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YOUTHFUL APPEARANCE , IMPROVED SKIN TEXTURE AND TONE



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POWERFUL HEALING FORCE



ACTIVE INGREDIENTS.

SUCCINIC ACID

USEFUL PROPERTIES

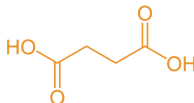
In cosmetics, succinic acid has a wide range of effects:

- Relieves inflammation
- Lightens pigment spots
- Stimulates skin renewal
- Gives skin an inner glow
- Reduces puffiness
- Reduces comedones, enlarged pores, oily sheen and blackheads.

KEY POINTS

Succinic acid safely solves the problems of acne-prone skin.

It is a more effective alternative to salicylic acid and it is less aggressive to the skin.



Succinic acid was first obtained in the 16th century. Initially, succinic acid was synthesized from amber. In modern cosmetology, succinic acid is obtained by fermentation.

Succinic acid is a valuable cosmetic ingredient with useful properties:

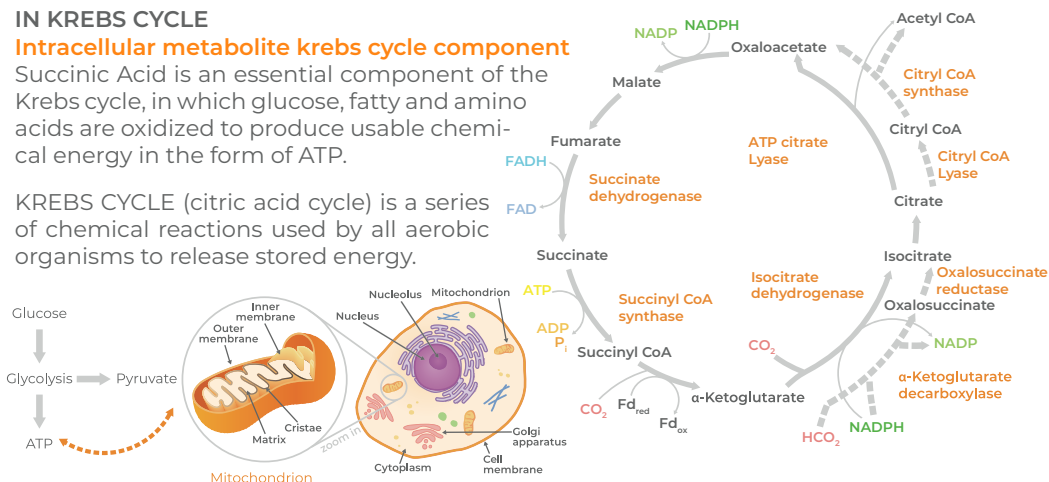
- Succinic acid is a natural substance - it is synthesized in the body and takes part in the production of energy in cells. Well tolerated by the skin.
- Succinic acid is compared with fuel that burns in cells. Healthy cells don't need it, and it doesn't enter there. Acid accurately finds the diseased cell, instantly penetrates into it and supports the functioning of the corresponding organ.
- Every day, our body produces about 200 mg of succinic acid and itself uses it for its own needs. A healthy body is completely sufficient with the succinic acid it produces or receives with food. However, under unfavorable conditions, when tensions arise in the metabolic chain as a result of stress or drastically changed physical exertion, the consumption of succinic acid increases, its deficiency occurs, and then a feeling of fatigue and malaise.
- The action of succinic acid is not only in the regulation of internal processes, but also in the restoration of lost functions - the resumption of life processes in a flabby and flaccid tissues. This characteristic allows the use of succinic acid in cosmetology.

IN KREBS CYCLE

Intracellular metabolite krebs cycle component

Succinic Acid is an essential component of the Krebs cycle, in which glucose, fatty and amino acids are oxidized to produce usable chemical energy in the form of ATP.

KREBS CYCLE (citric acid cycle) is a series of chemical reactions used by all aerobic organisms to release stored energy.



AMBER THERAPY 15IN1 CELLULAR RENEWAL

YOUTHFUL APPEARANCE , IMPROVED SKIN TEXTURE AND TONE



ENJOY YOUR
BEAUTY ROUTINE

INDICATIONS:

- Mature skin with a combination type is prone to acne, dullness, pigmentation issues, and rough texture.
- It may also experience enlarged pores, a shiny complexion, or both oily and dry areas.
- Additionally, it is easily irritated, prone to redness, itching, or inflammation

RESULT:

- As a result, the treatment offers anti-aging effects, brightening, oil control, skin hydration, and improved skin texture.

STEP 1 WELCOME	■ Welcome your client. ■ Explain the treatment, conduct a consultation, perform a preliminary skin diagnosis, and ensure their comfort on the treatment bed.	
STEP 2 CLEANSE	■ Remove makeup with a delicate cleansing milk Silky Cleansing Milk. ■ Using light massage movements, cleanse the skin of the face, neck and décolleté using Amber cleansing gel. ■ Remove any remaining gel with warm, damp towels.	
	PRODUCT: CARELIKA Silky Cleansing Milk (5ml) CARELIKA Amber Cleansing Gel (5ml)	
STEP 3 TONE	■ Tonify the skin of the face, neck and décolleté with Amber Brightening Toner.	
	PRODUCT: CARELIKA Amber Brightening Toner (2ml)	
STEP 4 EXFOLIATE	■ Apply required amount of Amber brightening scrub and use your fingertips to massage it in a circular motion on the face and neck. ■ Rinse it off with warm water and pat dry.	
	PRODUCT: CARELIKA Amber Brightening Scrub (10ml)	
STEP 5 REVITALIZE	■ Apply 3-4 drops of Amber brightening serum directly to the face. ■ Using circular movements, evenly distribute the serum onto face and neck with your fingertips. ■ For 5-7 minutes, perform a pinch massage to improve blood circulation and stimulate the skin. Do not rinse.	
	PRODUCT: CARELIKA Amber Brightening Serum (2ml)	

STEP 6 ILLUMINATE	■ Using a brush, apply the Amber gel mask to the entire face and neck, avoiding the area around the eyes and lips. Leave it for 15 minutes. ■ For greater benefits on the mask, you can massage with amber Gua Sha scrapers or use phonophoresis. ■ Rinse it off with warm water and pat dry. ■ Tonify the skin of your face, neck and décolleté with Amber Brightening Toner. PRODUCT: CARELIKA Amber gel mask (10ml) CARELIKA Amber Brightening Toner (2ml) CARELIKA Amber Gua Sha
STEP 7 HYDRATE	■ At the end of the procedure, apply the Amber cream to the face, neck and décolleté using smoothing movements until completely absorbed. PRODUCT: CARELIKA Amber Cream (1-2ml)
STEP 8 RECOMMENDED HOME RITUAL	■ Provide the client with a list of home care products and explain how to use the prescribed products.

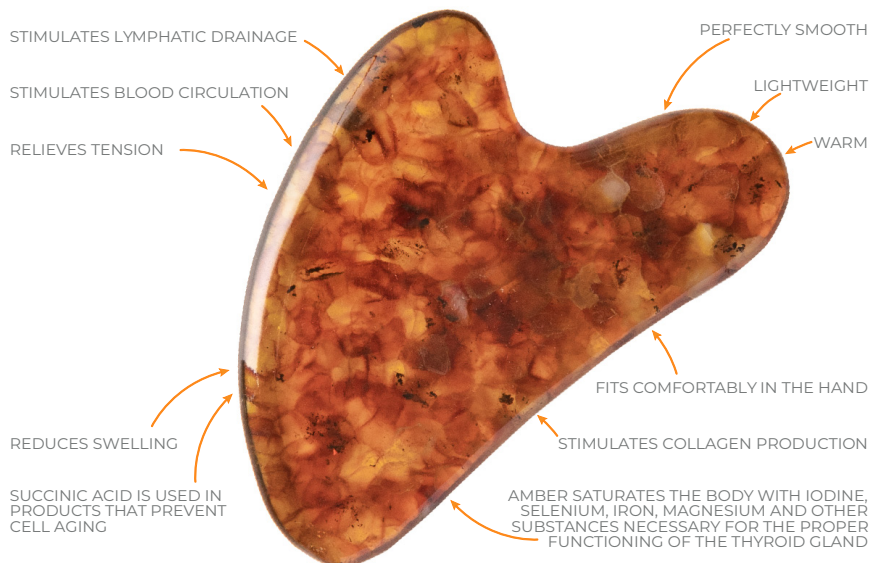


AMBER THERAPY GUA SHA MASSAGE

Massagers made of natural sea Baltic amber with prehistoric algae inclusions. They are carved from centuries-old resin, into which 40 million years ago seaweed and plant inclusions got inside, it is from such a piece of amber that wand massagers are created! As you know, algae contain macro- and micro elements, vitamins and minerals: manganese, sulfur, calcium, silicon, phosphorus, sulfur, magnesium, potassium, zinc, iodine, cobalt, vanadium, phytohormones, polysaccharides, carotenoids. In combination with succinic acid, which is found in abundance in amber, they form a powerful healing force in the fight for our youth and health!

AMBER THERAPY GUA SHA BENEFITS

- Baltic amber is a true marvel of nature. One of its remarkable abilities is warmth. Amber is never cold on its own and instantly warms up upon touch, making any massage procedure enjoyable.
- A definite advantage of amber massage tools is the presence of various beneficial trace elements in amber, including, of course, amber acid. Amber acid is a natural biostimulator; it stimulates vital processes in the body and enhances cell regeneration. Thanks to these properties, amber is used in the cosmetics industry as a component in skincare products.
- And, of course, massaging with an amber Gua sha becomes even more effective as the skin receives additional beneficial substances contained in amber.



AMBER THERAPY GUA SHA MASSAGE

POWERFUL HEALING FORCE



ENJOY YOUR
BEAUTY ROUTINE

INDICATIONS:

- Clients experiencing facial tension, puffiness, dull skin, poor circulation, lymphatic congestion
- As well as those concerned with fine lines, wrinkles, or sagging skin.

RESULT:

- Lifting and rejuvenating effect.
- Lymphatic drainage.
- Relaxation and stress relief.
- Inner glow.
- Enhanced absorption of skincare products.

STEP 1 WELCOME	■ The energy of natural amber. The radiance of youth. ■ Deep relaxation.	
STEP 2 BACK	■ The client sits on a couch, we massage the occipital area - rubbing the base of the skull, then going down the trapezi-um to the shoulders, rubbing ■ The base of the skull again and going down the muscles that straighten the spine.	
STEP 3 ACTIVATION OF BIOLOGICALLY ACTIVE GUA SHA POINTS ON THE FACE	■ Activation of biologically active Gua sha points on the face	
STEP 4 DRAINAGE OF THE FACE ALONG THE LINES.	■ Starting from the forehead, then going to the cheekbones, cheeks and along the sternocleidomastoid muscle, going down to the clavicle (we do a pumping in the clavicle)	
STEP 5 MASSAGE OF THE DÉCOLLETÉ AREA.	■ Incorporate simultaneous stroking, rubbing, smoothing, and waving motions with two scrapers for enhanced décolleté area treatment, including circular movements and alternating upward and downward strokes.	
STEP 6 CHEEK AREA	■ Simultaneously apply light waves along facial lines, followed by three strokes per line, massaging the masseter muscle, and then using circular motions with the "heart" technique, emphasizing the masseter muscle and "rictus" area.	

STEP 7 LIP AREA	■ Rub “rictus” areas, alternate lip scraping, knead chin, massage lips, and stroke neck for comprehensive treatment.	3 min
STEP 8 EYE AREA	■ Gently stroke lower eyelid and temples, “crow’s feet,” and brow, remove lower eyelid edema, stretch upper eyelid, then wave and caress whole eye area.	5 min
STEP 9 FOREHEAD AREA	■ Smooth with scraper, wave from temple to temple, stroke with circular motions from eyebrows to temple; rub and wave proud muscles, stroke nose and make circular movements, then sweep downward along SCM to collarbone.	5 min
STEP 10 FACIAL DRAINAGE	■ Lift cheeks with “heart” edge, activate the 5 points, massage head using strokes and circular motions, massage ear area.	2,3 min

GUA SHA BIOACTIVE MASSAGE POINTS

- Shin-Ziang - meridian of the small intestine, the point is responsible for painful periods in the menstrual cycle;
- Stomach tan - meridian;
- Tin-hui - Gallbladder meridian;
- Tai-guan - the point is responsible for throat, cochlea (parotitis) and thyroid problems;
- Tai-yang - point is responsible for heart problems, removal of excess body fluid, abdominal diseases;
- Diet - the point is responsible for oral cavity problems;
- Dyatso - adrenal meridian;
- Ting-gun - bladder meridian;
- -an-guan - point is responsible for the master's problems (gastritis);
- Jin-jung - the point helps to strengthen the heart muscle, solves the problems of the nasal cavity, liver, spine and lower abdomen;
- Ying-xiang - colon meridian;
- Shuan-liao - the point is responsible for the presence of infection in the body;
- Jing-min - the point is responsible for diseases of the neck area, paranasal cavity, throat and liver;
- Sheng-ti - the point is responsible for bladder problems;
- Chu-ho - the point is responsible for lung, ovary (scrotal) problems;
- Ton-ji-luan - the point is responsible for all parts of the intestine;
- Zen-ju - sleep point, relieves nervous tension;
- Yu-yau - the point is responsible for communication with all structures of the brain;
- Si-ju-hung - the point is responsible for relaxation and helps with insomnia;
- Ying-tan - the point is responsible for liver problems;
- E-zhun - point of enlightenment;
- Shen-jin - the point is responsible for the functioning of the brain.

