





ayuna

L E S S I S B E A U T Y

· BEAUTIFULNESS MENU ·



*"It is a holistic moment, one of choosing experiences
of pampering and feeling good."*

Beautifulness Menu

The skin and the brain are nostalgic siblings due to their common origin within the embryo, leading to a close relationship between emotional behavior and a healthy skin. Without losing sight of the hedonistic and pleasurable experience that defines us, **AYUNA** · Less is Beauty has designed ***Beautifulness***, a collection of professional ceremonies to awaken deeper emotions during and after the treatment.

With Beautifulness, everything begins by connecting, perceiving and interpreting. It makes use of bioactive music and powerful aromatic compositions accompanying self-reflection techniques such as relaxation through breathing, word rituals or mandala art.

Every detail has been intentionally designed to achieve a unique and subtle beneficial effect with a very powerful emotional touch promoting the beauty of the skin and the body's well-being.



Face

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LESS IS BEAUTY

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Face & Body

BEAUTIFULNESS
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WELL · AGING

Rejuvenating facial experience

Pure, organic and loving, this unique approach opens the door to “well · aging” and symbolizes a harmony with the passage of time. It is suitable for all skin types - even the most sensitive and demanding ones.

The ceremony is opened with ‘mirror of self-reflection’, a mindfulness meditation to come into presence. The treatment uses products and techniques to stimulate the limbic system, focusing on three senses: aroma, sound and touch. Plasmas rich in botanical cell factors (from cotton, green carrot and pomegranate) and phyto-peptides (from tumeric root and centella asiatica - known as the longevity plant) help the skin maintain its regenerative abilities.

Specifically designed for this ceremony, **AYUNA's** music incorporates poignant rhythms synchronized to the Well-Aging Geometric Massage, an exclusive massage technique with maneuvers based on the golden ratio. In just one session, the treatment calms the mind while leaving the skin looking brighter, firmer and visibly rejuvenated.

Steps

Cleansing - Inhalation of ‘aromatic vapor’ - Carboxygenation - Massage - Mask - Cream - Aromatherapy

50 mins / 80 mins



LESS IS BEAUTY

Express treatment

A quick treatment to revitalize and refresh the skin.

A soft gommage (grain-free) exfoliation uncovers smooth and silky skin in just three phases: a protein peel (based in alpha amino acids) awakens dull skin, a gentle polish rejuvenates the appearance, and an oleo-essence serum leaves the skin remarkably soft to the touch. The result is a visibly brighter, more refined skin and even complexion.

Steps

Cleansing - Exfoliation - Cream

25 mins

(BREATHE)

Oxygenating and hydrating

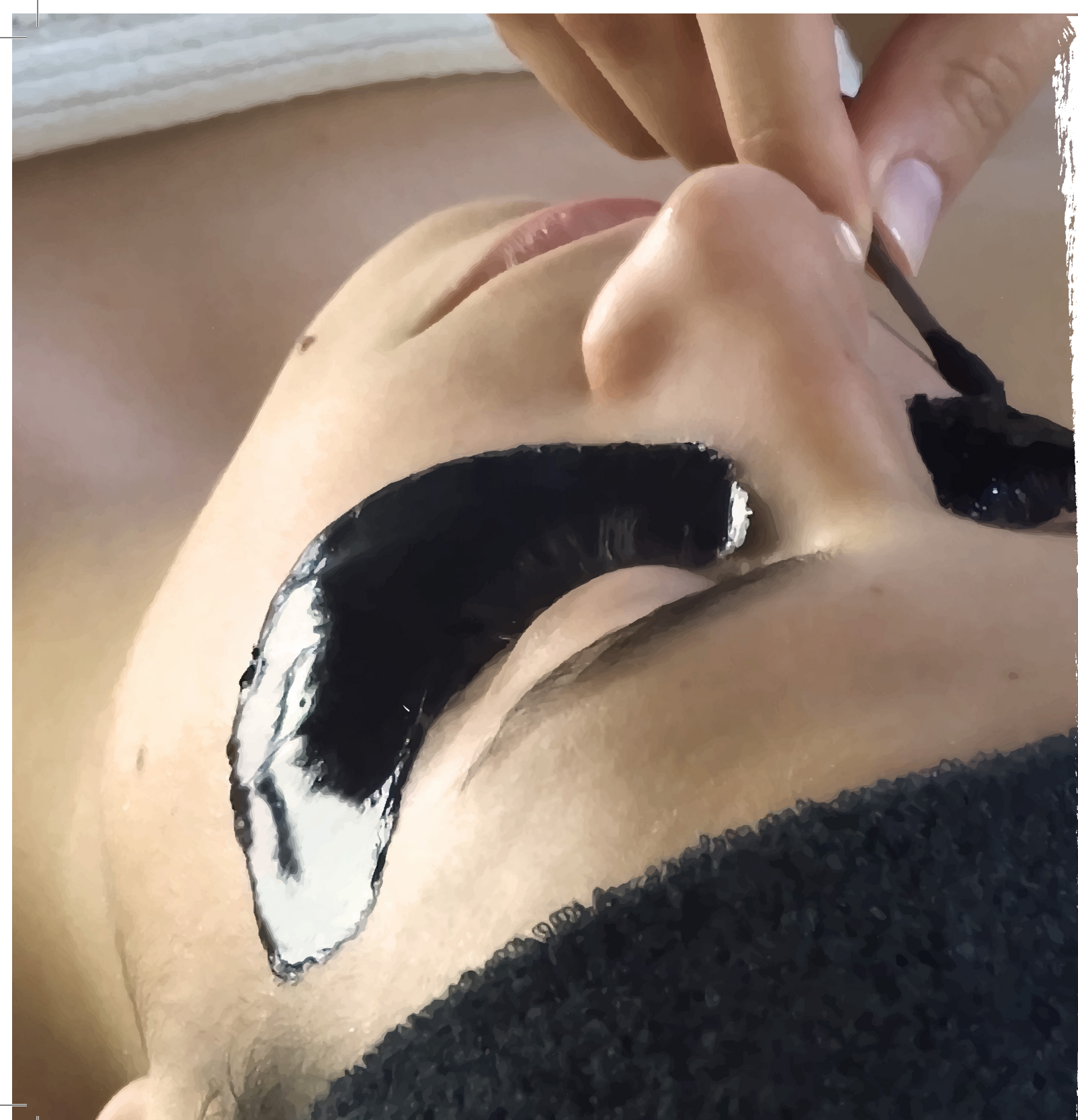
(Breathe) is literally a dialogue between you and your skin. The session opens with a selection of exercises to help you become aware of your breathing, along with a synergy of essential oils that, through the sense of smell, induce calm and settle your mind.

The first step is cleansing your skin with a gentle and nourishing foam formulated with activated charcoal as well as olive and coconut oils, followed by an effervescent carbon dioxide and oxygen infusing action that activates microcirculation and stimulates the skin's natural oxygenation. The result is hydrated, radiant, fresh and oxygenated skin.

Steps

*Aromatherapy - Cleanse -
Carboxygenation phase - Seal*

30 mins / 50 mins



VOLCANO LIFT

Firm & Detoxify

This powerfully detoxifying treatment uses Volcanic Glass and Activated Carbon to decrease sensitivity of the skin and eliminate impurities while soothing and nourishing the skin.

This treatment incorporates hand and foot reflexology and a facial lymphatic drainage massage to re-contour and illuminate dull, tired skin.

Steps

Cleansing - Brossage - Mask - Cream - Aromatherapy

50 mins

VOLCANIC SLEEP-MASK

Rejuvenating eye contour

To show off your natural beauty, the key lies in enhancing rested eyes for a rejuvenated appearance.

After cleansing and exfoliating, a three-step massage is performed focusing on relaxation, under-eye bags and wrinkles. The massage is followed by a Volcanic Glass 'sleep mask' applied over the eye contour to provide a soothing and firming effect.

Steps

Cleansing - Exfoliation - Mask - Cream - Aromatherapy

25 mins / 55 mins



NON - TOXIC

Revitalizing body experience

Enjoy the physical touch of an extra soft and creamy polish. Handcrafted luffas are filled with an exquisite 'Beauty Elixir' to polish and nourish the skin with spirulina and a cocktail of moisturizing active ingredients.

The treatment incorporates breathing techniques combined with slow and intentional movements to create awareness of the present moment. Allow yourself the time to disconnect and achieve long term emotional and overall well-being benefits.

Steps

Cleansing - Buff - Wrap - Massage - Aromatherapy

25 mins / 50 mins / 90 mins

HOLISTIC LOOFAH

Renewing body experience

Inspired by fasting techniques as a tool to eliminate impurities, and, in order to prevent unwelcome changes in skin, we created the Holistic Loofah, a ritual that combines the softness of natural loofahs with the properties of spirulina to renew and beautify your body's skin.

Pasos

Cleanse - Body polish - Seal

30 mins / 50 mins



TACTIL - C

Body massage

Performed with 100% organic oils.*

A body massage focusing on areas of flaccidity. The therapists uses specialized manipulation maneuvers to stimulate the collagen matrix and visibly improve body tone.

This unique massage also incorporates Táctil-C maneuvers, which, like a gentle caress, produce 'feel good' sensations thanks to their ability to connect to the peripheral nervous system. It stimulates pleasantness receptors and allows the mind to fully relax by releasing anxiety and distracting thoughts.

Steps
Massage

25 mins / 50 mins

* Olive, borage, coconut and sweet almond

BEAUTIFULNESS

Global rejuvenating experience

Pause! Take a moment to pamper yourself, on the inside and out.

In an increasingly fast-paced world, stopping and appreciating the present moment has become essential in regaining balance. Therefore, **AYUNA** • Less is Beauty unites the **WELL · AGING** and **NON-TOXIC** ceremonies to offer an experience capable of silencing the mind and plunging your whole self into a sense of relaxation where the notion of time vanishes.

A protocol from head to toe cultivating the interior as much as the exterior. The result is an overall rejuvenated appearance accompanying a more relaxed mind and body.

Steps
Cleansing - Buff - Exfoliation - Massage - Wrap -
Body Massage

120 mins

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Made in Spain