



# MASSAGE CARE

## Detailed methodology

ORCHID STEM CELL  
THERAPY TREATMENT

**CARELIKA**  
PROFESSIONAL SKIN CARE

# ORCHID STEM CELL THERAPY TREATMENT

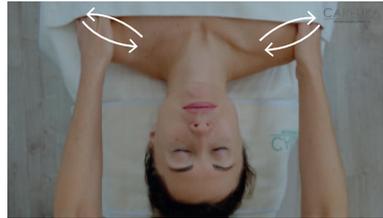
<p><b>STEP 1</b> <b>WELCOME</b> Massage #1 Relaxing Welcome Ritual.</p>	<ul style="list-style-type: none"> <li>Relieves tension and restores the harmonious flow of life energy.</li> <li>The thorough treatment of the shoulders, neck, and head during the massage effectively relaxes muscles and aids in disconnecting from stressful thoughts.</li> </ul>	<p>5 min</p>
<p><b>STEP 2</b> <b>RELAXING CLEANSING MASSAGE</b> Massage #2 Lymphatic Drainage.</p>	<ul style="list-style-type: none"> <li>With gentle circular motions, apply cleansing milk to remove makeup and impurities from the face, eyes, lips, and neck. Continue massaging to allow the milk to blend into the skin.</li> <li>Massage movements help normalize lymphatic flow, which also aids in the natural lifting of tissues. Lymphatic vessels are thinner than blood vessels, and the pressure within them is weaker. This often leads to impaired lymphatic drainage and swelling. Stimulating lymphatic flow eliminates excess fluid and toxins from the tissues, normalizes the function of lymph nodes, and results in a fresher complexion</li> </ul>	<p>10 min</p>
<p><b>PRODUCT:</b> <b>CARELIKA Orchid Stem Cells Cleansing Milk (5ml)</b></p>		
<p><b>STEP 3</b> <b>CLEANSING</b></p>	<ul style="list-style-type: none"> <li>Rinse off the remaining cleansing milk with damp mittens. Disposable soft wash mittens are meticulously crafted to provide an exceptional washing experience.</li> </ul>	<p>2 min</p>
<p><b>STEP 4</b> <b>TONING</b></p>	<ul style="list-style-type: none"> <li>Tone the skin with cotton pads soaked in lotion, gently wiping in stimulating motions.</li> </ul>	<p>1 min</p>
<p><b>PRODUCT:</b> <b>CARELIKA Orchid Stem Cells Toning Lotion (2ml)</b></p>		
<p><b>STEP 5</b> <b>EXFOLIATION AND MASSAGE</b> Massage #3 Relaxation and Anti-Stress.</p>	<ul style="list-style-type: none"> <li>Apply the peeling with a brush along the massage lines. This gentle peeling, with a silky-textured formula that transforms into oil, delicately cleanses the skin and removes dead cells, providing instant smoothness and a healthy appearance.</li> <li>Deep anti-stress movements promote a profound sense of relaxation and rejuvenation, helping to transition into a serene state. Tense muscles relax, and wrinkles smooth out.</li> </ul>	<p>15 min</p>
<p><b>PRODUCT:</b> <b>CARELIKA Gentle Particle-Free Scrub with AHA (10ml)</b></p>		
<p><b>STEP 6</b> <b>CLEANSING</b></p>	<ul style="list-style-type: none"> <li>Rinse off the remaining peeling with damp mittens.</li> </ul>	<p>2 min</p>
<p><b>STEP 7</b> <b>ANTI-AGE CARE</b> Massage #4 Lifting effect.</p>	<ul style="list-style-type: none"> <li>Apply the mask with a brush all over the face and neck. This revitalizing mask deeply nourishes the skin, stimulates collagen and elastin synthesis, evens out skin texture, and reduces the appearance of fine lines and wrinkles.</li> <li>Intensive massage initiates cell renewal processes and improves skin tone. Massage movements along contour lines enhance blood flow, allowing beneficial substances from cosmetics to penetrate deeper and work more effectively. Typically, the mask is fully absorbed after the massage; however, if necessary, you can rinse off the mask with water and/or apply toner.</li> </ul>	<p>15 min</p>
<p><b>PRODUCT:</b> <b>CARELIKA Orchid Stem Cells Cream Mask (10ml)</b></p>		
<p><b>STEP 8</b> <b>CONTOUR SCULPTING</b> Massage #5 Lymphatic drainage massage with alginate mask</p>	<ul style="list-style-type: none"> <li>The modeling alginate peel-off mask is formulated with hyacinth orchid stem cell extract, which delivers optimal care by significantly enhancing skin elasticity and turgor, smoothing wrinkles, and boosting skin immunity. Rice powder in the mask provides deep hydration and reinforces the skin's protective barrier.</li> <li>Mix 30 grams of powder with 90 milliliters of room temperature 20C water. Thoroughly mix the ingredients to make a smooth, lump-free paste.</li> <li>Apply the mask with a spatula along the massage lines, applying a thick layer to the face, covering the eyes and mouth. Wait for a few minutes until the mask plasticizes.</li> <li>Acupressure around the eyes and gentle drainage.</li> </ul>	<p>15 min</p>
<p><b>PRODUCT:</b> <b>CARELIKA Orchid Stem Cells Algae Peel Off Mask (30g)</b></p>		
<p><b>STEP 9</b> <b>FINAL CARE</b></p>	<ul style="list-style-type: none"> <li>Complete the procedure by applying a serum, eye serum, and facial cream suitable for the client's specific skin type.</li> </ul>	<p>3 min</p>
<p><b>PRODUCT:</b> <b>CARELIKA Orchid Stem Cell Serum (1-2ml)</b> <b>CARELIKA Orchid Stem Cell Eye Serum (1ml)</b> <b>CARELIKA Orchid Stem Cell Cream (1-2ml)</b></p>		
<p><b>STEP 10</b> <b>RECOMMENDED HOME RITUAL</b></p>	<ul style="list-style-type: none"> <li>Provide the client with a list of recommended skincare routines for home use.</li> </ul>	<p>3 min</p>

## RELAXING WELCOMING RITUAL. KINESIS

The skin moves in the following directions: away from you, to the right, towards you and to the left. Then in the opposite direction. The movement is performed without sliding.



Shoulder joints - alternative rocking, then kinesis (press a little against the couch).



Shoulders.



Sternum (arm on arm).



Back of the neck (hand on hand).



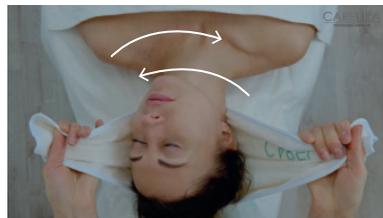
Near the ears (ears between the index and middle fingers.)



Temples



Bridge of the nose (two thumbs).



Turns of the head and neck. A towel has been prepared in advance under the head: Raise the edges of the towel, slightly raise the client's head, turn the head left and right. The amplitude depends on the client's relaxation and neck mobility. **All movements are slow and smooth.**



Put the head down on the couch.



## LYMPH DRAINAGE



Apply milk to palms and distribute with massage movements.

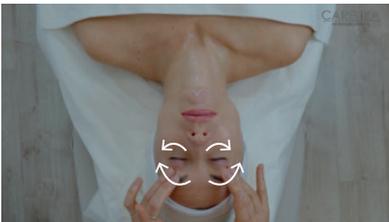
PRODUCT:  
CARELIKA Orchid Stem Cells  
Cleansing Milk



Pumping of lymph nodes. We make light rhythmic pressure on the areas of the lymph nodes: subclavian, supraclavicular, submandibular, parotid.



Drainage stroking along the lines of lymphatic drainage: slow, dense circular movements with the palmar surface of the fingers (flat fingers).



Alternating drainage around the eyes (top and bottom of the eye socket), smoothing the eyebrows + 2 circles on the crow's feet, ending with a "piano" movement across the eyebrows.



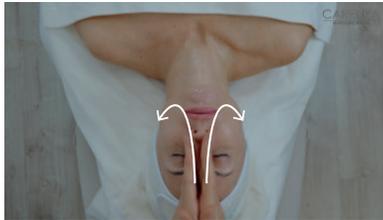
Stroking the forehead from the eyebrow line upward.



A smooth downward movement, "embracing" the lower jaw, stroking from the center to the sides.



Cover your face with your palms, slide your flat palms to the scalp.



We go down with the edges of our palms, cover our face with our palms, open our palms, and stroke our face with flat palms from the center to the sides of the face.

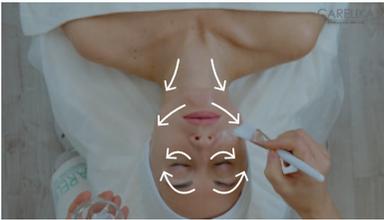


Smooth descent down to the subclavian lymph nodes. LU surge.



## Stage 3

### RELAXATION AND ANTI-STRESS. CIRCULAR KNEADING AND MASSAGING.



Distribute the peeling evenly with your hands or brush. Light circular kneading with your fingers: along the neck (from the base to the submandibular zone) and face (from the center to the periphery).



PRODUCT:  
CARELIKA Gentle Particle-Free Scrub with AHA



Rubbing the soft tissues of the chin and cheeks with circular movements with the pads of all fingers.



We treat the area of the nasolabial triangle and the nose with symmetrical rubbing movements with the index fingers.



Rubbing along the zygomatic arch (from the bridge of the nose to the temples and back). Firmly stroking around the eyes, focusing on the eyebrow area.



We perform rubbing on the forehead, bridge of the nose, eyebrow line and crow's feet.

## Stage 4

### ROLL AND PIANO



"Roll" and "piano" in the submandibular region and on the cheeks – lymphatic drainage descent by the phalanges of 4 fingers to the supraclavicular lymph nodes.



Circular rubbing of the chin with thumbs.



"Roll" and "piano" in the area of the nasolabial folds (up and down).



At this point, the peeling has transformed into oil. Relaxing slow circular stroking of the neck, oval of the face (emphasis on the chin).



## Stage 5

### THUMBS



Stroking the phalanges of the thumbs from the wings of the nose and bridge of the nose, from the back of the nose to the temples.



Circular movements with the pads of your thumbs along the nasolabial folds from bottom to top.



Transverse kneading of the bridge of the nose with your thumbs.



Rub with thumbs from the corners of the mouth and the center of the chin to the earlobes.

## Stage 6

### FLAT FINGERS



Smoothing the face from the center to the periphery from bottom to top (fingers flat).



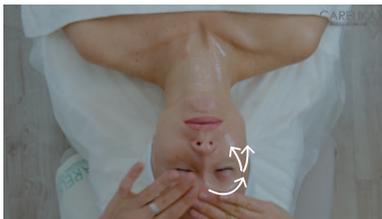
Dense cross-shaped stroking of the center of the forehead and bridge of the nose, "piano" at the base of the bridge of the nose + "piano" along the eyebrows (3rd and 4th fingers).



Alternately smoothing the left eyebrow with the fingers of two hands from the center to the temple, cross-shaped smoothing of the crow's feet on the left.



Alternate upward stroking of the forehead from left to right.



Repeat alternate stroking of the right eyebrow and crow's feet on the right.



Stroking the forehead from the center to the temples.



## ALTERNATIVE MOVEMENTS



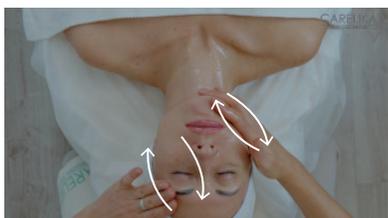
Circular alternative stroking of the side surfaces of the neck, chin, and lip area.



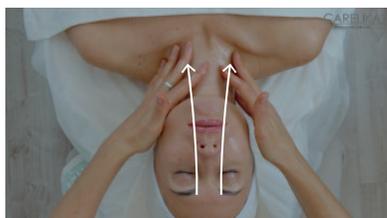
Alternative stroking of the orbicularis oculi muscle and forehead (opening the palm at the temples).



Multidirectional movements: rubbing is performed on the forehead area with one hand, and the second hand strokes the chin and midline of the face, moving upward.



Relaxing stroking of different areas of the face is asymmetrical.



Smooth descent from the center of the forehead to the supraclavicular lymph nodes.



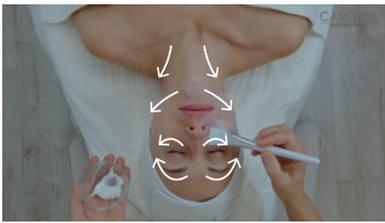
Multidirectional movements: one hand strokes the chin and cheek, the second - the orbicularis oculi muscle and forehead.



Staccatto.



## LIFTING MASSAGE (FACE-NECK-DECOLLETE)



Apply the massage product to the face, neck and décolleté.

PRODUCT:  
CARELIKA Orchid Stem  
Cells Cream Mask



We stroke the oval with circular movements of the fingers, transition to the thumbs, the lower third - palms with a "fork" around the lips, with flat fingers - the orbicularis oculi muscle and forehead, downward circular movements along the side of the neck, alternative stroking on the décolleté.



Knead the trapezius: with your thumbs from the shoulder joint to the neck and back.



Alternately kneading the back of the neck with flat palms.



Circular kneading of the neckline with flat palms.



Trapezius kneading: flat 4 fingers, alternate kneading of the neck from behind.

## KNEADING/ PRICKLING



Active kneading and pinching with an emphasis on lifting: on the oval and chin, from the corners of the mouth and from the wings of the nose to the earlobes.



Ascending alternating strokes of the forehead



"8s" eyebrow + orbicularis oculi muscle.



"Glasses" with eyebrow tuck.

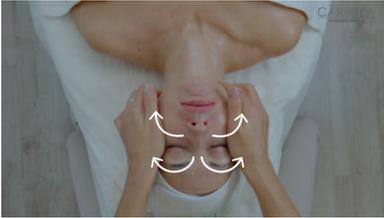


Dense smoothing with the entire surface of the palms.

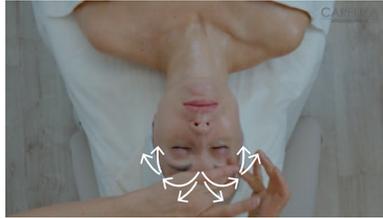


## Stage 10

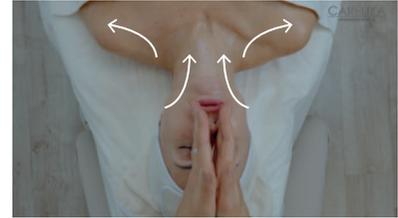
### DRAINAGE



"Wave" drainage in all zones: descent with the ribs from the scalp, flat palms along the cheeks, from the temples to the oval, smoothing with flat palms from the center to the periphery + working with the thumbs (the entire surface).



Ascending alternating strokes of the forehead on one side, smoothing the crow's feet, moving to the other side of the forehead, stroking the crow's feet on the other side.



Descent: Palms on the face, stroking to the sides, descent to the oval, circular downward movements along the lateral surfaces of the neck.

## Stage 11

### DECOLLETE / TRAPEZE / BACK NECK



Kneading the neckline + kneading-stretching from one shoulder to the other + counter circular kneading ("duck").



Balancing the shoulders, circular kneading of the trapezius and back surface of the neck with flat fingers (circular and point) "duck".



We balance the shoulders, circular kneading + stretching the trapezius and the back of the neck with the thumbs "duck" in the lower third of the face.



**SURPRISE:** Cover your face with your palms, Wave-like surge the entire face with flat palms from the center to the periphery.



**ROLL-UP ON EACH SIDE**



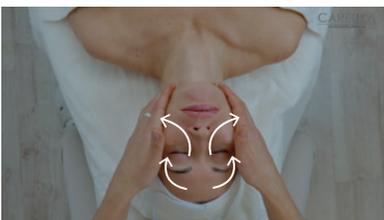
We switch to working only on one side of the face. Roll-up on cheeks, cheekbones, crow's feet, forehead with thumbs and 4 fingers.



"Butterfly wings" in the crow's feet area. **Repeat on the other side.**



Alternative wide smoothing: forehead, surging the side of the neck, stroking the décolleté.



Wave-like surging with flat palms of the face from the center to the periphery.

**ACUPUNCTURE WITH MASK**

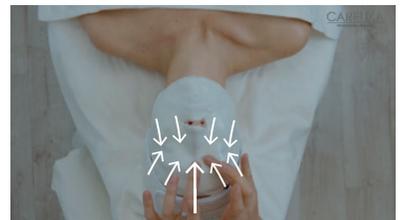


We perform the "wave" movement on the face (over the mask when it dries), then on the neck, pumping the lymph nodes.

PRODUCT:  
CARELIKA Algae Peel Off Mask  
Biowhite and Vitamin C



We perform pumping of the submandibular and subclavian lymph nodes.



We perform point drainage around the eyes. The middle finger of one hand is between the eyebrows. Nameless makes point movements along the edge of the orbit. The movements are performed according to the "scales" principle - when one finger presses, the second releases.



We apply drainage pressure with two fingers around the eyes on both sides simultaneously.



We stimulate the lymphatic collectors: parotid, submandibular, subclavian, drainage of the posterior surface of the neck, stimulation of the axillary lymphatic collectors (from the back and from the front). Balancing the shoulders.



## Stage 14

### STROKING, PRICKLING AND FAN TAPPING OVER THE SERUM



## Stage 15

### STROKING AND ACUPUNCTURE WITH CREAM AROUND THE EYES



## Stage 16

### SURGE WITH FLAT PALM AND WAVE-SHAPED DRAINAGE ON THE CREAM (COVER THE FACE)

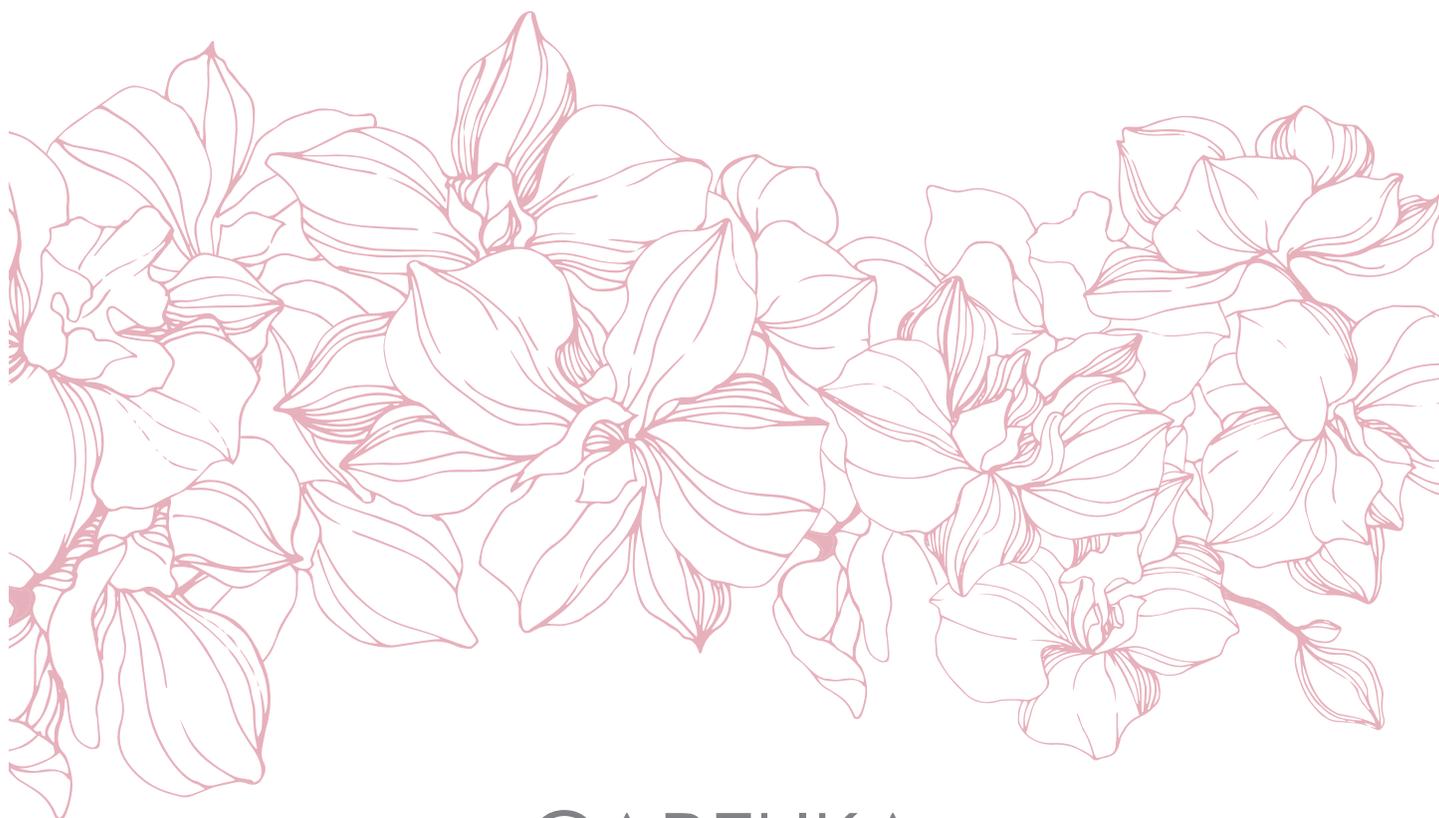


## Stage 17

### KINESIS

Repeat the movements of the stage 1





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