

Diego dalla Palma
PROFESSIONAL

**BODY
BIOENERGY**

Hello and welcome to this Body Bioenergy training video for the Diego dalla Palma products.

We have seen in the introduction that Diego dalla Palma is a historical Italian brand brand known for its expertise in the field of skin care. skin care. Its long experience has allowed the iconic brand to create a world of brand to create a versatile world of beauty known for the professionalism and performance in over 58 countries.

It offers a wide range of beauty products, designed and tested in laboratories and laboratory tested for high performance. Suitable for all types of skin types. Safe for pregnant women or sensitive skin. They can also be used with the latest technologies such as, laser treatments, micro needling and cosmetic surgeries.

We will start this training by looking at what body bioenergy is.

BODY BIOENERGY



*Body Bioenergy
Body and spirit against cellulite*



What is Bioenergetic Therapy

Bioenergetic Therapy is a body-psychological method that works on your body as well as on your psyche. Based on the science of PNEI which is the study of the interaction between psychological processes and the nervous, endocrine and immune systems of the human body.

It analyses the connections between the environment, the internal organs of the skin and the psyche, addressing the causes of the body's imperfections, not just its appearance.

It is the great bio-energetic network that enables life, improves the beauty of the skin and the body and protects the well-being of the individual.

Therefore, it is fundamental to find a balance between our systems, to re-establish good communication, to recover the energy that flows freely, without obstacles, to create a harmonious body.

BODY BIOENERGY

WHEN EVERYTHING IS IN BALANCE

Diego dalla Palma's professional and retail products focus on improving the beauty of the body and fighting against imperfections associated with cellulite, localized fat (dimples) and loss of tone.

Let's learn more about these imperfections.



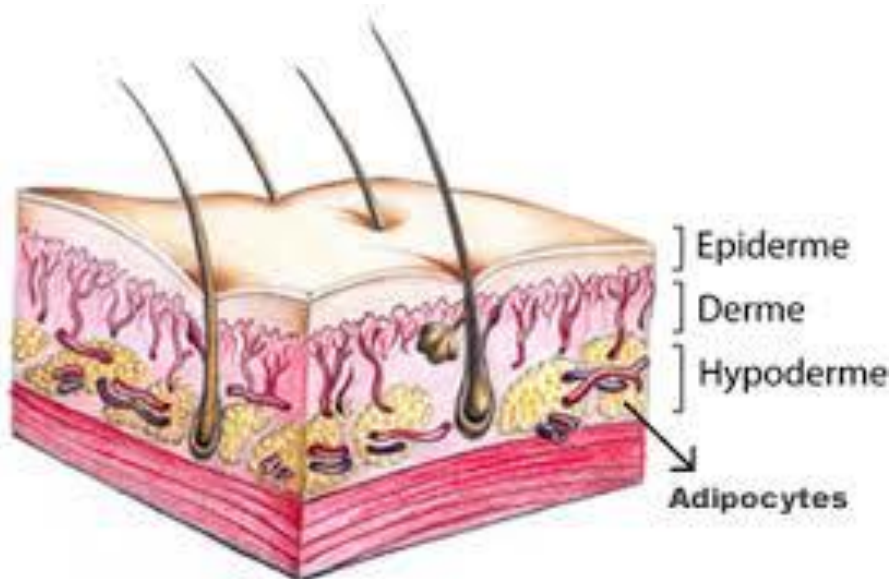
Cellulite & dimples

Our skin is divided into 3 layers:

The epidermis, the dermis and the hypodermis.

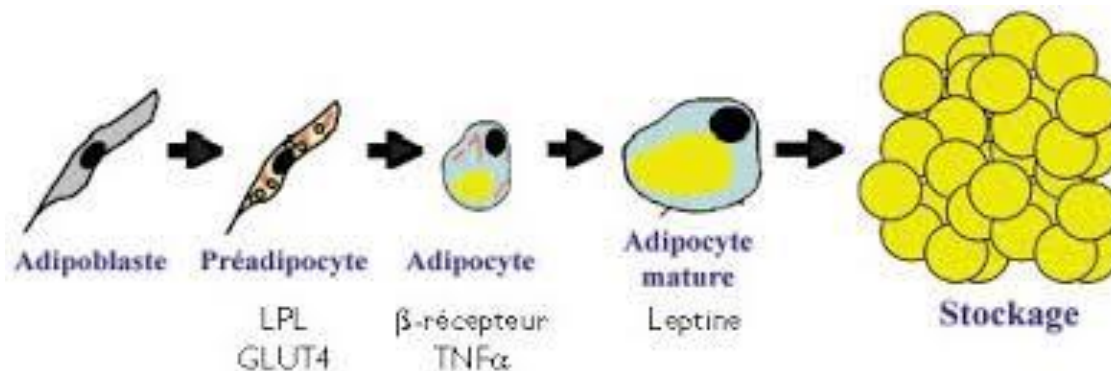
It is on the latter that we will focus on this segment.

It consists of adipose tissue and fat cells called adipocytes.



Adipogenesis

Adipocytes, also known as lipocytes and fat cells, are the cells that primarily make up adipose tissue, specializing in storing energy in the form of fat. Adipocytes are derived from mesenchymal stem cells that give rise to adipocytes by a process called **adipogenesis**.



Types of cellulite

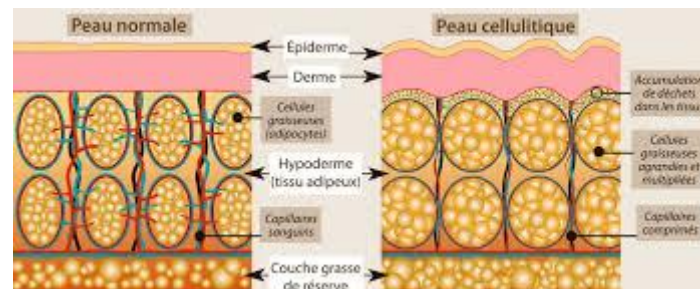
When faced with cellulite, you must first ask yourself the right questions to know what type of cellulite you are dealing with. There are 3 different types of cellulite: adipose, aqueous and fibrous. And it is possible that two or three types of cellulite coexist! Each of them having different causes, the means of action can also be different.

Adipose cellulite (flaccide)

The basis of the problem of this type of cellulite is an imbalance between the quantity of fat ingested and that which is expended, so the accumulation of fat in the adipose tissue prevents the circulation of toxins which, once blocked, create inflammation. blocked, create inflammation.

It is because of this inflammation that the tissue takes on a lumpy appearance and forms the orange peel. At the body, cellulite is most often found on the stomach, thighs, knees, buttocks and hips. and hips. Soft cellulite. Not painful when pinched. Visible when pinched.

Excessive fat storage and lack of sporting activity: Being too sedentary and not practicing any sporting activity prevents the body from evacuating enough fat and therefore toxins, which leads to inflammation. The solutions to overcome this type of cellulite are based on melting fat to detoxify the body. The elimination of toxins will reduce the inflammation and consequently make the dimples disappear. You can have an impact on cellulite by applying anti-cellulite creams and performing anti-cellulite massages on the areas to be treated, more commonly known as palpating and rolling.

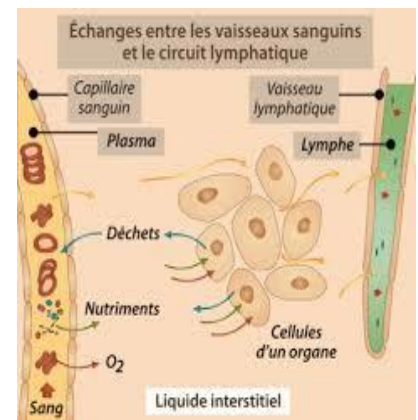


Aqueous cellulitis (edematous)

As the name suggests, this is directly related to water. This is water retention caused by poor venous and lymphatic circulation. This type of cellulite is mainly located in the arms, thighs, calves and ankles, and is soft to the touch. Heavy legs. Circulatory problems. Water retention. Slight orange peel effect when pinching.

The basis of the problem is that the absorbed water is not properly eliminated by the lymphatic system and accumulates and causes swelling. The lymphatic system is a vast network of vessels that plays an important role in providing the necessary nutrients and fats to our body. and fats to our body. Then, as it passes through, the lymph (lymphatic fluid) carries away excess fluid in the tissues and cleanses the cells of their waste products.

Poor lymphatic circulation leads to tissue saturation with water and toxins. As far as venous circulation is concerned, it also has two essential roles: distribution of nutrients and gases and recovery of waste. If the circulation is poor, water retention is aggravated and consequently cellulite is accentuated. Solutions to overcome this type of cellulite: Anti-water cellulite creams are to be massaged by drainage along the leg, from the feet to the waist, to facilitate the circulation in the veins. This way, they can have a beneficial effect on blood circulation, to prevent water retention.



Fibrous cellulitis (hard)

The particularity of fibrous cellulite is that it is also linked to the relaxation of the skin through the phenomenon of glycation of the fibers. Fibrous cellulite is the most difficult to remove and is the most painful. Thus, it is more often found in young adult women but also at the menopause. Fibrous cellulite is painful to the touch but can also be slightly purplish. The skin is hard and padded. It is most often found on the upper thighs, buttocks, hips, saddlebags and knees. Hard cellulite. Very painful. Caused by an excess of industrial sugar which blocks and traps the adipocytes, but unlike the other two types of cellulite, fibrous cellulite requires more physical effort as it is more difficult to remove. It is therefore necessary to combine draining massages and palpate and roll to "break" the fat cell and stimulate the emptying of fat deposits. A combination of anti-cellulite, anti-water and firming cream would be the best choice for this type.

Let's take a look at our active ingredients and products!

OLI'VÎNE™ ACTIVE SYSTEM

Also known as peridot, it is a **bioenergetic volcanic stone**, associated with the solar plexus and heart chakras.

It is **rich in magnesium** which gives strength to the body's cells when they are stressed and under pressure.

It also:

- Stimulates cell metabolism
- Increases energy and cellular vitality
- Reduces cellular stress
- Reduces the production of free radicals
- Prevents premature cell ageing

Due to its **anti-stress, energizing and stabilizing properties**, it re-harmonises the PNEI connections, restoring vitality and energy to body and mind.

OLI'VÎNE™ ACTIVE SYSTEM is reinforced in each product with carefully selected active ingredients **to act on imperfections**.



SPECIFIC ASSETS

Peruvian ginseng, caffeine, Brenta mud

Promotes lipolysis (fat elimination).

Activates blood and lymphatic microcirculation.

Decreases lipogenesis (production of fat cells).

Actigym™, 3D Plant Express Lifting System

Firming, stimulates the dermis and cell renewal.

Cynarine plant complex slim

Promotes lipolysis (fat elimination).

Glycans

Anti-inflammatory

Decreases lipogenesis (production of fat cells)/ Glucose uptake inhibitors.

Arnica montana extract

Activates blood and lymphatic microcirculation.

Actifs

Sage, Turmeric, Pomegranate

Anti inflammatory/ Anti oxidant.

Action: Draining, Hydrating, Anti oxidant, Emollient, Regenerating, Soothing, Anti-ageing.

Oil or extract :

Abyssinian

St. John's wort

Helichrysum

Calendula

Litchi

Vitamin E

Comfrey

Monoï de Tahiti

Comfrey

Goji

Argan

Babassu

Acai

Achillea

RETAIL PRODUCTS

BODY CREAM 3 in 1

firming-slimming-moisturising

Excellent for all 3 types of cellulite

200 ml tube



DRAINING AND MODIFYING WITH THE CYNARINE VEGETAL SLIM COMPLEX

Anti-cellulite - toning - sculpting

Characteristics: the ideal ally for a harmonious body and a redefined silhouette.

Drains water retention, stimulates lipolysis (elimination of fatty deposits) for a more toned and firmer skin. Its gel-cream texture provides an intense sensation of freshness and lightness, visibly reducing the appearance of "orange peel".

Directions for use: Apply with a light massage.

Use Morning and evening

ACTIVE INGREDIENTS

Cynarine plant complex slim

Actigym™

Peruvian ginseng

Caffeine

Glycans

Arnica

Achillea

St. John's wort

Helichrysum

Litchi and Calendula

RETAIL PRODUCT

ANTI CELLULITE DRY OIL

Excellent for the aqueous type of cellulite and dehydration.

150 ml



DRAINING AND SMOOTHING WITH ARNICA MONTANA EXTRACT

Characteristics: due to its calibrated blend of 10 officinal plants and precious oils with draining, anti-cellulite and silky action. It stimulates microcirculation, eliminating excess fluid and toxins and helps to fight against water retention and the orange peel effect.

For a smoother and silkier skin.

Directions for use: Apply with a light massage.

Use Morning and evening

ACTIVE INGREDIENTS

Oil blend: (Arnica montana extract, Yarrow, St. John's wort, Helichrysum, Calendula, Passionflower, Acai, Babassu, Goji, Comfrey)

RETAIL PRODUCT

SUPER MOISTURISING CREAM

250 ml Tube

MOISTURISING AND NOURISHING WITH TAHITIAN MONOI



Characteristics: It provides well-being and relief to dry and sensitive skin, making it immediately soft and velvety. With argan oil and Tahitian monoi, it is ideal for the most dehydrated skin and the driest areas of the body (knees, elbows and heels). Due to its soft and fast-absorbing texture, it immediately makes the skin smoother and more elastic.

Directions for use: Apply with a light massage.

Use Morning and evening

ACTIVE INGREDIENTS

Tahitian Monoi ; Argan oil ; Glycans ; Turmeric ; Pomegranate ; Sage; Litchi ; Vitamin E.

RETAIL PRODUCT

ANTI GRAVITY SERUM

Excellent for lack of firmness and adipose and fibrous cellulite types.

125 ml



REMODELLING AND TONING WITH THE 3D PLANT LIFT EXPRESS SYSTEM

Features: With its silky texture and lifting effect, it envelops the skin, providing an immediate sensation of softness and tone.

Enriched with the 3D Vegetal Express Lifting System and ACTIGYMTM, it is ideal for combating sagging skin and fatty deposits on the arms, abdomen, inner thighs and buttocks. It is quickly absorbed and immediately restores the skin's firmness.

Directions for use: Apply with a vigorous massage.
Use Morning and evening

ACTIVE INGREDIENTS

3D VEGETAL EXPRESS LIFTING SYSTEM

Actigym Caffeine

Glycans Arnica extract

Achillea Turmeric

St. John's wort Helichrysum

Calendula Pomegranate

Sage Litchi

Abyssinian oil

PROFESSIONAL SKINCARE PRODUCT

COMBINED ACID PEEL

400 ml



POWERFUL EXFOLIANT AND PREPARATORY CARE.

Contains alpha hydroxy acids. Ideal as a preparatory treatment for orange peel skin, stretch marks, roughness, ingrown hairs and thickened skin.

DIRECTIONS FOR USE: Apply the product with light strokes. Do not leave the product on the skin. Remove excess product immediately with damp cloths and wipe off with a towel. Due to its high exfoliating power, it is recommended that you wear disposable gloves.

ACTIVE INGREDIENTS:

OLI'VÎNETM ACTIVE SYSTEM

glycolic acid

mandelic acid

lactic acid

PROFESSIONAL SKINCARE PRODUCT

ANTI-CELLULITE FOAM CLAY

Excellent for all 3 types of cellulite

SPRAYER 200 ml

DRAINING, SMOOTHING, LIPOLYTIC

Characteristics: An intensive mud foam. Its foamy texture is quickly absorbed into the skin. It facilitates the delivery of the active ingredients and reduces the appearance of imperfections associated with even the most stubborn cellulite.

Peruvian Ginseng extract reactivates microcirculation, prevents fat storage in adipocytes and "relaxes the hardened fibers" that surround fat cells and are responsible for orange peel skin. For a smoother surface with a more homogeneous and compact appearance, even after the first application.

DIRECTIONS FOR USE: apply to the most affected areas with light kneading movements. Do not rinse.

ACTIVE INGREDIENTS

PERUVIAN GINSENG

BRENTA MUD



PROFESSIONAL SKINCARE PRODUCT

TONING MASSAGE OIL

Excellent for aqueous cellulite and loss of tone.

400 ml



DRAINING AND SMOOTHING

Characteristics: Stimulates the drainage of excess fluids and toxins from the body, fights sagging skin, while improving the elasticity of the tissues. For soft, moisturised skin and light, rested legs. 98% of ingredients are of natural origin. Does not contain silicones, liquid paraffin or synthetic oils.

DIRECTIONS FOR USE: apply the product using the specific DRAINING massage technique. The massage should last about 30 minutes. Do not remove the product afterwards.

ACTIVE INGREDIENTS:

Arnica montana oil

Yarrow

St. John's wort

Helichrysum

Calendula

Litchi

Abyssinian Oil

PROFESSIONAL SKINCARE PRODUCT

SCULPTING MASSAGE CREAM

Excellent for all 3 types of cellulite

450 ml Jar



DRAINING, SMOOTHING, LIPOLYTIC

Characteristics: The draining and lipolytic properties reactivate the microcirculation and promote the elimination of toxins and the elimination of fatty deposits, relieving the tissues affected by cellulite and localised adiposity. It helps to "destock" fatty deposits and remodel the body.

DIRECTIONS FOR USE: apply the product using the specific DRAINING and PALPER ROULER massage technique. The massage should last approximately 30 minutes. Do not remove the product afterwards.

ACTIVE INGREDIENTS:

OLI'VÎNE ACTIVE SYSTEM

Actigym TM

Cynarine plant slimming complex

Peruvian ginseng

Arnica montana extract

Achillea

Turmeric

St. John's wort

Helichrysum

Calendula Pomegranate

Sage Litchi

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GEL ALOE VERA



A fresh multi-action gel for the face and body.

It provides immediate relief from redness, skin irritation, burns and sunburn.

Perfect for rebalancing all skin types and especially sensitive and reactive skin.

Other functions:

Shaving irritation

Diaper rash Insect bites

Cracks/Cracks

ALOE VERA OU ALOE BARBADENSIS



Considered a **miracle** of nature.

This "*magic*" plant is able to solve all human ailments. Used since ancient times as a medicinal plant for wounds, burns and sunburns. It is beneficial for all skin types.

Its extraordinary properties have been confirmed in numerous clinical studies:

- Hydrating
- Astringent
- Regenerating
- Soothing
- Decongestant
- Anti free radicals
- Anti-inflammatory

Cost and suggested price of salon treatments

ANTI-CELLULITE / FIRMING DRAINING BODY CARE

QUICK TREATMENT, NO SHOWER, NO MESS

Cost **OPTION 1** \$17.50 **OPTION 2** \$17.25

Suggested price of the treatment 80\$.

Steps of the treatment

Exfoliation Apply 25ML COMBINED ACID PEELING in effleurage movements. Do not let the product sit on the skin. Remove the product immediately with damp cloths and wipe off with a towel. Due to its high exfoliating power, it is recommended that you wear disposable gloves.

ANTI-CELLULITE MOUSSE apply 50ML on the areas you wish to correct by kneading movements. Do not rinse.

OPTION 1 Massage 25ML SCULPTURING MASSAGE CREAM if you are working on cellulite, carry out a specific 20-minute massage with palpating and rolling movements.

OPTION 2 Massage 25ML TONIFYING MASSAGE OIL if you are working on firming and anti-water, perform a draining and toning massage lasting 20 minutes.