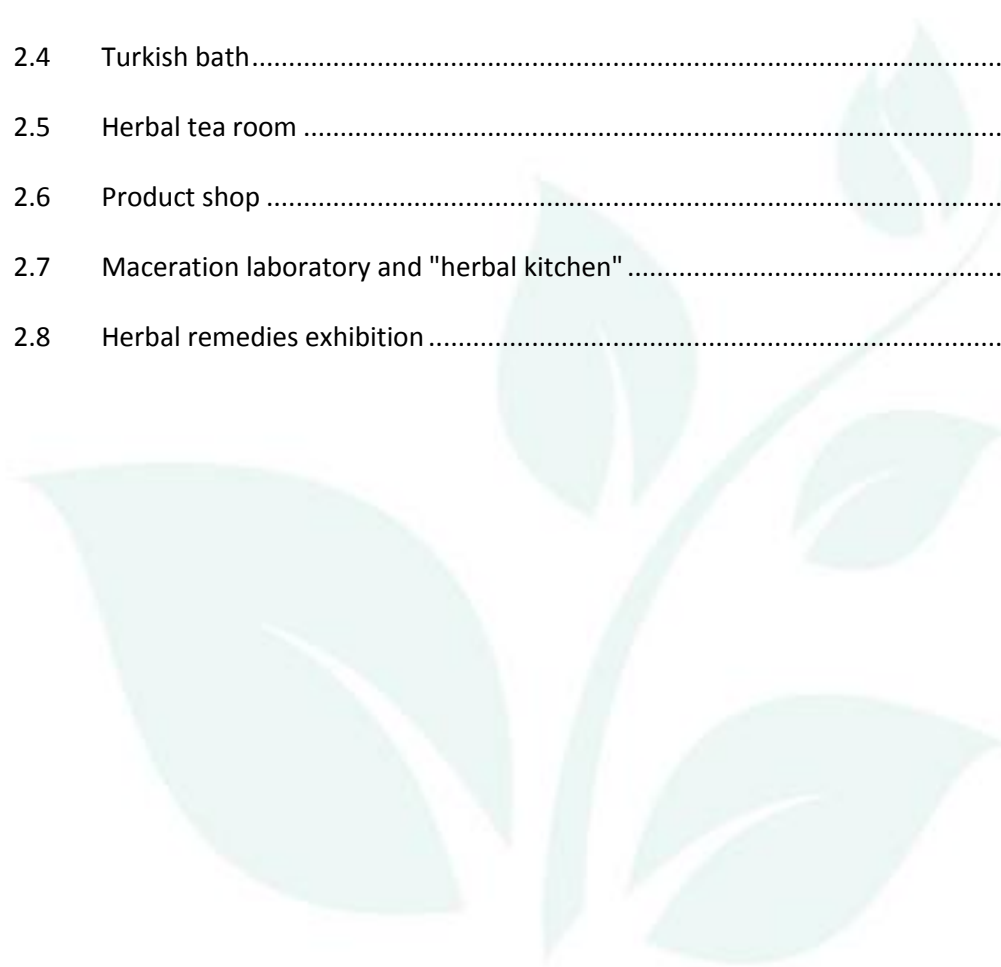


## List of beauty treatments, activities and complementary services

**"Swiss/Phytotherapy®- Mességué®- Phytoline®"**

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## 1 BEAUTY TREATMENTS WITH PLANT EXTRACTS

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During a Swiss Phytotherapy® - Mességué® - Phytoline® programme, patients can choose from a range of rejuvenating face and body treatments using the natural products exclusively available in our centres.

We offer the following treatments:

- Facial care
- Bust lifting
- Full body exfoliation
- Back cleansing and polish
- Wax hair removal (upper lip, underarm, bikini, arm, half leg, full leg, brow and face)
- Lash / brow tint
- Hand care
- Foot care

## 2 ACTIVITIES AND COMPLEMENTARY SERVICES

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### 2.1 Aqua gym

Aqua gym is an excellent way to burn carbs before they are stored as fat. A special belt allows the body to float effortlessly in water, reducing the weight on the joints. This form of aqua gym, which is supervised by a specialist instructor, improves general physical fitness. Exercising in water boosts the flow of blood to the heart, strengthening the cardiovascular system. This is because water pressure on the legs does not dilate the veins.

Therefore, muscle tone is improved and calories are burned easily.

### 2.2 Gym

All Swiss Phytotherapy® - Mességué® - Phytoline® treatment centres have gyms, where classes include stretching exercises.

### 2.3 Sauna

A sauna is a dry heat bath with a temperature between 60°C and 95°C. It heats the body and improves the immune system through the production and evaporation of sweat.

Sauna sessions detoxify the skin, improve the circulation of blood through the heart and blood vessels, stimulate the nervous system, and stimulate and regulate hormone secretions.

### 2.4 Turkish bath

Turkish baths are related to ancient Greek and Roman bathing practices. Their purpose is to cleanse and purify the body. The baths have very high levels of humidity and temperatures of between 40°C and 48°C.

A visit to the Turkish bath will cause the skin to sweat and release toxins, calm the nervous system, relax the muscles and clear the airways (the effect is enhanced by the addition of essential oils like pine or eucalyptus).

### 2.5 Herbal tea room

Swiss Phytotherapy® - Mességué® - Phytoline® treatment centres have several tea rooms where patients can relax and sip herbal teas throughout the day. This method of drainage and relaxation is part of the anti-stress approach needed to achieve the best possible results in health prevention.

### 2.6 Product shop

At the end of their stay, each patient is recommended a personalized recipe by our doctor or naturopath to help them continue their programme at home and not lose any of the benefits that they have gained during their time with us. They can find these products in our boutique.

Beauty products and our plant-based formulations are also available to buy here.

## 2.7 Maceration laboratory and "herbal kitchen"

In Swiss Phytotherapy® - Mességué® - Phytoline® treatment centres, we have developed working "herbal kitchens". It is here that we boil and macerate different plant varieties.

First we prepare the plant mixes, which fill large vats. They are heated, then boiled and macerated for hours to extract the beneficial properties. These plant decoctions and macerations are used for full body, hand and foot bathing.

Following a consultation with the phytotherapist or naturopath, he/she will prepare a personalized recipe for each patient by selecting varying quantities of these macerations.

## 2.8 Herbal remedies exhibition

In our centres, plants are used in infusions, decoctions, macerations and liquid extracts to boost the effectiveness of the treatments.

We wanted to show the quality and purity of the plants that we use. For over thirty years, Maurice Mességué, his son Didier and their associates have been battling against the invasion of chemical products, pesticides, herbicides and insecticides in plant growing. Even today, we still analyze the plants that we receive to check that they do not contain any chemical products.

We are proud of the quality of our plants, which is why we are delighted to share our expertise and experience with you in this exhibition.