

ARNAUD  
Paris

Home  
Beauty at home

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## Create your beauty

Skincare creator since 1950, Arnaud Paris strives to share its expertise in skincare application with women. Its exclusive, expert, sensory Beauty At Home method features professional programs that offer salon-quality results at home. Designed to the highest standards, the beauty-boosting method teaches you the right techniques and increases the effectiveness of your skincare regimen, for faster, deeper, more visible results. Through fun, simple, personalized coaching,

Arnaud Paris  
empowers women  
to create their beauty.

Michel Limongi is a Parisian beauty architect and designer with years of experience and an international expertise. He was the partner of choice for Arnaud Paris to develop its Eye Rejuvenation Method. He created an exclusive, innovative, comprehensive self-massage method that helps rejuvenate the look and facial expression.

## The BENEFITS of MASSAGE

Both meticulous beauty regimen and the right skincare are essential for firm, smooth, beautiful skin. But for deeper and even more visible results, skin must be stimulated. Facial massages engage all muscles and the skin support system.

### How does it work?

#### On the surface

Light massages, smoothing motions, and light tapping help :

- Maintain the right hydration level.
- Plump skin and smooth fine lines.
- Relieve tension in the face and encourage relaxation.

## The BENEFITS of MASSAGE

#### On a deeper level

Firmer massages, kneading, squeezing, pinching, and rolling help :

- Improve microcirculation, for a brighter, fresher-looking skin.
- Help cellular renewal to reactivate the natural production of collagen and elastin.
- Rebalance skin structure, to restore smoother, softer and fresher-looking skin.
- Maintain right hydration levels deep down, in the dermis.

MASSAGE TECHNIQUES  
HELP RESTORE TONE AND SUPPLENESS  
TO THE SKIN AND ADD RADIANCE.  
THEY ARE ALSO INDISPENSABLE FOR  
BOOSTING THE EFFECTIVENESS OF SKINCARE  
AND OPTIMIZING THEIR RESULTS.

## Self Massage WITH PEARLISSAGE®

It can be difficult to find time to book a spa facial treatment. Self-massage is the perfect option for a simple at-home skincare routine. If performed correctly, it is as effective as a professional session, and it helps preserve the skin's functions.

### Self-massage helps keep skin beautiful and younger-looking longer.

But before you try it at home, it is important to understand the technique. That is why we developed PEARLISSAGE®, the Eye Rejuvenation Method. The method features helpful self-massage techniques created by beauty specialists and comes with a special, unique tool : the PEARLISSAGE®.



PEARLISSAGE®

## The PEARLISSAGE®



Developed for self-massage,  
PEARLISSAGE® tool  
makes it easy for you to repeat  
professional methods,  
with precision, in the comfort of your own home.

The Pearlisseur® is as **salon-quality skincare**, thanks to the **5 specialized programs**, which target **eye contour aging**.

Its ergonomic design features a cluster of beads that slide onto the fingers for easy handling. Used to massage the skin with circular motions, it soothes, comforts, and relaxes the skin and eases tension around the eyes. The tool is made with a soft, flexible, innovative material that is adapted to the delicate, sensitive skin around the eye and hugs the curves of the face perfectly.

## Beauty Coaching 100% ONLINE

The Eye Rejuvenation Program is guided by a 100% online beauty coach offering expert, easy-to-follow tips and tricks. Think of it as a digital mirror, and simply follow along with the programs on screen.



- NOTHING TO READ -
- NOTHING TO MEMORIZE -
- NO REPETITIONS TO COUNT -
- NO STOPWATCH TO CHECK -

### Where can you find your beauty coach ?

- Log on on [www.arnaud-paris.com/beautyathome](http://www.arnaud-paris.com/beautyathome)
- Select your program and level of intensity
- Follow along with the beauty coach

## Eye contour : A DELICATE AREA

The thin, delicate eye contour area works hard, causing it to show earlier signs of aging.

30 000  
EYE BLINK PER DAY

to moisten the eye, relieve fatigue and anxiety, and even help you concentrate. All the more reason to pamper your eye contour area. It works hard, leading to earlier signs of aging.

More than 10  
MUSCLES

to move your eyes: around the eyes, the forehead, the eyebrows, and the cheeks. Beauty involves the tissue not only around the eye, but also in the forehead and cheeks to help you lift the eyes.

### LAYERS IN THE SKIN

The layers of the skin around the eye (hypodermis, dermis, and epidermis) are especially thin and therefore require specific, targeted care.

### 3 SYSTEMS TO STIMULATE

To energize the eye contour area and preserve its suppleness and tone.

## Method PEARLISSAGE® 5 programs

The specialized, comprehensive Pearlissage® method offers 5 different programs to target eye contour area concerns.

### 1 FINE LINES

**Corrects :** Many fine wrinkles and fine lines (crow's feet and smile lines), as well as dryness under the eye.

**Results :** Helps ease tension in the face and relax the eyes. After two months, 85%\* of volunteers find that their skin is smoother and re-plumped. The clinical measurement shows a 33%\*\* decrease in superficial lines.

**Complementary skincare :** PEARL & CAVIAR Eye Contour Elixir  
\*Self-evaluation test on 12 women, consisting of 4 massages/week for 8 weeks.  
\*\*Clinical scoring conducted on 12 women, consisting of 4 massages (3 steps each)/week for 8 weeks.

### 2 DEEP WRINKLES

**Corrects :** Deep wrinkles, expression lines, crow's feet, smile lines, loss of tone, sagging eyelids, and tense eyes.

**Results :** This technique is designed to reposition facial features. After two months, 85%\* of volunteers report finer lines and firmer skin. The eyebrow line is lifted. The clinical measurement finds a 12%\*\* decrease in deep wrinkles.

**Complementary skincare :** NUTRI REGENERATING Eye Contour Care  
\*Self-evaluation: 12 women ages 40 to 70 with all skin types and established facial wrinkles. 4 massages/week for 8 weeks.  
\*\*Clinical scoring on 12 women ages 40 to 70 with all skin types and established facial wrinkles. 4 massages/week for 8 weeks, using 3 techniques.

### 3 LEVELS OF INTENSITY

Each program is available in three levels of intensity, customized to meet your needs and the amount of time you have to spend :  
Express level : 3 steps  
Intermediate level : 4 steps  
Complete level : 5 steps

## 3 DARK CIRCLES 5 programs

**Corrects :** Dark, visible dark circles.

**Results :** Reduces the darkness of undereye circles, leaving eyes brighter and rested. After two months, 92%\* of volunteers reported fresher-looking eyes and a younger appearance. \* The clinical measurement shows a 21%\*\* reduction in the surface of the circles and a 22%\*\* reduction in pigmentation.

**Complementary skincare :** YOUTHFUL RADIANCE Eye Contour Care  
\*Self-evaluation: 12 women ages 30 to 70 with all skin types and undereye circles. 4 massages/week for 8 weeks.  
\*\*Clinical scoring on 12 women ages 30 to 70 with all skin types and undereye circles. 4 massages/week for 8 weeks, using 3 techniques.

### 4 DECONGESTING PUFFINESS

**Corrects :** Puffy eyes and eyelids as well as bags under the eyes.

**Results :** Helps decongest the undereye area. The face appears smoother, and undereye bags are reduced. After two months, 85%\* of volunteers reported rested eyes and firmer eye contour. \* The clinical measurement shows a 12%\*\* reduction in undereye bags.

**Complementary skincare :** YOUTHFUL RADIANCE Eye Contour Care  
\*Self-evaluation: 12 women ages 30 to 70 with all skin types and undereye bags. 4 massages/week for 8 weeks.  
\*\*Clinical scoring on 12 women ages 30 to 70 with all skin types and undereye bags. 4 massages/week for 8 weeks, using 3 techniques.

### 5 TOTAL RELAXATION

Designed to help you take time for yourself, eliminate fatigue, and ease tension in the face. Smooths the face and prevents the appearance of skin aging.

**Results :** 83%\* of volunteers noticed a relaxing effect and a feeling of wellbeing. 92%\* reported a relaxed, rested face and observed a reduction in undereye bags and circles. 83%\* found their skin smoother and more toned.

**Complementary skincare :** YOUTHFUL RADIANCE Eye Contour Care, NUTRI REGENERATION Eye Contour Care, and PEARL & CAVIAR Eye Contour Elixir  
\*Self-evaluation: 12 women ages 30 to 70 with all skin types. 4 massages/week for 8 weeks.

## NOURISHING SUPPLEMENT with pearl and caviar extracts

Arnaud Paris chose the Nourishing supplement to round out its method for rejuvenating the eye area. It is enriched with both mother-of-pearl, which has powerful anti-aging and moisturizing properties, and caviar, which is highly concentrated in revitalizing elements which boost cellular mechanisms. With its exceptionally silky texture, it facilitates the motion of the PEARLISSAGE® and is easily absorbed by the skin.



## Tips

### Frequency

For best results, perform your chosen PEARLISSAGE® program 4 times a week. Results described in this booklet are based on this frequency.

### Instructions

#### BEFORE

- Tie back your hair and wash your hands.
- Remove all makeup and dry the skin.
- Prepare the Pearlisseur: It should be clean and dry.
- You will need the Nourishing Complement, a tissue, and the appropriate complementary eye contour care.

#### DURING

- Slide the PEARLISSAGE® over 2 or 3 fingers, whichever is easier for you.
- Follow along the online Beauty Coach.

#### AFTER

- Rinse and dry the PEARLISSAGE® thoroughly. It can be placed onto the cap of the Nourishing Complement for easy storage.
- Massage the Nourishing Complement into the skin until completely absorbed. Remove any excess by blotting with a tissue, especially along the lashline.

### WARNING

The PEARLISSAGE® tool must be replaced every 2 months for optimum elasticity and hygiene.