



# wellness Index

**JOSEPH ANTHONY**  
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# products for the *body*

## *notes*

### psoriasis/eczema/

#### skin inflammations, irritations

am pm

- |  |                          |                          |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Seaweed Spa Bath      | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Marine Oil Body Glow  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Skin Repair Body Mist | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Hydrating Body Silk   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Sensitive Serum       | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Activator             | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Digestive Enzyme      | <input type="checkbox"/> | <input type="checkbox"/> |

#### cellulite

am pm

- |   |                          |                          |
|---|--------------------------|--------------------------|
| <input type="checkbox"/> Algae Loofah Bar       | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Slimming Gel           | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Digestive Enzyme       | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Metabolean             | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Stimulating Soak       | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Skin Repair Body Mist  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Energizing Massage Oil | <input type="checkbox"/> | <input type="checkbox"/> |

### dry/dehydrated skin

am pm

- |  |                          |                          |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Algae Loofah Bar      | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Hydrating Body Wash   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Hydrating Body Buffer | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Hydrating Body Silk   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Seaweed Bath Crystals | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Marine Oil Body Glow  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Skin Repair Body Mist | <input type="checkbox"/> | <input type="checkbox"/> |

### skin lacking tone/ uneven tone

am pm

- |   |                          |                          |
|---|--------------------------|--------------------------|
| <input type="checkbox"/> Energizing Massage Oil | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Algae Loofah Bar       | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Marine Oil Body Glow   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Skin Repair Body Mist  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Firming Body Therapy   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Stimulating Soak       | <input type="checkbox"/> | <input type="checkbox"/> |

### stress reduction

am pm

- |  |                          |                          |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Anti-Stress Massage Oil | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Stress Relief Sea Bath  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Skin Repair Body Mist   | <input type="checkbox"/> | <input type="checkbox"/> |

### hormonal

am pm

- |  |                          |                          |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Firming Body Therapy  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Stimulating Soak      | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Skin Repair Body Mist | <input type="checkbox"/> | <input type="checkbox"/> |

### swollen feet/tired legs

am pm

- |  |                          |                          |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Muscular Ease Massage Oil | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Stimulating Soak          | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Anti-Fluid Gel            | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Skin Repair Body Mist     | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Firming Body Therapy      | <input type="checkbox"/> | <input type="checkbox"/> |

### dry/parched hands/nails

am pm

- |   |                          |                          |
|---|--------------------------|--------------------------|
| <input type="checkbox"/> Anti-Fungal Sérum    | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Hydrating Body Silk  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Firming Body Therapy | <input type="checkbox"/> | <input type="checkbox"/> |

### sports injuries/carpal tunnel muscle soreness/tightness

am pm

- |  |                          |                          |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Muscular Ease Massage Oil | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Anti-Fluid Gel            | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Skin Repair Body Mist     | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Stress Relief Sea Bath    | <input type="checkbox"/> | <input type="checkbox"/> |

### back acne

am pm

- |   |                          |                          |
|---|--------------------------|--------------------------|
| <input type="checkbox"/> Digestive Enzyme         | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Algae Deep Pore Cleanser | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Blemish Serum            | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Activator                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Anti-Acne Mask           | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Seaweed Spa Bath         | <input type="checkbox"/> | <input type="checkbox"/> |

### abdominal bloating/ fluid retention/pms

am pm

- |   |                          |                          |
|---|--------------------------|--------------------------|
| <input type="checkbox"/> Digestive Enzyme       | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Yeast Solution         | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Anti-Fluid Gel         | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Stress Relief Sea Bath | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Skin Repair Body Mist  | <input type="checkbox"/> | <input type="checkbox"/> |

### sun exposure

am pm

- |   |                          |                          |
|---|--------------------------|--------------------------|
| <input type="checkbox"/> SunCures Body SPF 30 | <input type="checkbox"/> | <input type="checkbox"/> |
|---|--------------------------|--------------------------|



# treatments for the *body*

## detoxifying

- Terra Sigillata Therapy
- Alpine Herbal Steam
- Moor Mud Float
- Alpine Hay Float
- Detoxifying Seaweed Body Wrap
- Thermal Fat Burner
- Sea Soak
- Mineral Earth and Sea Experience
- Austrian Bathing Experience

## fluid retention/pms

- Thermal Fat Burner
- Detoxifying Seaweed Body Wrap
- Pantai Herbal Energy
- Stress Relieving Back Treatment
- Sea Soak
- Mineral Earth and Sea Experience
- Aromatherapy Massage

## swollen legs and feet

- Tired Foot and Leg Treatment
- Exotic Foot Treatment
- Spa Pedicure
- Moor Mud Float

## muscle soreness/tightness/ injury

- Stress Relieving Back Treatment
- Chromotherapy Tub Suite
- Lotus Massage
- Moor Mud Float
- All Massage Modalities
- Exotic Hand Ritual with Manicure
- Exotic Foot Ritual with Pedicure

## skin lacking tone

- Remineralizing Seaweed Body Wrap
- Thermal Fat Burner

## uneven skin tone

- Thalassa Vita Manicure
- Organic Brown Sugar Scrub
- Warm Oil and Salt Scrub
- Spa Pedicure
- Rosemary and Spearmint Scrub
- Bali Paradise
- Pantai Luar Treatment
- Fruit of the Vine Soft Pack
- Terra Sigillata
- Sunless Tanning Treatment

## dry/dehydrated skin

- Bali Paradise
- Buttercreme Melt Float
- Primrose Floral Float
- Remineralizing Seaweed Body Wrap
- Pantai Luar Treatment
- Spa Manicure
- Spa Pedicure
- Exotic Hand Ritual with Manicure
- Exotic Foot Ritual with Pedicure
- Brown Sugar Scrub
- Rosemary and Spearmint Scrub

## energy balancing

- Stress Relieving Back Treatment
- Lotus Massage
- Tired Leg and Foot Treatment
- Pantai Herbal Energy
- Brine Light Therapy

## stress reduction

- Pantai Herbal Energy
- Chromotherapy Tub Suite
- Brine Light Inhalation
- Stress Relieving Back Treatment
- Pantai Luar Treatment
- All Massage Modalities
- Alpine Herbal Steam Therapy

## *notes*



## cellulite

- Cellulite Compression Wrap
- Thermal Fat Burner
- Detoxifying Seaweed Body Wrap
- Sea Soak

## back acne

- Stress Relieving Back Treatment
- Acne Back Treatment

## relaxing wellness therapies

- Brine Light Therapy
- Alpine Herbal Steam Therapy
- Chromotherapy Tub
- Welcoming Ceremony (complimentary)
- Rasul

products for the

*face*

*notes*

**oily/blemished/  
congested skin**

am pm

- Foaming Cleansing Gel
- Algae Deep Pore Cleanser
- Sea Mist Toner
- Blemish Sérum
- Activator
- Anti-Acne Mask
- Pore Balancing Moisturizer
- Digestive Enzyme

**mature/anti-aging/  
deep lines/expression lines**

am pm

- Gentle Cleansing Milk
- Line Refine Serum
- Activator
- Cerum Vitamin C Therapy
- Skin Regeneration Treatment
- Nourishing Mask
- Age Defyer Eye
- Age Defyer Daily Moisturizer

**acne skin**

am pm

- Foaming Cleansing Gel
- Algae Deep Pore Cleanser
- Sea Mist Toner
- Blemish Sérum
- Activator
- Cérum Vitamin C Therapy
- Anti-Acne Mask
- Anti-Acne Moisturizer
- Digestive Enzyme

**environmentally/  
sun damaged**

am pm

- Gentle Cleansing Milk
- Redefining Serum
- Activator
- Cérum Vitamin C Therapy
- Skin Regeneration Treatment
- Age Defyer Daily Moisturizer
- Nourishing Mask
- Age Defyer Eye
- Nutrient Rich Moisturizer
- Suncures Face SPF 20

**sensitive/rosacea**

am pm

- Gentle Cleansing Milk
- Sensitive Sérum
- Activator
- Soothing Mask
- Protective Day Crème
- Restorative Night Crème

**dull complexion**

am pm

- Algae Deep Pore Cleanser
- Cérum Vitamin C Therapy
- Age Defyer Eye
- Firming Sea Mask

**sinus/allergy**

am pm

- Eye Make-Up Remover
- Algae Deep Pore Cleanser
- Activator
- Anti-Acne Mask
- Revital Eyes
- Digestive Enzyme

**dry skin**

am pm

- Gentle Cleansing Milk
- Sea Mist Toner
- Dry Skin Sérum
- Activator
- Skin Regeneration Treatment
- Nourishing Mask
- Protective Day Crème
- Restorative Night Crème

**first signs of aging**

am pm

- Gentle Cleansing Milk
- Firming Serum
- Activator
- Revital Eyes
- Wrinkle Preventor Creme

**sun exposure**

am pm

- Suncures Face SPF 20

**hyper-pigmentation/  
uneven skin tone/  
acne-scarring**

am pm

- Foaming Cleansing Milk
- Algae Deep Pore Cleanser
- Cerum Vitamin C Therapy
- Redefining Serum
- Activator
- Age Defyer Eye



treatments for the

# face

notes

## normal skin types

- Joseph Anthony Signature Facial
- Pantai Herbal Visage Face and Neck Treatment
- Microdermabrasion

## acne skin types

- Oily Acne Facial
- Dry Acne Facial

## teen breakouts

- Joseph Anthony Signature Facial

## skin brightening

- Thalassa Vita Facial
- Pantai Herbal Visage Face and Neck Treatment

## dry/dehydrated skin

- Dehydrated Facial
- Pantai Herbal Visage Face and Neck Treatment
- Firming Facial
- Anti-aging Vitamin C Facial
- Joseph Anthony Signature Facial

## signs of aging

- Thalassa Vita Facial
- Anti-aging Vitamin C Facial
- Pantai Herbal Visage Face and Neck Treatment
- Firming Facial
- Lift Me Up Eye Treatment
- Microdermabrasion

## sinus/headache conditions

- Sinus Relief Facial
- Alpine Hay Therapy
- Brine Light Therapy

## oily skin types

- Oily Skin Facial

## sensitive skin/rosacea/post-paramedical

- Sensitive Skin Facial



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