tone equalization
- smoothing.

**Capacity: 150 g**  
**Index: 137464**



**GOMMAGE FACE PEELING**

**Intended for:** every skin type.

**Active ingredients:** Glycerin, Silk oatmeal, Orange extract.

**Action:**

- exfoliation
- removal of impurities
- skin tone equalization
- smoothing.

**Capacity: 150 g**  
**Index: 137465**



**2in1 ENZYMATIC FINE-GRAIN SCRUB WITH PAPAIN AND BROMELAIN**

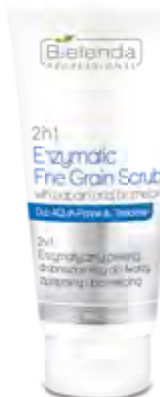
**Intended for:** sensitive, dry and dehydrated skin.

**Active ingredients:** Papain, Bromelain, Urea, Avocado Oil.

**Action:**

- combined enzymatic and mechanical exfoliation
- cornified epidermal cells removed
- the skin is well prepared for the treatment
- smooth and regenerated skin
- leaves the skin radiant and refreshed
- the skin becomes silky soft.

**Capacity: 150 g**  
**Index: 137321**



**ARGAN FACE SCRUB WITH PLANT STEM CELLS**

**Intended for:** dry, combination and sensitive skin.

**Active ingredients:** PhytoCellTec™ Argan Oil, Olive Oil, Avocado Oil, Sweet Almond Oil, D-panthenol, Vitamin E.

**Action:**

- removes dead skin cells
- prepares the skin for further stages of the treatment
- intensely nourishes and moisturizes the skin
- makes the skin soft and silky smooth
- smoothes and regenerates the skin
- brightens and refreshes the skin.

**Capacity: 150 g**  
**Index: 137309**



**ENZYMATIC FACE SCRUB**

**Intended for:** dry, sensitive skin with dilated capillaries.

**Active ingredients:** Keratoline, Aloe, Hydromanil™.

**Action:**

- removes dead epidermal cells, stimulates microcirculation
- detoxifies the skin and improves the future absorption of active ingredients
- strengthens and firms the skin
- offers a smoothing, moisturizing, relaxing and calming effect.

**Capacity: 150 g**  
**Index: 137007**



**FACE SCRUB WITH JOJOBA MICROCAPSULES**

**Intended for:** all skin types.

**Active ingredients:** Sweet Almond Oil, Laminaria Algae, Jojoba Microparticles.

**Action:**

- removes dead epidermal cells
- detoxifies the skin
- stimulates microcirculation
- strengthens, smoothes the skin and makes it more flexible
- improves the future absorption of active ingredients.

**Capacity: 150 g**  
**Index: 137008**



# ALGAE MASKS



## SOOTHING ALGAE MASK FOR BELLY AND BREASTS

**Intended for:**  
skin in need of regeneration – tight, dry. Skin itching, burning sensation and discomfort. Product recommended for women during pregnancy and puerperium.

**Active ingredients:**  
Diatomaceous Earth, Allantoin, Silk Oatmeal, Beta-glucan, Algae, Spirulina, Goat Milk.

**Action:**

- moisturizes
- soothes
- relieves discomfort tension, itching, burning.

**Capacity: 500 g**  
**Yield: 10 treatments**  
**Index: 137568**



## NORMALIZING FACE ALGAE GEL MASK NETTLE & MELISSA EXTRACT

**Intended for:**  
oily, mixed skin with imperfections.

**Active ingredients:**  
Green Clay, Niacinamide, Nettle and Melissa Extract.

**Action:**

- reduces visible imperfections
- normalizes the skin.

**Capacity: 200 g**  
**Yield: 10 treatments**  
**Index: 137490**  
**Refill pckg. Index: 137503**



## REFRESHING FACE ALGAE GEL MASK APPLE BLOSSOM

**Intended for:**  
gray, tired, under-oxygenated skin.

**Active ingredients:**  
Papain, Bromelain, Betaine, Apple Tree Fruit extract.

**Action:**

- brightens and refreshes the skin
- unifies skin color.

**Capacity: 200 g**  
**Yield: 10 treatments**  
**Index: 137488**  
**Refill pckg. Index: 137501**



## SMOOTHING FACE ALGAE GEL MASK ORCHID

**Intended for:**  
dry, rough, irritated skin.

**Active ingredients:**  
Aloe Vera Extract, Sorbitol, Urea, Orchid extract.

**Action:**

- moisturizes the skin
- soothes skin irritations.

**Capacity: 200 g**  
**Yield: 10 treatments**  
**Index: 137491**  
**Refill pckg. Index: 137491**



## FIRMING FACE ALGAE GEL MASK CHERRY BLOSSOM

**Intended for:**  
dry, dehydrated skin with the first signs of aging.

**Active ingredients:**  
Hyaluronic Acid, Collagen, Trehalose, Cherry Blossom extract.

**Action:**

- revitalizes the skin
- nourishes and moisturizes.

**Capacity: 200 g**  
**Yield: 10 treatments**  
**Index: 137489**  
**Refill pckg. Index: 137502**



## STRENGTHENING FACE ALGAE GEL MASK VIOLET

**Intended for:**  
delicate, sensitive and capillary skin.

**Active ingredients:**  
Beta-glucan, Rutin, Vitamin C, Tricolor Violet extract.

**Action:**

- protects the skin against harmful external factors
- calms and soothes irritations.

**Capacity: 200 g**  
**Yield: 10 treatments**  
**Index: 137492**  
**Refill pckg. Index: 137505**

## SOOTHING FACE ALGAE GEL MASK CUCUMBER & ALOE VERA

**Intended for:**  
irritated and very sensitive skin.

**Active ingredients:**  
Alginate, Glucose, Cucumber extract, Aloe extract.

**Action:**

- soothing irritations
- soothes the skin.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137467**



## HYDRATING FACE ALGAE GEL MASK POMEGRANATE

**Intended for:**  
dry and dehydrated skin.

**Active ingredients:**  
Alginate, Glucose, Pomegranate extract.

**Action:**

- moisturizes dry and dehydrated skin
- nourishes.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137469**



## ANTIOXIDANT FACE ALGAE GEL MASK ACAI BERRY

**Intended for:**  
damaged skin with visible effects of photoaging.

**Active ingredients:**  
Alginate, Glucose, Acai berry extract.

**Action:**

- elimination of free radicals
- rejuvenation
- skin becomes illuminated and more elastic.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137468**



## ALGAE FACE MASK WITH UREA

Urea - one of the components of NMF, natural skin moisturizing factor, responsible for its proper hydration. Increases the keratin water binding properties, softens, refreshes, and tones the skin.

**Intended for:**  
dry, irritable skin.

**Active ingredients:**  
Glucose, Urea.  
**Capacity: 260 g**  
**Yield: 10**  
**Index: 137388**



## ALGAE FACE MASK WITH GREEN CLAY

Green clay - an ingredient rich in mineral salts and micro-elements. It has strong skin-purifying and mattifying properties. Particularly recommended for care of oily and acne-prone skin.

**Intended for:**  
combination and oily skin prone to acne.

**Active ingredients:**  
Glucose, Green Clay.  
**Capacity: 260 g**  
**Yield: 10**  
**Index: 137380**



**ALGAE FACE MASK WITH ACTIVATED CHARCOAL**

Activated charcoal - has strong absorption properties - perfectly cleanses the skin of toxins and pollutants.

**Intended for:** under-oxygenated, polluted skin requiring detoxification.

**Active ingredients:** Glucose Activated charcoal, Kaolin.

**Capacity: 260 g**  
**Yield: 10 treatments**  
**Index: 137382**



**ALGAE FACE MASK WITH ZINC - CRYO EFFECT**

Zinc - prevents infections, reduces excessive secretion of sebum. Soothes irritations and skin inflammation.

**Intended for:** sensitive skin, with capillaries, skin irritated after cosmetic treatments (e.g. manual skin cleansing, microdermabrasion).

**Active ingredients:** Glucose, Zinc, Menthol.  
**Capacity: 260 g**  
**Yield: 10 treatments**  
**Index: 137384**



**ALGAE FACE MASK WITH PAPAYA AND PINEAPPLE**

Extracts from papaya and pineapple contain enzymes Papain and Bromelain with keratolytic and cleansing properties, as well as sugars, amino acids, skin softening and hydrating minerals which gently lighten and brighten the skin.

**Intended for:** skin that requires lightening, lacking in radiance, with discolorations.

**Active ingredients:** Glucose, Papain, Bromelain.  
**Capacity: 260 g**  
**Yield: 10 treatments**  
**Index: 137386**



**COLLAGEN FACE ALGAE MASK**

**Intended for:** skin requiring moisturizing and lifting.

**Active ingredients:** Collagen, Vitamin E in microcapsules, Alginate (100% brown algae extract).

**Action:**

- firms and shapes
- improves skin tone
- smoothes fine lines
- supports the synthesis of collagen
- moisturizes and regenerates the skin.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137305**  
**Refill pkg. Index: 137306**



**FACE ALGAE MASK WITH GHASSOUL CLAY**

**Intended for:** mixed skin.

**Active ingredients:** Moroccan Ghassoul Clay, Alginate (100% brown algae extract).

**Action:**

- absorbs noxious substances and toxins from the skin
- removes dead epidermal cells
- improves blood circulation and oxygenates the skin
- contracts dilated pores
- regenerates dull and tired skin to make it look fresh and radiant
- improves the face outline
- supplements elementary substances which are essential for the skin beauty and health: magnesium, silicon, calcium and selenium.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137119**  
**Refill pkg. Index: 200079**



**ALOE FACE ALGAE MASK**

**Intended for:** all skin types that need to be regenerated.

**Active ingredients:** Aloe, Alginate (100% brown algae extract).

**Action:**

- strengthens skin immune system
- improves skin suppleness and elasticity (visible lifting effect)
- alleviates inflammatory conditions
- supports the treatment of seborrhoea and acne
- provides a long-lasting moisturising effect
- revitalizes tired and dull skin
- brightens and smoothes the skin.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137154**  
**Refill pkg. Index: 137161**



**FACE ALGAE MASK WITH SPIRULINA**

**Intended for:** dull complexion lacking oxygen (e.g. smokers).

**Active ingredients:** Spirulina Algae, Green Tea Aroma, Alginate (100% brown algae extract).

**Action:**

- provides powerful skin revitalization
- detoxifies the skin
- delivers deep hydration (polysaccharides from the Spirulina algae balance water loss from the skin)
- strengthens and firms the skin
- reduces skin redness and alleviates irritations
- tones and lifts the skin (lifting).

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137012**  
**Refill pkg. Index: 137071**



**VITAMIN FACE ALGAE MASK**

**Intended for:** all skin types.

**Active ingredients:** Vitamin E, Vitamin C, Alginate (100% brown algae extract).

**Action:**

- restores skin vitality, freshness and smoothness
- reduces the levels of noxious, free radicals
- delivers intensive oxygenation, regeneration, hydration, and nourishment
- balances epidermal exfoliation
- tones and lifts the skin (lifting)
- repairs the structure of mature skin.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137082**  
**Refill pkg. Index: 137086**



**CRANBERRY FACE ALGAE MASK**

**Intended for:** sensitive, dry, irritated skin.

**Active ingredients:** Micronized Canadian Cranberry Fruits, Alginate (100% brown algae extract).

**Action:**

- protects DNA and stimulates cutaneous immunology
- nourishes and firms the skin
- provides long-lasting hydration
- delivers natural vitamins and minerals
- prevents skin ageing process
- delivers an instant skin firming and lifting effect
- improves the skin tone
- has an antibacterial effect.

**Capacity: 190 g**  
**Yield: 10 treatments**  
**Index: 137131**  
**Refill pkg. Index: 200135**



# ALGAE MASKS



**ANTIOXIDANT FACE ALGAE MASK WITH MATCHA**  
**Intended for:**  
mature skin, lacking of firmness and elasticity.  
**Active ingredients:**  
Matcha, Aloe, Trehalose,  $\beta$ -Glucan.  
**Action:**  
• strengthens the skin  
• detoxifies.  
**Capacity: 200 g**  
**Yield: 10 treatments**  
**Index: 137574**



**ENERGIZING FACE ALGAE MASK WITH ACEROLA**  
**Intended for:**  
skin capillaries, sensitive, prone to redness.  
**Active ingredients:**  
Acerola, Emblica, Powdered Cranberry.  
**Action:**  
• refreshes the skin  
• soothes, alleviates irritations.  
**Capacity: 200 g**  
**Yield: 10 treatments**  
**Index: 137576**



**REVITALIZING FACE ALGAE MASK WITH CACAO**  
**Intended for:**  
tired skin requiring revitalization.  
**Active ingredients:**  
Cocoa, Marine Collagen, Betaine, Guarana.  
**Action:**  
• revitalizes the skin  
• relaxes.  
**Capacity: 200 g**  
**Yield: 10 treatments**  
**Index: 137577**



**HARMONIZING FACE ALGAE MASK WITH TURMERIC**  
**Intended for:**  
mixed, oily skin.  
**Active ingredients:**  
Turmeric, Yellow Clay, Indian Nettle.  
**Action:**  
• soothes  
• calms the skin.  
**Capacity: 200 g**  
**Yield: 10 treatments**  
**Index: 137575**



**MINERALIZING FACE ALGAE MASK WITH CHLORELLA**  
**Intended for:**  
dry, dehydrated skin.  
**Active ingredients:**  
Chlorella, Spirulina, Hyaluronic Acid, Trehalose.  
**Action:**  
• refreshes the skin  
• moisturizes.  
**Capacity: 200 g**  
**Yield: 10 treatments**  
**Index: 137578**

# EYE AREA CARE / MASSAGE PRODUCTS

## ENERGIZING CAFFEINE EYE CREAM

**Intended for:**  
tired, under-oxygenated skin, wrinkles around the eyes, dark circles, puffy eyes.

**Active ingredients:**  
Caffeine, Eyebright Extract, Ginseng Extract, Marine Minerals, Hyaluronic Acid.

**Action:**

- reduces dark circles
- reduces puffy eyes
- has anti-wrinkle effect.

**Capacity: 15 ml**  
**Yield: 25 treatments**  
**Index: 137510**



## PEPTIDE FIRMING SERUM FOR THE EYE AREA

**Intended for:**  
every skin type in the eyes area (especially skin and sensitive skin), dark circles and swelling, mimic wrinkles, loss of firmness.

**Active ingredients:**  
PhytoCellTec™ Alp Rose, Biomimetic Peptides, Hyaluronic Acid, Lactobionic Acid, Argireline™.

**Action:**

- contains substances that assist in reduction of facial muscle contractions
- stimulates the production of new collagen and elastin
- regenerates, smooths, firms the skin
- protects and enhances the vitality of skin stem cells
- reduces wrinkles.

**Capacity: 30 ml**  
**Index: 137330**



## PEEL-OFF ALGAE MASK WITH ROSE PETALS FOR THE EYE AREA

**Intended for:**  
every skin type in the eyes area (especially skin and sensitive skin), dark circles and swelling, mimic wrinkles, loss of firmness.

**Active ingredients:**  
PhytoCellTec™ Alp Rose, Alginate.

**Action:**

- gives the feeling of a cold compress
- eliminates signs of fatigue
- reduces dark circles, swelling and redness
- improves microcirculation
- calms down the operation of blood vessels.

**Capacity: 90 g**  
**Yield: 10 treatments**  
**Index: 137332**



## PCORRECTIVE GEL-CREAM FOR WRINKLES AROUND THE EYES WITH PEPTIDES

**Intended for:**  
every skin type in the eyes area (especially skin and sensitive skin), dark circles and swelling, mimic wrinkles, loss of firmness.

**Active ingredients:**  
PhytoCellTec™ Alp Rose, Biomimetic Peptides, Sweet Almond Oil, Vitamin E, Lactic Acid, Alantoin.

**Action:**

- illuminates and restores uniform coloring
- reduces mimic wrinkles and lines
- smooths and hydrates
- fills out wrinkles and fine lines
- limits the signs of fatigue, refreshes
- reduces swelling and dark circles
- light formula - easily absorbed
- perfect as base under the makeup.

**Capacity: 50 ml**  
**Index: 137333**

## EYE CREAM

**Intended for:**  
smoothing and brightening.

**Active ingredients:**  
Dermochlorella, Powdered Pearl, Vitamin A of plant origin.

**Action:**

- reduces the existing wrinkles and prevents the formation of new ones
- softens the skin around the eyes and makes it more flexible
- improves and enriches eye care treatments
- protects the skin around the eyes against UV radiation - SPF 15.

**Capacity: 50 ml**  
**Index: 137208**



## EYE WRINKLE FILLER

**Intended for:**  
mature skin.

**Active ingredients:**  
Hyaluronic Acid, Microspheres, Vitamin E.

**Action:**

- fills in the wrinkles from the inside
- stimulates regeneration of collagen fibres
- strengthens and moisturizes the skin under the eyes
- protects it against free radicals.

**Capacity: 50 ml**  
**Index: 137133**



## 2IN1 GLOW RESTORING FACE MASSAGE MULTI- CONCENTRATE

**Intended for:**  
tired, dull skin, devoid of glow, wrinkles, skin exposed to harmful external factors, skin affected by premature aging and oxidative stress.

**Active ingredients:**  
Centella Asiatica, Fermented Yeast Filtrate, Anti-pollution System, Green Tea Hydrolate, Extracts: Bamboo, Ginseng root, Cherry, Aloe Vera, Vitamin C, Hyaluronic Acid.

**Action:**

- ensuring a perfect slip during massage
- moisturizing and soothing effect
- helps fighting against inflammaging
- restoration of natural barrier functions of the skin
- has antioxidant properties.

**Capacity: 145 g**  
**Yield: 5 treatments**  
**Index: 137561**



## NOURISHING MASSAGE

**Intended for:**  
all skin types, including skin requiring regeneration.

**Active ingredients:**  
Hyaluronic Acid, Marula Oil, Babassu, Avocado Oil, Vitamin A, Vitamin E.

**Action:**

- slide effect
- regenerates the skin
- smooths epidermis
- prevents skin aging
- supplements lipid coat
- antioxidant treatment.

**Capacity: 500 ml**  
**Index: 137470**

## CAVIAR FACE MASSAGE CREAM

**Intended for:**  
all skin types.

**Active ingredients:**  
Caviar, Macadamia Oil, Kukui Oil.

**Action:**

- relaxes face muscles, provides comfort and soothing
- stimulates regeneration of epidermal cells
- stimulates the skin and delivers a new energy boost
- provides intensive hydration
- smooths the face lines
- adds youth smoothness and freshness to the skin.

**Capacity: 175 ml**  
**Index: 137107**



## REGENERATING & VITAMIN OLIVE BODY MASSAGE

**Intended for:**  
all skin types, including skin requiring regeneration and affected by stretch marks.

**Active ingredients:**  
Marula Oil, Babassu Oil, Vitamin A, Vitamin E.

**Action:**

- slide effect
- regenerates the skin
- hydrates
- nourishes
- anti-aging treatment.

**Capacity: 500 ml**  
**Index: 137471**



## LUXURY OLIVE BODY MASSAGE

**Intended for:**  
cold and warm body massage.

**Active ingredients:**  
Olive Oil, Vitamin E.

**Action:**

- intensely moisturizes
- softens the skin
- improves blood circulation
- relaxes
- stimulates fat tissue reduction process.

NOTE! The product can be heated in a porcelain aromatherapy fireplace (maximum heating temperature 35° C)  
**Capacity: 500 ml**  
**Index: 137338**



## WATERMELON MASSAGE BUTTER

**Intended for:**  
relaxation and cellulite reduction.

**Active ingredients:**  
Watermelon Extract, Avocado Oil, Shea Butter (Karite).

**Action:**

- reduces cellulite
- delivers vitamins, unsaturated fatty acids, anti-oxidisers
- leaves the skin deeply hydrated
- improves blood circulation
- strengthens and nourishes the epidermis
- offers relaxation and well-being.

**Capacity: 500 ml**  
**Index: 137261**

# OTHER PRODUCTS



## DNS ROLLER FOR COSMETIC MICRONEEDLE MESOTHERAPY

### Intended for:

Device intended for micropuncturing of the skin in a cosmetic microneedle mesotherapy treatment for face and body.

### Action:

- effective transepidermal transport of active ingredients deep into the skin
- stimulation of the natural collagen and elastin production in the skin
- improvement of skin repair processes
- reactivation of skin functions.

### Lengths of the roller needles:

- a) ace 0.3 mm (Index: 1277342),  
0.5 mm (Index: 137343),  
0.75 mm (Index: 137344),  
1.0 mm (Index: 137345),  
b) body: 1,5 mm, 2 mm.



## CONTACT-GEL FOR ULTRASOUND TREATMENTS

### Intended for:

Conductive gel, necessary for the proper performance of treatments using cosmetic devices: sonophoresis (ultrasounds), iontophoresis, needle-free mesotherapy, RF radio frequency, ultrasonic liposuction (cavitation), 2in1 Photon Ultrasonic Massager.

### Active ingredients:

Hyaluronic acid, Glycerin.

### Action:

- provides very good conductivity of the ultrasonic waves
- it is a product ready to use, facilitates the introduction of active substances into the deeper layers of the skin, providing a steady glide
- enriched with Hyaluronic Acid, additionally moisturizes the skin.

**Capacity: 500 ml**  
**Index: 137362**



## RF CREAM FOR RADIOFREQUENCY TREATMENTS

### Intended for:

every skin type, face and body, massage cream, necessary for the proper performance of the radiofrequency treatment procedure (RF).

### Active ingredients:

Hyaluronic Acid, Vitamin E, Avocado Oil, Coconut Oil, Silver.

### Action:

- ensures continuous glide
- guarantees comfort of the procedure
- nourishes and moisturizes the skin.

**Capacity: 500 ml**  
**Index: 137403**



## SOOTHING FACE MASK WITH WHITE CLAY

### Intended for:

dry, sensitive, couperose skin.

### Active ingredients:

White Clay, Chestnut Extract, Allantoin.

### Action:

- reduces skin redness and irritations
- soothes and calms skin with dilated capillaries
- provides optimum skin moisturization and oxygenation
- detoxifies the skin and helps to remove other impurities
- provides a relaxing and calming effect
- strengthens and firms the epidermis.

**Capacity: 150 ml**  
**Index: 137024**



## PROTECTIVE FACE CREAM SPF 50

### Intended for:

sensitive skin, with discoloration problems, after depigmentation treatments.

### Active ingredients:

Boswellia Serrata, Hyaluronic Acid, Karite Butter.

### Action:

- calms and soothes irritations
- smoothes and improves skin hydration
- provides effective protection against UVA and UVB radiation, SPF 50.

**Capacity: 100 ml/50 ml**  
**Index: 137246/137250**



## LIGHT CREAM WITH TRIPLE ACTION OF AHA AND PHA ACIDS

### Intended for:

mixed skin, oily skin, prone to acne.

### Active ingredients:

Mandelic Acid, Lactobionic Acid, Vitamin B3, Argan Oil, D-panthenol.

### Action:

- reduction of telangiectasia, acne scars and discolorations
- hydration and matting
- antiradical and anti-wrinkle effect.

**Capacity: 100 ml / 50 ml**  
**Index: 137506 / 137307**



## LUXURY MOISTURIZING FACE CREAM SPF 15

### Intended for:

all skin types, especially dry and sensitive skin.

### Active ingredients:

Coral Algae Extract, Hyaluronic Acid, Vitamin E, Soya Phytosterols.

### Action:

- reduces expression lines
- delivers the feeling of gentleness and skin comfort
- restores the defensive lipid barrier of the skin
- improves skin firmness, suppleness and elasticity
- provides a long-lasting hydration
- revitalizes the skin
- scavenges free radicals
- offers effective protection against UVA and UVB radiation, SPF 15.

**Capacity: 100 ml**  
**Index: 137056**



## CASHMERE FACIAL FLUID

### Intended for:

all skin types.

### Active ingredients:

Colloidal Gold, Hyaluronic Acid, Microspheres, 3D Silicone Micro-Net.

### Action:

- perfectly conceals skin imperfections
- offers long-lasting hydration
- reduces wrinkles
- prolongs the durability of make-up.

**Capacity: 50 ml**  
**Index: 137070**

# OTHER PRODUCTS



## REGENERATING BODY BALM WITH VITAMIN COCKTAIL

### Intended for:

all skin types, including skin requiring regeneration and affected by stretch marks.

### Active ingredients:

Papaya Extract, Pineapple Extract, Vitamins: E, C, B3, B5, B6, Marula Oil, Babassu Oil, Seaweed and Laminaria Algae Extract, Coral Algae, Collagen, Dry Seawater.

### Action:

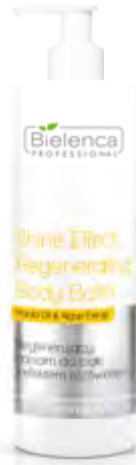
- regenerates
- reduces the appearance of stretch marks
- antioxidant treatment
- nourishes
- anti-aging treatment
- hydrates
- improves firmness and elasticity of the skin.

### NOTE!

Product also recommended to be used on bust.

Capacity: 490 ml

Index: 137472



## SHINE EFFECT REGENERATING BODY BALM

### Intended for:

all skin types, including skin requiring regeneration, shining and affected by stretch marks.

### Active ingredients:

Illuminating Particles, Papaya Extract, Pineapple Extract, Marula Oil, Babassu Oil, Microalgae Oil, Seaweed Extract.

### Action:

- regenerates
- evens coloring
- illuminates
- reduces the appearance of stretch marks
- nourishes
- anti-aging treatment
- moisturizes
- tones and firms the skin.

### NOTE!

Product also recommended to be used on bust.

Capacity: 500 ml

Index: 137473



## REGENERATING BODY SCRUB

### Intended for:

all skin types, including skin requiring regeneration and affected by stretch marks.

### Active ingredients:

Papaya Extract, Pineapple Extract, Emblica, Marula Oil, Babassu Oil.

### Action:

- exfoliates dead skin
- stimulates microcirculation
- smoothes, relaxes, gently nourishes the skin
- slows the aging process of the skin
- prepares for subsequent treatments.

### NOTE!

Product also recommended to be used on bust.

Capacity: 550 g

Index: 137466



## ULTRA NOURISHING BODY LOTION

### Intended for:

all skin types, skin in special need of nourishing.

### Active ingredients:

Honey, Royal Jelly, Coconut oil, Cocoa butter, Vitamin E.

### Action:

- nourishes the skin.

Capacity: 500 ml

Index: 137410



## ULTRA NOURISHING BODY SCRUB

### Intended for:

all skin types, skin in special need of nourishing.

### Active ingredients:

Honey, Royal Jelly.

### Action:

- nourishes the skin.

Capacity: 550 g

Index: 137407



## ULTRA MOISTURIZING BODY LOTION

### Intended for:

all skin types, skin in special need of hydration.

### Active ingredients:

Acai Berries, Avocado oil, Betaine, Olive oil, Ginkgo Biloba extract.

### Action:

- moisturizes the skin.

Capacity: 500 ml

Index: 137411



## ULTRA MOISTURIZING BODY SCRUB

### Intended for:

all skin types, skin in special need of moisturizing.

### Active ingredients:

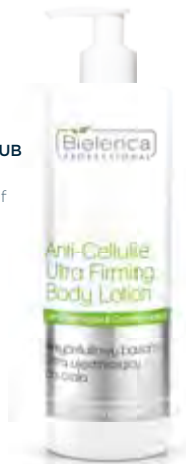
Acai Berries, Ground coconut shell.

### Action:

- moisturizes the skin.

Capacity: 550 g

Index: 137408



## ANTI-CELLULITE ULTRA FIRMLING BODY LOTION

### Intended for:

all skin types, skin in special need of firming.

### Active ingredients:

Laminaria Algae, Centella Asiatica, Abyssinian oil, Caffeine, Coconut oil.

### Action:

- firms the skin.

Capacity: 500 ml

Index: 137412



## ANTI-CELLULITE ULTRA FIRMLING BODY SCRUB

### Intended for:

all skin types, skin in special need of firming.

### Active ingredients:

Laminaria Algae, Centella Asiatica.

### Action:

- firms the skin.

Capacity: 550 g

Index: 137409

## ENHANCE AND PROLONG EFFECTS OF TREATMENTS BY RECOMMENDING BIELENDA PROFESSIONAL HOME CARE COSMETICS

Complex preparations for professional home care are intended for use before and after Bielenda Professional treatments to strengthen the effects of therapy.

### ACID FUSION 3.0



#### INTENDED FOR:

Skin with imperfections: excessive sebum secretion, discolorations of various origin, small wrinkles, uneven skin texture.

#### EFFECT:

Reduced discolorations of various origins, reduction of visibility of inflammation, rejuvenation of the skin.

#### ACTION:

- reduces discolorations
- evens out skin tone
- slows down skin aging processes
- normalizes sebum secretion
- reduces inflammation.



1. GENTLE FACE GEL SCRUB, 200 g (Index: 137496)
2. MANDELIC ACID SKIN TONER, 200 ml (Index: 137497)
3. ADVANCED IMPERFECTION CORRECTING CREAM, 50 ml (Index: 137495)

### RETI-POWER<sup>2</sup> VC



#### INTENDED FOR:

**1)** Skin with acne, enlarged sebaceous glands, a tendency for seborrhea; acne prevention **2)** Skin with uneven color and discolorations of various provenance, discoloration prophylaxis **3)** mature skin, wrinkles; skin ageing prevention.

#### EFFECT:

Prolonging and enhancing of the effects after the exfoliating treatment **RETI-POWER<sup>2</sup> VC**.

#### ACTION:

- regulates secretion from sebaceous glands, reduces acne lesions and prevents new lesions, reduces post inflammatory discolorations
- reduces and eliminates discolorations inhibits melanin secretion, prevents uneven melanin distribution
- shallows wrinkles, evens the color, improves the skin tone and density, moisturizing.



1. ANTI-ACNE FACE CREAM, 50 ml (Index: 137478)
2. WHITENING FACE CREAM, 50 ml (Index: 137477)
3. ANTI-WRINKLE FACE CREAM, 50 ml (Index: 137479)

### POST TREATMENT CARE



#### INTENDED FOR:

Irritated skin after intensive aesthetic medicine treatments and other intensive dermocosmetic treatments, i.e. micro-needle mesotherapy (roller, dermapen), laser therapy, IPL, RF, acid exfoliation, needle-free mesotherapy, microdermabrasion, as well as for skin exposed to extreme weather conditions (frost, wind, sun).

#### EFFECT:

Intense regeneration of the skin.

#### ACTION:

- intensive alleviation of irritated skin in the first days after the procedure
- accelerated skin regeneration
- long-lasting relief and moisturization of the skin
- toning redness of the sensitive and irritated skin.



1. SOOTHING MICELAR EMULSION FOR FACE CLEANSING, 200 ml (Index: 137444)
2. REGENERATING & SOOTHING FACE CREAM, 50 ml (Index: 137440)
3. HIGH PROTECTION FACE CREAM SPF 50+ & PA++, 50 ml (Index: 137441)
4. COVER CREAM SOOTHING TINTED FACE CREAM SPF 25, 50 ml/100 ml (Index: 137443/137507)
5. REGENERATING & SOOTHING FACE MASK, 70 g (Index: 137442)





## ANTI-ACNE PROGRAM



### INTENDED FOR:

Combination skin, oily, prone to acne, seborrhea, acne, contaminated skin with enlarged pores, blackheads, blemishes and scars; mature combination complexion, oily, prone to acne, skin with signs of aging.

### EFFECT:

Skin without imperfections, regardless of age.

### ACTION:

- regulates the secretion of sebum
- reduced blackheads
- exfoliation of dead skin cells
- smoothing and regeneration of the skin
- brightened discolorations
- antibacterial effect.



1. ANTIBACTERIAL MAKE-UP REMOVAL GEL, 200 g (Index: 137413)
2. MICRO EXFOLIATING GEL-TONIC, 200 g (Index: 137377)
3. SOOTHING FACE MASK WITH ZINC, 70 g (Index: 137432)
4. 2in1 ACTIVE SEBO-REGULATING MOISTURIZING CREAM 20+, 50 ml (Index: 137376)
5. 2in1 ACTIVE ANTI-AGING SEBO-REGULATING CREAM 40+, 50 ml (Index: 137375)

## ESSENCE OF ASIA



### INTENDED FOR:

Tired, dull skin, devoid of glow, skin exposed to harmful external factors, including free radicals, skin affected by premature aging and oxidative stress.

### EFFECT:

Restoring skin's vitality, glow, and youthful appearance.

### ACTION:

- protection against the harmful effects of external factors
- protection against free radicals
- moisturization and regeneration
- anti-aging effect.



1. GLOW RESTORING REVITALIZING FACE CREAM SPF 20 , 50 ml (Index: 137563)
2. 5in1 GLOW RESTORING FACE ELIXIR, 50 ml (Index: 137564)

## SKIN BREATH



### INTENDED FOR:

Tired, gray, underoxygenated, dry and sensitive skin.

### EFFECT:

Regeneration, moisturization and oxygenation of the skin.

### ACTION:

- illumination and brightening of the skin
- moisturization and regeneration
- reduction of dark circles and puffy eyes.



1. OXYGENATING 2-PHASE FACE SERUM, 30 ml (Index 137511)
2. ENERGIZING OXYGENATING FACE CREAM, 50 ml (Index: 137509)
3. ENERGIZING CAFFEINE EYE CREAM, 15 ml (Index: 137510)

## POWER OF NATURE



### INTENDED FOR:

Dull, anoxic skin with impurities frequently exposed to deteriorating urban factors. Skin in need of regeneration.

### EFFECT:

Deep detoxification and skin regeneration.

### ACTION:

- detoxication and lightening of the skin
- deep hydration and improved texture
- restoration of skin barrier
- strong antioxidant action
- restoration and regeneration of the skin.



1. REGENERATING FACE CREAM WITH SNAIL SLIME EXTRACT SPF 15, 50 ml (Index: 137486)
2. REGENERATING AND REJUVENATING FACE SERUM WITH SNAIL SLIME EXTRACT, 30 g (Index: 137485)

## SENSITIVE SKIN

premium

### INTENDED FOR:

Sensitive skin, overreactive, dry skin prone to irritations, capillaries, rosacea.

### EFFECT:

Intense and effective therapy of overreactive skin.

### ACTION:

- relieves the symptoms and facilitates therapy in rosacea
- reduces skin redness of different origins
- reduces visibility of capillaries
- eliminates discomfort
- soothes skin irritations
- moisturizes and regenerates the skin
- improves skin color.



1. DELICATE MAKE-UP REMOVAL FOAM, 160 ml (Index: 137414)
2. LACTOBIONIC ACID TONER, 200 ml (Index: 137447)
3. SOOTHING FACE & EYE CREAM, 50 ml (Index: 137453)
4. 5% AZELAIC ACID FACE CREAM, 50 ml (Index: 137452)
5. 10% AZELAIC ACID FACE SERUM, 50 ml (Index: 137451)

## HYDRA-HYAL<sup>2</sup> INJECTION

premium

### INTENDED FOR:

Every type of skin, skin with clearly delineated wrinkles, dry skin with symptoms of loss of firmness and elasticity, sensitive skin, skin showing signs of aging.

### EFFECT:

Rejuvenated and moisturized skin.

### ACTION:

- intense and long-lasting hydration
- smoothing of superficial wrinkles
- increased skin elasticity and firmness
- smoothed skin
- radiant and visibly rejuvenated skin - improvement of the structure and appearance of the skin.



1. HYALURONIC MICELLAR MAKE-UP REMOVER, 200 ml (Index: 137430)
2. HYALURONIC LIFTING FACE MASK, 70 ml (Index: 137431)
3. HYALURONIC FACE CREAM SPF 15, 50 ml (Index: 137429)
4. 1,5% HYALURONIC FACE SERUM IN CREAM, 50 g (Index: 137397)

## RETI-VIT C [ASCORBIC-VC]

premium

### INTENDED FOR:

Skin lacking radiance, with signs of fatigue, exposed to oxidative stress, evening out of skin tone, lightening discolorations, skin in need of rejuvenation and illumination.

### EFFECT:

Rejuvenated, illuminated and brightened skin.

### ACTION:

- brightened discolorations
- smoothing of wrinkles
- skin glow and illumination
- protection against photoageing
- synthesis of collagen in the skin
- acts as an antioxidant against free radicals.



1. CLEANSING FOAM WITH VITAMIN C, 160 ml (Index: 137418)
2. BRIGHTENING FACE CREAM SPF 30, 50 ml (Index: 137418)
3. 3% BRIGHTENING SERUM WITH VITAMIN C, 15 ml (Index: 137425)



## ESSENCE OF YOUTH

essential

### INTENDED FOR:

Any kind of skin after 35 years of age with symptoms of decline in skin elasticity and firmness, with an increased tendency to form wrinkles.

### EFFECT:

Fundamental rejuvenation of the skin.

### ACTION:

- firming of the skin
- reduction of the depth of wrinkles
- increase of skin firmness and elasticity
- skin moisturization.



1. ANTI-AGEING FACE SERUM WITH PLANT STEM CELLS, 15 ml (Index: 137437)
2. ANTI-AGEING FACE CREAM WITH PLANT STEM CELLS, 50 ml (Index: 137298)
3. ANTI-AGEING FACE MASK WITH PLANT STEM CELLS, 70 ml (Index: 137439)
4. ARGAN FACE SCRUB WITH PLANT STEM CELLS, 70 g (Index: 137438)

## S.O.S.

essential

### INTENDED FOR:

Dilated capillaries, sensitive skin prone to irritation, rosacea.

### EFFECT:

Soothed skin, reduced irritations.

### ACTION:

- preventing the formation of telangiectasia
- reduction of redness
- relieving the irritation
- alignment of the skin tone.



1. ENZYMATIC FACE SCRUB, 70 g (Index: 137434)
2. STRENGTHENING FACE MASK WITH RUTIN AND VITAMIN C, 70 ml (Index: 137434)
3. CAPILLARY REPAIR CREAM WITH RUTIN AND VITAMIN C, 50 ml (Index: 137220)
4. CAPILLARY REPAIR SERUM WITH RUTIN AND VITAMIN C, 15 ml (Index: 137433)
5. CC CORRECTING TINTED FACE CREAM, 50 ml (Index: 137436)

## 3 STEPS OF BEAUTIFUL SKIN



1  
Use every day  
professional  
home care



2  
Get a cosmetic treatment  
by Bielenda Professional



3  
Prolong effects of the treatment  
using professional home care

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