

1 Očištění pleti za použití CARL'S THERMAE Gentle Cleansing
Foam a toniku CARL'S THERMAE Clarifying Tonic.
Skin cleansing using CARL'S THERMAE Gentle Cleansing
Foam and CARL'S THERMAE Clarifying Tonic.

3 Následně použít krém CARL'S THERMAE Vital 72 Day Cream
(možno nahradit CARL'S THERMAE Light Cream)
a CARL'S THERMAE Vital 72 Eye Cream.
Then use CARL'S THERMAE Vital 72 Day Cream
(can be replaced CARL'S THERMAE Light Cream)
and CARL'S THERMAE Vital 72 Eye Cream.

2 Zvlhčení pleti CARL'S THERMAE Facial Spray a následná aplikace malého množství CARL'S THERMAE Vital^{XP} Intense Anti-Wrinkle Serum na obličej, krk a dekolte.
Moisturize the skin with CARL'S THERMAE Facial Spray and then apply a small amount of CARL'S THERMAE Vital^{XP} Intense Anti-Wrinkle Serum to the face, neck and décolleté.

4 Na závěr CARL'S THERMAE Vital 72 Eye Cream a CARL'S THERMAE Vital 72 Night Cream - u suché zralé pleti možno přidat kapku CARL'S PEAT Care Premium Bio-Regenerate Dry Oil.
At the end of CARL'S THERMAE Vital 72 Eye Cream and CARL'S THERMAE Vital 72 Night Cream - for dry mature skin, you can add a drop of CARL'S PEAT Care Premium Bio-Regenerate Dry Oil.

10 TÝDNŮ
WEEKS

Intenzivní kúru Miracle Week je vhodné doplnit následnou domácí péčí, která prodlouží omlazující účinek ošetření a příznivě působí na zdraví pleti.
It is advisable to supplement the intensive Miracle week therapy with subsequent home care, which will prolong the rejuvenating effect of the treatment and have a beneficial effect on skin health.

PRVNÍCH 5 TÝDŇŮ
FIRST 5 WEEKS

2 Zvlhčení pleti CARL'S THERMAE Facial Spray.
Moisturizing the skin CARL'S THERMAE Facial Spray.

3 Aplikovat 4 pumpičky CARL'S THERMAE Hydrating Essence na obličej, krk a dekolt, následně použít krém CARL'S THERMAE Vital 72 Day Cream a CARL'S THERMAE Vital 72 Eye Cream.
Apply 4 pumps of CARL'S THERMAE Hydrating Essence to the face, neck and décolleté, then use CARL'S THERMAE Vital 72 Day Cream and CARL'S THERMAE Vital 72 Eye Cream.

4 2x týdně místo CARL'S THERMAE Hydrating Essence použít masku RENEWED BEAUTY.
Use the RENEWED BEAUTY mask twice a week instead of CARL'S THERMAE Hydrating Essence.



CARL'S THERMAE
Gentle Cleansing
Foam



CARL'S THERMAE
Facial Spray



CARL'S THERMAE
Clarifying Tonic



CARL'S PEAT CARE
Premium Bio-
Regenerate
Dry Oil



CARL'S THERMAE
Gentle Cleansing
Foam



CARL'S THERMAE
Light Cream



CARL'S THERMAE
Day Cream



CARL'S THERMAE
Night Cream



CARL'S THERMAE
Eye Cream



CARL'S THERMAE
Vital^{XP} Intense
Anti-Wrinkle Serum



CARL'S PURE KAOLIN
Cleaning & Revitalising
Mask



CARL'S
Natural Crystal Rose
Mask

VEČER / EVENING

- 1 Odličení pleti za použití CARL'S THERMAE Gentle Cleansing Foam a toniku CARL'S THERMAE Clarifying Tonic.
Make-up removal using CARL'S THERMAE Gentle Cleansing Foam and CARL'S THERMAE Clarifying Tonic.
- 2 Zvlhčení pleti CARL'S THERMAE Facial Spray a následná aplikace máloho množství CARL'S THERMAE Vital^{XP} Intense Anti-Wrinkle Serum na obličej, krk a dekolté.
Moisturize the skin with CARL'S THERMAE Facial Spray and then apply a small amount of CARL'S THERMAE Vital^{XP} Intense Anti-Wrinkle Serum to the face, neck and décolleté.
- 3 Na závěr CARL'S THERMAE Vital 72 Eye Cream a CARL'S THERMAE Vital 72 Night Cream.
Finally CARL'S THERMAE Vital 72 Eye Cream and CARL'S THERMAE Vital 72 Night Cream.

DALŠÍCH 5 TÝDNŮ
NEXT 5 WEEKS

RÁNO / MORNING

- 1 Očištění pleti za použití CARL'S THERMAE Gentle Cleansing Foam a toniku CARL'S THERMAE Clarifying Tonic.
Skin cleansing using CARL'S THERMAE Gentle Cleansing Foam and CARL'S THERMAE Clarifying Tonic.
- 2 Zvlhčení pleti CARL'S THERMAE Facial Spray.
Moisturize the skin with CARL'S THERMAE Facial Spray.
- 3 Aplikovat 4 pumpičky CARL'S THERMAE Hydrating Essence na obličej, krk a dekolt, následně použít krém CARL'S THERMAE Vital 72 Day Cream a CARL'S THERMAE Vital 72 Eye Cream.
Apply 4 pumps of CARL'S THERMAE Hydrating Essence to the face, neck and décolleté, then use CARL'S THERMAE Vital 72 Day Cream and CARL'S THERMAE Vital 72 Eye Cream.

VEČER / EVENING

- 1 Odličení pleti za použití CARL'S THERMAE Gentle Cleansing Foam and CARL'S THERMAE Clarifying Tonic.
Make-up removal using CARL'S THERMAE Gentle Cleansing Foam a toniku CARL'S THERMAE Clarifying Tonic.
- 2 Zvlhčení pleti CARL'S THERMAE Facial Spray a následná aplikace malého množství CARL'S THERMAE Vital^{XP} Intense Anti-Wrinkle Serum na obličej, krk a dekolte.
Moisturize the skin with CARL'S THERMAE Facial Spray and then apply a small amount of CARL'S THERMAE Vital^{XP} Intense Anti-Wrinkle Serum to the face, neck and décolleté.
- 3 2x týdně místo séra aplikovat masku CARL'S Crystal Rose, následně 2x týdně CARL'S PURE KAOLIN Cleaning & Revitalising Mask. Po maskách použít CARL'S THERMAE Clarifying Tonic.
Apply the CARL'S Crystal Rose mask twice a week instead of the serum, followed by the CARL'S PURE KAOLIN Cleaning & Revitalising Mask twice a week. Use CARL'S THERMAE Clarifying Tonic after the masks.
- 4 Na závěr zvlhčení pleti CARL'S THERMAE Facial Spray a ihned poté aplikovat CARL'S PEAT CARE Premium Bio-Regenerate Dry Oil.
Finally, moisturize the skin with CARL'S THERMAE Facial Spray and apply CARL'S PEAT CARE Premium Bio-Regenerate Dry Oil immediately afterwards.



BEAUTY
RITUALS
For home