


HR  
HELENA RUBINSTEIN

POWER BEAUTY  
SINCE 1902



PRODIGY EXTREME  
ULTIMATE REJUVENATION INTERVENTION

 15 MINUTES

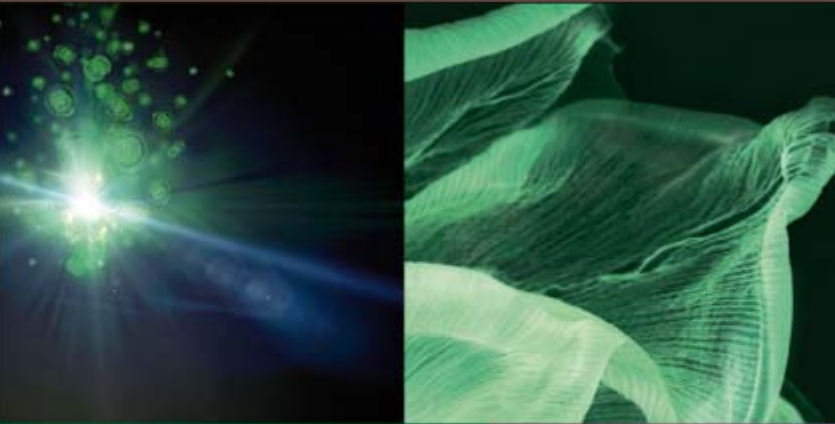
 30 MINUTES



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# BEAUTY INTERVENTION PRODIGY EXTREME



## INSPIRATION

The PRODIGY EXTREME Ultimate Rejuvenation Beauty Intervention works deep down in the skin for the "rebirth" and "reprogramming" of the skin.

The intervention combines encapsulated Bio-sap, a blend of 15 of the most prodigious super-potent active ingredients, with manual techniques to stimulate connective tissues, target cells by ionophoresis and reactivate the epidermis.

Global anti-age action with visible results, efficiently combating the 5 radicalized signs of aging.

## INSTANT VISIBLE RESULTS

Ultimate rejuvenation for mature skin: extreme nutrition, replumped deep wrinkles, reinforced density, resculpted volumes, sumptuous luminosity.



### MAKEUP REMOVAL

1. LIPS



Wet a cotton square with All Mascaras and gently remove the lipstick, holding the corner of the mouth with one finger. Fold the cotton square on the clean side and continue to remove the makeup. Use a new cotton square if necessary.

2. EYES



Wet a cotton square with All Mascaras and, holding the eyelid with the opposite hand, remove the makeup from the inner edge of the outer corner of the eye. Fold the cotton square and gently brush the underside of the eyelashes from root to end.

3. EYES



Turn over the cotton square and repeat on the top side of the eyelashes. Repeat on the other eye and then gently wipe under the eye.

4. FACE

2 x 3 x



Mix the texture of the makeup removal cream to make it more fluid. Face contour sculpting: brush the face with your palms from the chin to the forehead and back down on each side.

5. FACE

2 x 3 x



Invigorating recovery: With hands placed on each side of the neck, stimulate the neck by making circular motions, applying pressure.

6. FACE

2 x 3 x



Proceed in the same way in the jaw and cheek area, moving toward the external contours of the face.



### MAKEUP REMOVAL

7. FACE

2 x 3 x



T Zone: apply pressure with the pads of your fingers, separating the fingers in the center of the eyebrows and stopping at the temples. Next, stimulate the forehead using spiral motions moving from the center toward the temples. Move down on the outside.

8. MOUTH

2 x 3 x



Energize the perimeter of the mouth by making circular smoothing motions up to the joint of the jaw.

9. LOTION

2 x 3 x



Wet 2 cotton squares with the Lotion. Make alternating upward smoothing motions from neck to forehead.

10. LOTION

2 x 3 x



Do this on one side of the face, then the other.

11. DRYING

2 x 3 x



Dry by pressing 2 Kleenex to the skin, folded in 4.

12. END

2 x 3 x



End of makeup removal.

## STEP 1 STIMULATION CONNECTIVE TISSUE

TO BE PERFORMED WITHOUT ANY PRODUCT, ON CLEAN SKIN

### 1. FOREHEAD

2 x 3 x



Place your palms side by side to cover the surface of the forehead, with the thumbs parallel at the center of the nose. Move the forehead, lowering the eyebrows, then sliding your hands upward to lift the eyebrows again.

### 2. CHEEKBONES

2 x 3 x



Take hold of the cheekbones (zygomatic bones) with all of your fingers and move the cheekbones toward the center and then horizontally toward the exterior of the face.

### 3. FACIAL OVAL

2 x 3 x



Place your fingers under the jaw bone, with your fingers supporting the bottom of the jaw. Move the tissues in an upward direction.

### 4. NECK

3 x



On one side of the neck, place one hand horizontal under the joint of the jaw with your thumb flat and the other hand vertically straddling the jaw at the front of the ear.

### 5. NECK

3 x



With your thumb on one side and the pads of your spread fingers on the other, pull the area of the platysma muscles of the neck and the outer edge of the cheeks with contrary vertical smoothing motions.

### 6. FACE

3 x



Place one palm horizontally on the forehead, the other cupped on the facial oval, and simultaneously mobilize the chin and forehead regions in circular motions. Finish by stretching the forehead area upward.



### PRODIGY POWERCELL Youth grafter

1. FACE



Continue to smooth the serum with upward strokes on half of the face. Start with the lower part of the face, spreading the texture from the center to the outer contours. Avoid the eye contour. Move back up to the forehead area.

2. FACE



Turn on the ionophoresis device. Alternate between the device head and smoothing strokes with your fingers, along horizontal and then vertical lines, on the middle part of the face.

3. FACE



Continue along the jaw line up to the cheekbones, twice on each line.

4. FACE & FOREHEAD



Next, alternate between the device and fingers along the vertical lines from the center toward the outer contours in this same area of the face. Then the forehead area.

5. NECK



Finish with the neck.

6. FACE & NECK



Repeat on the other side of the face. Turn the device off and clean the head.





### PRODIGY TISSULAR Global anti-aging repair

1. FACE

2x 3x



Apply the serum to the whole face, avoiding the eye contour. Perform a series of kneading strokes between the pads of your index fingers and thumbs, with your fingers facing each other.

2. FACE

2x 3x



Progress horizontally then vertically, making a grid on the lower area of the face (cheek, facial oval, joint of jaw), then on the upper lines up to the cheekbones and outer contours of the face.

3. NECK

2x 3x



Finish with the neck, placing your hands obliquely to work from behind the sternocleidomastoid muscle to the center of the neck.

4. FACE & NECK

3x



With one hand, make sliding palpations along the horizontal line from the center of the neck and face to the outer contours. Hold the tissue of the outer contour slightly taut with the passive hand.

5. FACE & NECK

3x



Using the pads of your index fingers and middle fingers, walk the fingers in the opposite directions to pull the skin taut. Continue in horizontal lines from the center to the outer contour of the face to the cheekbones. Finish with the neck area.

6. FOREHEAD

3x



Applying pressure with the pads of your thumbs, make a series of contrary glides along horizontal and vertical lines to form a grid on the forehead area.



### PRODIGY EXTREME EYES AND LIPS Ultimate rejuvenating cream

1. EYES

2x 3x



Apply the eye product to the eye area by simultaneous smoothing strokes with your index and middle fingers.

2. EYES

2x 3x



Criss-cross: using the pads of your thumbs, alternate with several horizontal smoothing strokes under the eye from the inner corner to the outer corner.

3. EYES

2x 3x



Alternate vertical smoothing strokes on the crow's feet.

4. EYES

2x 3x



Criss-cross mesh: alternate your thumbs in criss-cross strokes with applied pressure from the upper eyelid to the center of the forehead.

5. EYES

2x 3x



Pressing: Alternate with your thumbs, index fingers and middle fingers under the eye (with the pads of your thumbs).

6. EYES

2x 3x



Retrace the length of the crow's feet with your index and middle fingers.





### PRODIGY EXTREME EYES & LIPS

1. LIPS

3 x



Dab Prodigy Extreme Eyes & Lips onto the pads of your thumbs. Applying pressure, alternate smoothing strokes with your thumbs, holding the corners of the lips in place.

2. LIPS

3 x



With one thumb, smooth the line of the upper lip.

3. LIPS

3 x



Then with the other thumb, smooth the line of the lower lip.

4. LIPS

3 x



Replumping technique: Using the edge of the pads of your thumb and index finger, make pinches from one corner of the mouth to the other, perpendicular to the lip.

5. LIPS

3 x



Hold the corners of the lips in place with the fingers of the passive hand. Stimulate the upper lip.

6. LIPS

3 x



Stimulate the lower lip.



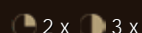
### PRODIGY EXTREME Ultimate rejuvenating cream

1. FACE



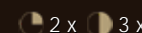
Place a coin-sized amount of cream into your palms and spread over the face.

2. FACE



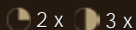
Large wraps: using your palms, make simultaneous upward smoothing movements from the outer contours to the temples.

3. FACE



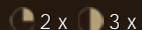
Smooth the cheekbones with the length of your fingers, returning your palms to the temples.

4. FACE



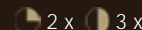
Smooth the cheeks with your fingers, returning your palms to the temples. Move back downward with smoothing strokes on both sides of the neck.

5. FACE



Central resculpting: Slide with the length of your index fingers on both sides of the chin then move upward to the inner corner of the eyes and place your the palms on the temples.

6. FACE



Cross and uncross your fingers to smooth the forehead. Smooth upward toward the temples and gradually leave the face.





### PRODIGY EXTREME Ultimate rejuvenating cream

7. FACE

3 x



External resculpting: Cover the face, with your fingers in the center of the face, below the lower jaw and your thumbs on the forehead.

2. FACE

3 x



Move your fingers back up along the facial oval, lifting the contours.

3. FACE

3 x



Move upward to the temples to join your thumbs.

4. FACE

3 x



For the final time around, cross your fingers on the frontal bone.

5. FACE

3 x



Move downward along the outer contours to the chin with your fingers.

6. FACE

3 x



Finish with opening and smoothing movements on the décolleté.





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# COMPLEMENTARY PRODUCTS PRODIGY EXTREME

HR GLOBAL REJUVENATING ROUTINE: for long-lasting, deep-down youthful results

HR MUST HAVE



PRODIGY TISSULAR  
GLOBAL ANTI-AGEING REPAIR



PRODIGY EXTREME ULTIMATE  
REJUVENATING CREAM



PRODIGY EXTREME EYES & LIPS  
ULTIMATE REJUVENATING CREAM



PRODIGY POWERCELL YOUTH  
GRAFTER

HR BEAUTY SECRETS: for an instant rejuvenating effect



PRODIGY POWERCELL  
FOUNDATION



PRODIGY LIQUID LIGHT  
EYE OPENER

