



Rejuvenating the Decolletage

Who said that only the face could show your age? Other areas that can reveal the telltale signs of ageing are the neck, decolletage and upper arms. Recent fashion trends draw particular emphasis on the shoulders and neckline. Bra designs have changed to accommodate plunging and sweeping necklines that reveal more skin and expose the delicate skin of the decolletage, neck and shoulders. Unfortunately, this means that the skin is also susceptible to sun damage, pigmentation and pre-mature ageing.

You may have noticed recently that even though you are working on your client's face, the skin of the decolletage, shoulders and neck may start to manifest progressive pigmentation, dryness and dehydration.

As an aesthetician perhaps it is time to take the initiative and formulate a treatment to restore skin vitality in these areas. Be creative with names such as *Decolletage Delight* or perhaps *Anti-ageing Neckline Ritual*.

Create a package treatment that should take between 60-90 minutes. Here are some recommended steps you could include:

- **CLEANSING** – A gentle pH balanced cleanser should be introduced to the skin to remove impurities and perspiration.
- **EXFOLIATION** – The neck, shoulders and decolletage, as well as the arms from the elbow to the shoulder, should be exfoliated to remove dull and, dead skin cells.

- **HERBAL COMPRESSES** – Cool or warm compresses infused with herbal extract or essential oils can be introduced to soothe any irritation and to pH balance the skin.

- **ANTI-STRESS MASSAGE** – As the shoulders and neck usually retain a great deal of stress, this treatment should include a comprehensive massage using anti-stress massage movements applied with an appropriate oil that is fortified with herbal extracts or essential oils to relieve tension and fatigue.

- **DECOLLETAGE CREAM** – The neck and decolletage have extra needs for hydration, toning and improving elasticity. An appropriate massage cream designed to improve tone and elasticity should be massaged into the skin. At this point appropriate vitamin or anti-oxidant ampoules can also be introduced prior to the cream to fortify skin renewal.

- **TREATMENT MASK** – An appropriate mask is imperative in restoring moisture and nutrients to the skin.

- **TONING BODY CREAM** – Finally, a quality hydration cream to lock in moisture should then be applied to the body, and of course sunscreen is a must.

AN OMVEDA SOLUTION

Mindful of the fashion dictates and the emphasis on a glowing decolletage, recently OmVeda designed a new Treatment Package specifically for the decolletage that includes the

infusion of several of the Ayurvedic-based formulas that promise incredible skin renewal and stress relief.

HONEY AND PEARL RITUAL.

The new OmVeda Honey and Pearl Ritual delivers powerful results, rejuvenating the vulnerable décolletage, the hard to reach back of shoulders and the upper arms. Rejuvenating the epidermis with an immediate effect, this treatment promises to diminish the appearance of pigmentation, improve hydration levels and reduce lines. The OmVeda Honey and Pearl Ritual revives tired, dull and drying skin and refines texture, while offering cooling, calming and hydrating benefits.

The treatment begins with a deep cleanse with OMVEDA ALOE CLEANSER followed by a cool compress with OMVEDA SILVER TONER. Then the OMVEDA ENZYME MASK is applied that is prepared with fresh yoghurt and applied to the skin. After 10 minutes it is rubbed off with firm pressure. The Enzyme Mask deep cleanses the skin, while removing dead epithelial cells, revealing a more youthful-looking skin. This mask is rich in Wheat protein and Jamun Fruit, Sandalwood, Almond, Lotus, Nutmeg and other pure biodynamic herbs.

Once the Enzyme Mask is removed, the décolletage and upper arms are indulged in a massage using a combination of healing SAFFRON OIL and PEARL CREAM. The OmVeda Pearl Cream is made with Pearl Ash, which is rich in calcium, valuable minerals and amino acids, increases the skin's moisture levels, decreases redness and increases tone and elasticity.

The treatment continues with an application of the lavish OMVEDA PEARL MASK that helps improve skin metabolism and refine the skin's appearance. Pearl Mask is left on for 20 minutes and removed with a warm, damp cloth. The ritual finishes with a light massage using Pearl Cream.

The client is then gently turned over so the back and shoulders can be treated.

Follow the same steps as above but for the massage use OMVEDA'S RAKSHA OIL – a specialised oil to deeply nourish dry skin while reducing fatigue and relaxing the body. Raksha Oil is particularly beneficial to this area of the body where stress, strain and muscle fatigue is often centred.

OmVeda's Raksha Oil includes herbs like Sida and Aloe. Sida coridifolia, (commonly known as Bala) is recognised for its anti-inflammatory benefits. In addition it includes a blend of rejuvenating Ashwagandha (Winter Cherry), which is helpful in the relief of fatigue and exhaustion, while Indian Camphorweed is added to assist and relieve any discomfort from arthritis and rheumatism. It also contains Himalayan Cedar to enhance circulation and to assist in skin disorders such as eczema and psoriasis. Vetiver is also included to remove excess heat and Coco Grass to relax muscles.

Treatment time is approximately 1½ hours. To retain the salon results recommended take-home products are OMVEDA HONEY WITHANIA BODY POLISH and HONEY BODY LOTION. **AAJ**

**For more information please contact OmVeda
on 1 300 662 383 or visit www.omveda.com**

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