

Seasonal Skincare Menu

Spring 2013

Spring treatments provide deep purification and extra nutrition and vitamin boost for skin after cold winter months, lack of sun and winter toxin's buildup. To counteract such common cold weather problems as dry, dull skin, lack of energy and tone, clogged pores and skin roughness we have selected some high performance super foods for the skin that give much needed minerals, amino-acids, vitamins and essential fatty acids, to "awaken" and help your skin transition into spring!

The three seasonal skin nutrition lines focus are Detoxing & Purifying, Anti-Aging and Nourishing, Nourishment and Anti-Aging, Brightening & Toning. Each seasonal line includes three treatments: the first of which is based around fruit, berry or vegetable extracts; the second of which focuses on herbs, flowers and botanicals; while the third makes generous use of herbal ingredients from the ancient Chinese pharmacopeia as well as others from around the world.

Some of the amazing fruits, oils and herbs introduced this spring are: Mangosteen for skin detox, anti-aging Tamanu oil, toning Elderberry oil, tonic Ashwagandha herb, antioxidant Cranberry and more!

All Spring sessions feature an anti-aging face massage with cool and soothing turquoise applied with a hedonistic blend of cardamom, vanilla and cinnamon infused pine nut oil.

**Delicious! Skin
Nutrition Sessions**
*A fresh natural
experience like no
other!*



Delicious!

Fresh Gourmet Skin Nutrition

Signature Experiences

All our skin nutrition sessions are fresh, healthy, luxurious and a bit decadent - but our **Signature Experiences** take the meaning of fresh gourmet skincare to a completely new level.

These **super premium sessions** bring you the most exotic ingredients and techniques we have found.

You owe it to yourself to try - at least once!

Golden Pearls of Youth

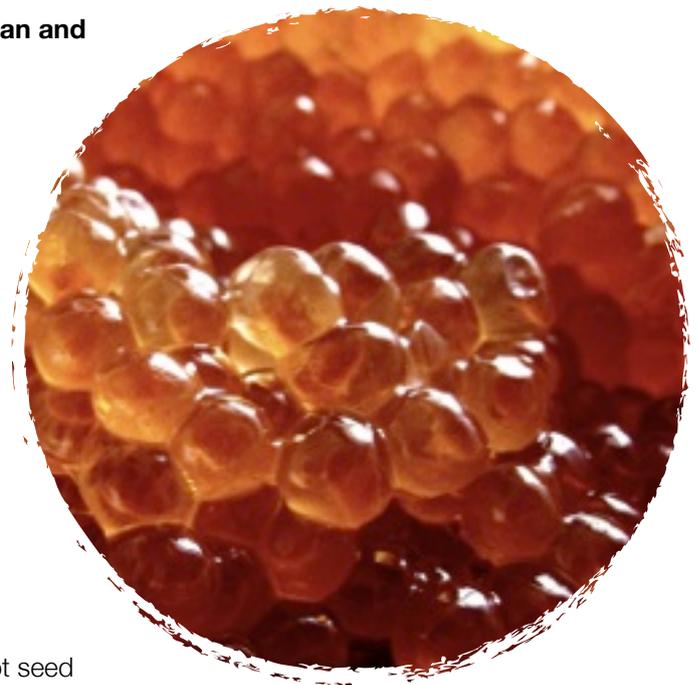
Golden Pearls of Youth - Rejuvenating, Anti-Aging, Smoothing

Fresh Caviar with Silk and Soy Peptides, Pure Argan and Schisandra Oils

Each tiny granule of caviar is an anti-aging protein cocktail for skin, activating production of youth-enhancing collagen. Your skin will be smooth, firm and toned after this nourishing treatment with caviar and double dose of peptides – both silk and soy. Light and full of amino acids, peptides quickly penetrate skin, stimulate cellular recovery and moisture retention in the epidermis. The result: your skin is smoothed, stimulated and deeply hydrated. Meanwhile precious Argan oil feeds your skin with anti-aging beta-carotene, so essential for youthful skin, and precious oil of schisandra seeds detoxes, tones and protects your skin from harmful influences of the environment.

The treatment is followed by a soothing face massage with Blue Turquoise Crystal and an anti-aging blend of jojoba, seabuckthorn, frankincense, cananga and carrot seed essential oils, that regenerate and further smoothen your skin. Age-defying luxury!

(fresh Pacific caviar, peptides of soy and silk, argan oil, schisandra seed oil, rose oil, rose herbal infusion, scrub with crushed poppy seeds & hazelnut oil, herbal cider toner, massage oil with jojoba, seabuckthorn, frankincense, cananga and carrot seed essential oils, anti-aging ginseng serum, anti-oxidant multi-berry balm)



100 min | RMB 2880

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Whispers of the Mountains

Whispers of the Mountains - *Vitality & Oxygen Boost, Anti-Aging*

Red Ginseng, Red Rice Extract with Himalayan Orchid and Siberian Pine Nut Oil

An antioxidant and tonic, red ginseng stimulates cellular renewal, strengthens your skin's immunity to harmful influencers in the environment, boosts blood circulation and brings oxygen to skin. Ginseng tones and energizes your skin, enhancing its firmness and elasticity. Red rice extract is full of antioxidant vitamin E, enhancing your skin's production of collagen and elasticity, while Himalayan orchid retains the moisture level and suppleness of your skin. Fragrant Siberian pine nut oil is a secret Russian elixir of youth - nourishing skin with vitamins, minerals and numerous amino acids.

Follow your facial with a rejuvenating face massage with Jade Crystal and an aphrodisiac blend of jojoba, lavender, patchouli, nutmeg, rose geranium oils and pine essential oils that will energize your skin and stimulate blood circulation. A natural energy boost!

(red ginseng, red rice extract, Himalayan orchid extract, pure Siberian pine nut oil, pink mineral clay, neroli oil, hibiscus herbal infusion, scrub with crushed poppy seeds & hazelnut oil, herbal cider toner, massage with jojoba, lavender, patchouli, nutmeg and rose geranium essential oils, anti-aging ginseng serum, smoothing herbal balm)



100 min | RMB 2380

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Baltic Treasures

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Energizing, Anti-Aging, Protecting

Amber Powder with White Lilies, Rose Oil and a Hot Buckwheat Compress

Precious resin Amber has a rejuvenating and anti-aging effect on skin, smoothing its surface while white lilies extract evens skin tone and organic honey with pure rose oil softens and moisturize it.

An old Russian remedy of hot buckwheat compress massage is truly therapeutic and healing for tired, dull skin. A unique and healing combination.

(pure Baltic amber powder, organic honey, white lily extract, rose essential oil, jojoba oil, crushed buckwheat, massage with smoothing blend of wheatgerm oil with rose, lavender, bergamot and marjoram essential oils)

100 min | RMB 1780



Delicious!

Fresh Gourmet Skin Nutrition

Spring 2013 Selection

Our **seasonal skin nutrition sessions** are luxurious **18 step beauty rituals** each using more than 20 natural ingredients and include an aromatherapy steam towel, freshly made natural exfoliation scrub, herbal infusion wash, plant oil and fruit essence facial massage, precious crystal massage, toning herbal eye compress, and are topped off with a freshly made luxurious mask and application of a nourishing balm. **An experience like no other!**

Detoxing & Purifying

Sea Breeze

Mangosteen & Hawthorn with Seabuckthorn Seed Oil

Natural tonic hawthorn normalizes blood circulation, powerful antioxidant mangosteen clears harmful build up of toxins in skin with help of energizing extracts of cinnamon & nutmeg. Seabuckthorn oil feeds skin with high concentration of carotene and vitamin C.

(hawthorn, mangosteen extract, seabuckthorn oil, cinnamon & nutmeg oils, kaolin clay, massage with detoxing blend of pomegranate seed oil, rosemary, chamomile and geranium essential oils)

80 min / RMB 750

Spring Meadows

Red Clover, Chamomile & Fennel with Tamanu Oil

Red clover and fennel cleanse and purify skin, while soothing chamomile softens and heals. Healing Tamanu Oil prevents blemishes, regenerates skin tissue and infuse skin with antioxidants.

(crushed red clover flowers, chamomile flowers, fresh orange zest, fennel and chamomile herbs, yellow mineral clay, tamanu oil, massage with blend of sweet almond oil, jojoba oil and patchouli essential oils)

80 min / RMB 650

Roots and Berries

Kuzu Root & Tremella Mushroom with Elderberry Seed Oil

Healing Kuzu Root clears epidermis of harmful free radicals, while Vitamin D-rich tonic tremella helps skin to retain moisture and hydration. Antioxidant Elderberry seed oil firms and enhances elasticity of skin.

(crushed kuzu root, tremella mushroom extract, organic elderberry oil, sandalwood powder, yellow clay, massage with clearing mix of camellia seed oil with sweet fennel, lemon, lavender essential oil)

80 min / RMB 550

*All Spring sessions feature an anti-aging face massage with cool and soothing turquoise applied with a **hedonistic blend of cardamom, vanilla and cinnamon** infused pine nut oil.*

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Nourishing & Anti-Aging

Bees know Best

Organic Oats & Blueberries with Virgin Coconut Oil & Bee Propolis

Oats calm and smooth skin, antioxidant blueberries nourish with Vitamin C, combination of virgin coconut oil and anti-bacterial bee propolis promote skin rejuvenation and suppleness. Elixir of essential oils contributes to a sense of well-being and total relaxation.

(organic oats, fresh blueberries, organic coconut oil, bee propolis white mineral clay, nourishing elixir of avocado oil, with ylang-ylang, rosemary, lavender, geranium and chamomile essential oils)

80 min / RMB 750

Indian Ripples

Ashwagandha Herb & Pine Bee Pollen with St-John's Wort Oil

Anti-aging tonic ashwagandha boost immunity of skin, while youth elixir pine bee pollen nourishes skin with over 20 amino acids. St-John's Wort infused oil has healing and soothing effect on skin.

(pine bee pollen extract, ahwagandha herb extract, yellow clay, orange zest, St-John's Wort infused oil, massage with moisturizing blend of hazelnut oil with chamomile, rose geranium and neroli essential oils)

80 min / RMB 650

Siberian Siesta

Schisandra Berry & Gingko Herb with Walnut & Hemp Oils

Powerful tonic Schisandra stimulates and energizes skin, while ginkgo has anti-aging and anti-inflammatory qualities, walnut oil feeds the skin with Vitamin E, and hemp oil with Omega3 fatty acids and clary sage oil balances complexion.

(crushed schisandra berries, ginkgo herb, pink mineral clay, organic walnut oil, organic hemp oil, balancing blend of flax oil with clary sage, orange, lavender essential oils)

80 min / RMB 550

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Brightening & Toning

Moroccan Majesty

Cranberries, Aloe & Mint with Argan Oil

Antioxidant cranberries polish skin, while healing aloe and cool mint gently tone and brighten complexion. Precious argan oil nourishes skin with essential fatty acids, vitamin E and carotene.

(cranberry essence,, aloe extract, crushed mint,, organic argan oil, red clay, massage with purifying elixir of apricot kernel)

80 min / RMB 750

Hawaiian Sunshine

Yarrow Herb & Licorice Root & Macadamia Nut Oil

Antiseptic yarrow balances complexion and tightens pores, while combination of natural whiteners pearl and licorice work on spots. Macadamia nut oil hydrates skin and influxes it with vitamin E.

(crushed yarrow herb, licorice root, pearl powder, mineral blue clay, organic macadamia nut oil, massage with brightening blend of wheatgerm, red mandarin, rose and jasmine essential oils)

80 min / RMB 650

Forest Flavours

Camphor Herb, White Tea & Jiaogulan with Pure Pine Nut Oil

Cooling camphor balances and clears complexion, while antioxidants Jiaogulan or "Southern Ginseng" and white tea tone and energizes skin. Nourishing pine nut oil feeds it with numerous essential fatty acids and vitamins

(crushed camphor, jiaogulan herb, pine nut oil, mineral green clay, skin polishing blend of jojoba, frankincense, rose, ylang-ylang and sandalwood essential oils)

80 min / RMB 550

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Fresh Gourmet Skin Nutrition Sessions

Additional Pampering Treats

Whether it is for pleasure only - or with a purpose in mind, you may complement any of our unique skin nutrition sessions with one of the following additional pampering packages. *Note that you may not need to budget any extra time - depending on which skin nutrition session you have chosen. And of course – you may choose more than one...

Silky Eyes – *Anti-Aging for the windows on your soul*

Anti-Aging Silk Peptides Eye Treatment

Smooth elixir of high performance ingredients, such as silk peptides, hyaluronic acid, organic avocado oil, organic chamomile extract and pure pearl powder work together to smooth and plump the area around eyes.

Silk peptides is silk protein, smoothing out fine lines, while hyaluronic acid maintains skin's hydration and moisturizing. Chamomile extract lightens, tones and soothes skin around eyes, light pearl powder polishes away imperfections, blemishes and sun spots while avocado oil feeds skin with high doses of vitamin E.

20 min | RMB 250

Grace Under Pressure – *You don't want to neglect nourishing and toning this sensitive area*

Firming Marine Complex Neck Mask

Marine superfoods kelp and chlorella combined with reishi mushroom extract, Pu'er tea extract and organic wheatgerm oil to firm, tone and nourish neck's skin.

Chlorella and kelp are full of invaluable amino acids, vitamins and minerals, while reishi mushroom and Pu'er tea are powerful antioxidants, keeping skin detoxed, hydrated and young. Wheatgerm oil nourishes skin cells with vitamin E.

20 min | RMB 200

Supple Hands – *To keep both your hands soft, smooth and hydrated*

Softening & Brightening Hands Treatment

A refreshing scrub with Epsom Salts Mix (pure epsom salts, organic grapeseed oil, crushed seasonal herbs); followed by a massage with infused herbal oil, and a hand mask with carrot oil, raw honey and lime.

20 min | RMB 180

Delicious!

Fresh Gourmet Skin Nutrition Sessions

Experiences for New Moms

Luxurious **17 step wellness, relaxation and beauty** rituals for the New Mom to nourish and soothe tired skin, purify and cleanse complexion, bring back the glow and give Mom a little time to herself! All sessions are **rich rejuvenating experiences** that include an aromatherapy steam, herbal infusion wash, gentle natural exfoliation, essential oil and fruit essence massage, mask application, herbal eye compress, neck mask, herbal ice massage, essential oils mineral water spray, fresh herbal & oil balm application.

Fruity Polish - Vitamin Influx and Brightening

Zesty vitamin C influx and healthy fruit acids polishing to get rid of spots, tone the skin, tighten pores and brighten your skin.

- Aromatherapy steam with combination of citrusy essential oils
- Deep cleansing with coffee beans, vanilla, coconut and lemon essence
- Massage with energizing blend of 6 essential oils, including black-current seed, juniper berry, rosewood, eucalyptus, ylang-ylang, grapefruit
- Vitamin mask of cranberries and red grapes, French mineral mud, pomegranate seed oil, cinnamon, cloves and organic yoghurt

To finish off: antioxidant balm of grape-seed essence, organic shea butter and red mandarin essential oil

80 min | RMB 750

Marine & Shiitake Elixir Renewal - Nourish and Rejuvenate

Nourishing and rejuvenating treatment to boost the collagen and cell renewal with vitamin B and fatty acid rich sea algae and immune enhancer and antioxidant shiitake mushrooms, which block skin aging agents.

- Aromatherapy steam with customized blend of 3 essential oils
- Gentle exfoliation with adzuki bean powder and wheat germ oil
- Massage with nourishing tonic of avocado and 5 essential oils - avocado, rosemary, clary sage, carrot seed, rose geranium, lavender with hint of pear fruit essence
- Skin reviving mask of sea algae, shiitake, macadamia oil, crushed ginseng, goji berries and tiger lily flowers.

To finish off: a creamy balm of coconut oil with vanilla bean and lemon essential oils

80 min | RMB 650

Aromatherapy Boost - Relax and Glow

Relax and glow with this treatment to bring the best out of plant and essential oils to stimulate and "awaken" dull and tired skin, while inhaling the therapeutic aromas of oils and herbs and totally relaxing body and mind.

- Aromatherapy steam with customized blend of 3 essential oils
- Gentle exfoliation with orange zest and grape-seed oil
- Massage with fragrant precious elixir of 6 essential oils - borage, rosewood, lemon, rose, chamomile, ylang ylang with hint of sweet orange essence
- Luxurious mask of French Rose Mineral Clay combined with passionfruit seed oil, seabuckthorn oil, rose hip flowers, linden and fresh mint with a little honey and grapefruit essence

To finish off: a rich cocoa butter balm infused with rose, lavender and geranium essential oils

80 min | RMB 550

Delicious!

Fresh Gourmet Skin Nutrition Sessions

Experiences Just For Men

Our **men's sessions** combine several relaxing steps with an **intoxicating blend** of nutrients and minerals to make the most out of a one hour session. Relax amid the soothing aroma of lavender, orange, clove, and sweet fennel essential oils. Invigorate your skin with freshly ground organic coffee scrub and smooth coconut oil while you nourish it with herbs and fruit extracts, such as mint, orange, basil, fresh rosemary mixed with purifying mineral clays and of course rich plant oils. Your skin will emerge clear, toned, and with a healthy, vibrant glow!

Citrus & Spice Treatment - Nourishing & Energizing

Nourishing and energizing treatment to revive a dry or dull complexion

(Arabica Roasters™ organic coffee bean, cardamon & coconut oil scrub; jasmine herbal infusion wash; facial massage with lime, cypress & lavender essential oils; vitamin C influx with an orange and rosemary kaolin mask; and to finish, application of a coconut and neroli balm)

60 Min | RMB 680

Mint Detox Treatment - Purifying & Hydrating

A purifying and hydrating treatment ideal for tired & clogged skin

(Arabica Roasters™ organic espresso bean, cinnamon and hemp oil scrub; coriander and fennel herbal infusion wash; facial massage with patchouli, spearmint and sweet orange essential oils; cooling and purifying mask of fresh mint, cucumber essence, clove and basil; and to finish, application of a cocoa butter and lavender balm)

60 Min | RMB 580

Natural Anti-Acne Treatments

Our Anti-Acne treatments are designed to address some of the common problems of problem skin - acne and blemishes, excessive oil, undernourished and dull skin from lack of vitamins and nutrients. Each treatment has **5 basic steps** - cleansing, exfoliation, mask with nutrients, minerals and vitamins and moisturizing with all natural skin balm.

Tea Tree and Mint - Acne & Oil Control

Antibacterial combination of purifying mineral mud, cooling mint anti-acne black currant seed oil with drop of invigorating cinnamon oil and vitamin C rich cranberries work to draw impurities, excess oil, while st. john wart herb with tea tree oil have anti-septic and clearing effect on skin

(fresh mint herbal infusion, mask of organic mineral mud, black currant seed oil, cinnamon leaf essential oil, crushed cranberries, crushed st. john wart herb, licorice extract, massage with organic camellia seed, lavender, mint and vetiver essential oils)

60 Min | RMB 580

Citrus and Green Tea - Vitamins & Moisture Boost

Antioxidant green tea with mineral rich kaolin clay detox skin while soothing chamomile and light camellia oil with vitamin C rich seabuckthorn oil feed skin moisturize and feed skin with amino acids and eucalyptus oil balances complexion.

(calendula flower infusion, mask of organic kaolin clay, green tea extract, crushed chamomile herb, seabuckthorn oil, eucalyptus oil, organic camellia oil, eucalyptus oil, massage with organic flax seed oil with red mandarin, grapefruit seed and clary sage essential oils)

60 Min | RMB 500

Delicious!

Fresh Gourmet Skin Nutrition Sessions

Bridal Melody Set

A special skin care set featuring 4 results-oriented treatments that will ensure you glow radiantly on your special day!

1. Detox and Decongest

Natural Glycolic Acid Peel - *Sugar Cane & Red Grapes Blend* + *Aromatherapy Lymphatic Drainage Face Massage*

Powerful combination of fresh extracts of sugar cane, red grapes, pineapple and cantaloupe remove dead skin cells, open up and cleanse pores while polishing your skin's surface. Terrific for treating acne, pimples and pigmentation. Over two sessions your skin will become decongested, revitalized and able to breathe anew.

Lymphatic drainage massage will stimulate your lymphatic system to naturally eliminate toxins from your skin's surface, tone the epidermis, balance the skin and enhance its glow. The soothing aromatherapy elixir of geranium, lavender and cananga essential oils will enhance the detoxifying effects of the massage.

2. Polish and Glow

Precious Amber Micro-abrasion - *Amber Powder & Aloe Honey Elixir* + *Toning Acupressure Face Massage*

Precious Baltic Amber powder is a powerful natural energizer, oxygenating your skin, toning and eliminating puffiness. Amber will deeply cleanse and polish your skin's surface, drawing out toxins, dust and excess oil. Combined with healing organic honey infused with fresh aloe the amber treatment will make skin velvety, smooth and glowing.

Acupressure Face Massage with pure Seabuckthorn oil will activate blood microcirculation and cells' renewal. It will relieve muscle stress and smoothen fine lines, while complementing the nourishing and healing properties of seabuckthorn oil.

3. Hydrate and Plump

Warming Treat - *Raw Chocolate & Cacao Warm Facial* + *Rejuvenating Turquoise Face Massage with Monoi de Tahiti Oil*

Chocolate and cocoa are both super-foods for the skin, bursting with antioxidants, magnesium and vitamin C. When combined with Vanilla bean infused Hazelnut oil the chocolate treatment will make your skin silky smooth, deeply nourished and aromatic.

Cooling Turquoise stone massage will balance and smoothen your skin. Combined with fragrant and hydrating Monoi de Tahiti oil it will plump and infuse your skin with positive energy.

4. Inhale and Relax

Pre-Wedding Aromatherapy Indulgence - *Fragrant Relax and Revive Facial with Soothing Jade Face Massage*

A blend of clary sage, bergamot, frankincense & rose essential oils combined with 4 nourishing plant oils: Siberian pine nut, blackcurrant seed, apricot kernel and rosehip will lull you to sleep and relieve the stress of hectic pre-wedding preparation. Essential oils energize and tone skin, while precious plant oils hydrate and nourish it with essential fatty acids, vitamins and minerals.

Moreover soothing jade combined with an aphrodisiac blend of patchouli, sandalwood, ylang-ylang, rose, pine and tangerine essential oils glides over your skin to smooth fine lines, increase blood circulation and bring forth a truly bridal melody glow!

Each Session is 60 min of bliss

4-Session Set - only RMB 2888

Delicious!

Fresh Gourmet Skin Nutrition Sessions

Try Something Fresh and Delicious! Today

Delicious! is the 'world's freshest natural beauty brand' – with a workshop studio on the sunny side of the Huangpu river in Pudong, Shanghai.

Catering to your Home

Delicious skin nutrition sessions are available by prior appointment and may delivered fresh to you in the comfort of your home with sufficient notice. (Service is currently provided within Pudong and the inner ring road of Puxi).

Because all ingredients are prepared fresh just prior to your treatment, we need a minimum of 6 hours notice before any treatment - best to call a day in advance.

Visit our Workshop/Studio

You may also choose to visit our workshop/studio in Pudong where we also have a treatment room and are located 5 minutes drive from Century Park, Huamu Road (Metro line 7) and the Shanghai Science and Technology Museum (Metro line 2).

Book an Appointment

To avoid disappointment we suggest you contact us to make an appointment at least 1 day in advance:

fresh@delicious-skin.com

+86 13818120392

Ask About our Fresh Products

Don't forget to ask about your latest fresh product creations. Like our treatments, all of our products are prepared fresh and from all natural ingredients sourced from the four corners of the globe.

So fresh and delicious - you might want to eat them!

Delicious! Workshop/Studio
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