



Aesthetic VideoSource

Educational DVDs for Spa, Beauty & Medical Professionals

Facials & Skin Care

Award Winner Facial Equipment Techniques



Rita Page, an award-winning CIDESCO diplomat, successfully navigates through the confusing world of facial equipment in this jam-packed DVD. While performing a complete professional facial, Rita effectively demonstrates how to use each function of an 8-in-1 facial machine: magnifying lamp, Wood's lamp, steamer with ozone, vacuum/spray, galvanic current, high frequency current and rotary brush. Along with the facial machine, she also utilizes an infrared light, a skin scope, Lucas spray, and CO₂ spray in her facial. Throughout the entire DVD, Rita's vast aesthetic knowledge and experience shine through as she offers valuable information on each procedure she performs. Throughout, Rita gives precautions and tips associated with the demonstrated procedures.

(DVD - 2 Hrs. 47 Mins.) F8D - \$69.95
En Español (page 18)

Award Winner Men's Facial Techniques



Rita Page, an award-winning CIDESCO diplomat, demonstrates a complete professional facial tailored specifically for male clients using a combination of an 8-in-1 facial equipment machine and traditional techniques. Rita begins with a client consultation (including questions about shaving habits) and a skin analysis using a magnifying lamp, Wood's lamp, and skin scope. She then illustrates the proper use of a steamer (with and without ozone), galvanic current, high frequency current, rotary brush, and Lucas spray, in conjunction with deep pore cleansing, exfoliation (with gommage), desincrustation, extractions, ampoules, and treatment masks. Rita offers valuable information on each procedure she performs. She also highlights the personal touch throughout, incorporating an extensive facial massage, aromatherapy, and hot towel wrap to ensure relaxation and enhance a client's experience. She concludes with a post-treatment consultation.

(DVD - 2 Hrs. 18 Mins.) F9D - \$49.95

Award Winner Facial Techniques for Treating Acne



From general cleansing to individual extractions, Rita Page, an award-winning CIDESCO diplomat, demonstrates the proper aesthetic treatment of facial acne through a complete facial, using a combination of an 8-in-1 facial equipment machine and traditional methods. Rita begins with a client consultation and a skin analysis using a magnifying lamp, Wood's lamp, and skin scope. She then demonstrates the proper use of a steamer (with and without ozone), galvanic current, high frequency current, rotary brush, vacuum, Lucas spray, and CO₂ spray, in conjunction with deep pore cleansing, exfoliation (with gommage), desincrustation, suctioning with glass ventouses, extractions (with comedone extractor, lancet, and fingers wrapped in cotton), corrective cream, and a treatment mask. Rita offers valuable information on each procedure she performs. She concludes with a post-treatment consultation.

(DVD - 1 Hr. 40 Mins.) F10D - \$59.95



Facial Equipment Techniques Set

Get all three Rita Page facial technique DVDs and save! Includes F8D, F9D, and F10D. **SAVE 20% (\$36)!**

(DVD - 6 Hrs. 45 Mins.) F11D - \$144.00

Award Winner European Facials, Vol. 1



Award-winning CIDESCO diplomat, Rita Page, demonstrates the steps of a thorough European facial with detailed massage techniques and a minimal amount of equipment. Part of an award-winning comprehensive three-part series, Vol. 1 includes discussion of facial bed set-up, equipment (stool, steamer, and other tools of the trade), and professionalism. Rita then begins the facial, starting with a client consultation, skin analysis, and an extensive cleansing massage on the face, neck, and décolleté. Massage, an important component of a European facial, is used for application of product as well as a luxurious treatment that completes the spa experience.

(DVD - 1 Hr. 34 Mins.) F14D - \$69.95

Award Winner European Facials, Vol. 2



Award-winning CIDESCO diplomat, Rita Page, demonstrates the steps of a thorough European facial. Part of a comprehensive three-part series, Vol. 2 continues the facial begun in Vol. 1. Rita delves into exfoliation (with an enzyme); desincrustation; an extensive essential oil massage on the neck, shoulder, décolleté, and upper arms; extractions (with cotton and extractor); treatment ampoule and cream application; and a product-penetrating facial massage. Massage, an important component of a European facial, is used for application of product as well as a luxurious treatment that completes the spa experience.

(DVD - 1 Hr. 36 Mins.) F15D - \$69.95

Award Winner European Facials, Vol. 3



Award-winning CIDESCO diplomat, Rita Page, demonstrates the steps of a thorough European facial. Part of a comprehensive three-part series, Vol. 3 continues the facial being demonstrated in Vol. 1 and 2. Rita finishes the facial with a mask customized for different parts of the face (T-zone, eyes, cheeks, and décolleté), hot and cold compresses, and protective facial creams. While products are penetrating, Rita demonstrates how to perform a scalp massage, hand and arm treatment, and foot and lower leg treatment. Rita completes the facial with a post-treatment client consultation. In a special feature, Rita demonstrates how to make her trademark cotton pads.

(DVD - 1 Hr. 51 Mins.) F16D - \$69.95



European Facials Set

Get all three volumes of Rita Page's award-winning European Facials and **SAVE 20% (\$42)!** Includes F14D, F15D, and F16D.

(DVD - 5 Hrs. 1 Min.) F17D - \$168.00

Free Clips

Interested in seeing an excerpt?

Our website includes free video clips from our DVDs.

Go to www.VideoShelf.com to see our latest releases.

Award Winner Facial Massage: The Definitive Collection



Aesthetic VideoSource presents the definitive collection of six facial massages featured in our instructional facial and massage DVDs. Four renowned experts bring their own distinctive facial massages to their treatments, including European facials, stone massage, chair massage, and lymphatic drainage massage. CIDESCO diplomat, Rita Page, demonstrates a detailed facial cleansing massage. Meade Steadman, LMT, demonstrates three facial massages: one incorporating hot and cold stones to help stimulate circulation and relax musculature, one showing how to restore natural beauty from the inside-out by following the musculature and vascular system, and a facial massage in the chair. Eva Mileski, aesthetician and LMT, walks you through an extensive facial massage that is part of her facials. Jennifer Bryant, LMT, instructs on how to stimulate lymphatic drainage on the face using massage techniques.

(DVD - 1 Hr. 23 Mins.) F6D - \$69.95

Award Winner Paraffin Treatments: Face and Décolleté



With its ability to increase the skin's blood flow, hydrate, and penetrate product, paraffin is ideal for use in facials. Award-winning CIDESCO diplomat, Rita Page, demonstrates how to use facial paraffin wax (with brush and gauze) and paraffin strips on the face and décolleté, as part of a complete facial. Indications and contraindications are included. The facial includes: client consultation, cleansing/toning, facial massage, exfoliation with gommage, ampoule and cream application, shoulder and neck massage, paraffin application, day protection cream application, and post-treatment consultation.

(DVD - 1 Hr. 21 Mins.) F18D - \$49.95

Also see *Paraffin Treatments: Hands, Feet & Back* (page 18)

Award Winner Professional Facial Techniques for Sun-Damaged and Dehydrated Skin



In today's fast-paced world, your clients don't always have time to protect their skin. In this DVD, renowned award-winning aesthetician and licensed massage therapist, Eva Mileski, tackles two of the most common enemies of the skin: sun-damage and dehydration. The first section shows how a Vitamin C facial counteracts the scorching effects of the sun on your clients' skin. The second section shows how a hydrating layered facial with a modeling mask will counter the damaging effects of dehydration. Eva demonstrates both types of facials and discusses cleansing and the use of sponges, steamers, and a hot towel wrap. She shows how to apply ampoules, gommage, enzymes, creams, moisturizers, masks, sun blocks, and serums. Finally, she walks you through her extensive facial massage. She also outlines effective products to use in each facial and explains why they work.

(DVD - 1 Hr. 25 Mins.) F12D - \$49.95

Skin Analysis



In this comprehensive DVD, Kelly Hubbard, M.D., provides skin analyses on 9 different patients with Black, Asian, and Caucasian skin. His analyses include discussion of disorders of the skin, treatments for acne, sun damage and aging skin, and cosmetic options from chemical peels to face-lifts. Dr. Hubbard shows 24 skin disorders, including age spots/lentigos, basal cell carcinoma, squamous cell carcinoma, melanoma, sebaceous hyperplasia, seborrheic dermatitis, seborrheic keratosis, hyperpigmentation, hypopigmentation, dermatosis papulosa nigra, moles/nevus, post-inflammatory hyperpigmentation, sun damage/poikiloderma, acne rosacea, keloid scar, acne, eczema, spider veins, folliculitis, superficial fungal infections, herpes simplex, common warts, flat warts, and psoriasis. Eleven dermatologic procedures are also discussed: microdermabrasion, scar treatments, chemical peels, bleaching creams, BOTOX® injections, collagen and fat injections, laser skin resurfacing, acne extractions, medications and treatments, spider vein treatments, and stretch mark treatments.

(DVD - 1 Hr. 20 Mins.) F7D - \$79.95

Award Winner The Ultimate Ultrasonic Facial



For the ultimate in high tech facials, learn to incorporate ultrasound with electrical stimulation in the aesthetic environment. In this 2-disc set, aestheticians can learn the techniques and approach for providing ultrasonic facials. Malinda McHenry, a licensed aesthetician and cosmetologist, walks you through an ultrasonic facial with a Class II FDA ultrasound machine, providing insights and tips throughout. She also demonstrates using a sonic spatula for deep pore cleansing, light exfoliation, and product penetration. Mike Mosk discusses the science behind ultrasound and electrical stimulation, plus how this treatment approach compares to other cosmetic options, including their benefits, cost, downsides to patient, pain involved, and long-term ramifications.

(DVD - Disc 1: 1 Hr. 12 Mins., Disc 2: 1 Hr. 4 Mins.) F22D - \$69.95

Microdermabrasion: The Professional's Guide



Let three professional aestheticians – Christine Heathman, Janelle Muldner, and Carolyn Veroni – guide you through microdermabrasion techniques for the face, neck, chest, back, arms, hands, and feet. This all-in-one DVD teaches you the basics about the skin and the effectiveness of microdermabrasion treatments with aluminum oxide crystals (corundum), and shows step-by-step how to perform microdermabrasion techniques on 7 clients. The experts also discuss anatomy and physiology of the skin; skin analysis; specialized acne treatments; physiological effects of microdermabrasion; microdermabrasion machine selection, care, and maintenance; benefits and contraindications; post-microdermabrasion skin care; and how to market microdermabrasion products and services.

(DVD - 1 Hr. 30 Mins.) S10D - \$69.95



Rita Page Super Set

Get 'em all: Rita Page's Facial Techniques, European Facials, and Paraffin Treatments and **SAVE 20% (\$98)! Includes F8D, F9D, F10D, F14D, F15D, F16D, F18D, and F19D.**

(DVD - 15 Hrs. 22 Mins.) F21D - \$392.00

Facials & Skin Care

Award Winner The Complete Guide to BOTOX® Injections



This instructional DVD demonstrates how to use BOTOX® to achieve the cosmetic effects that clients are seeking. It is now the number one non-surgical cosmetic procedure for both men and women. Cosmetic surgeon Dolores Kent, M.D., demonstrates how to perform popular cosmetic treatments for horizontal forehead lines, glabellar frown lines, temporal brow lift, lateral canthal lines (crow's feet), lower lids, nasalis (bunny lines), depressor anguli oris (marionette lines), vertical lip lines, gummy smile, mentalis (dimpled chin), horizontal neck lines, and vertical platysmal bands. She also discusses contraindications and precautions, injection guidelines, facial and neck anatomy, and how to store and reconstitute BOTOX.

(DVD - 1 Hr. 55 Mins.) S16D - \$175.00

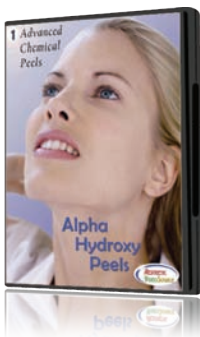
Award Winner The Complete Guide to Dermal Filler Injections



As we grow older, collagen production decreases and our skin begins to sag, create lines from muscle contraction, and show signs of damage from the sun, environment, and our lifestyles. Dermal fillers temporarily reverse the resulting lines by smoothing lines, filling wrinkles, improving volume loss, and correcting facial asymmetries. Cosmetic surgeon Dolores Kent, M.D., demonstrates how to inject dermal fillers for cosmetic treatment of horizontal forehead lines, glabellar frown lines, crow's feet, tear trough, nasolabial folds, vertical lip lines, marionette lines, lip definition, lip augmentation, chin lines, mentalis, scars, and asymmetry. Dr. Kent also explains product options, dermal depth, contraindications and precautions, and injection guidelines.

(DVD - 2 Hr. 29 Mins.) S17D - \$175.00

Award Winner Advanced Chemical Peels: Vol. 1, Alpha Hydroxy Peels



Short of surgery, chemical peels are all the rage for delivering dramatic results. This DVD – Vol. 1, Alpha Hydroxy Peels – provides step-by-step instruction on how to apply and remove Lactic Acid and Glycolic Acid Peels for the face. Malinda McHenry, an aesthetician and instructor, helps you properly assess your client's peel requests and choose the appropriate peel, based on the client's Fitzpatrick type (skin's ability to produce pigment), Glogau classification (skin elasticity), and desired results. Malinda also walks aestheticians through basic chemistry regarding pH and percentages of the peeling agents, products and supplies, benefits and contraindications, skin analysis, timing based on erythema and client feedback, neutralizing, recommended treatment series, expected results, and post-treatment care. She also discusses working with first-time clients and sensitive skin.

(DVD - 55 Mins.) F23D - \$49.95

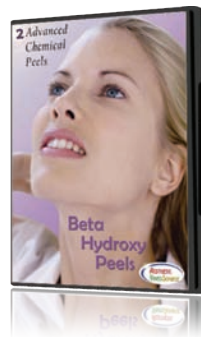
Advanced Chemical Peels Set

Get all four volumes of Malinda McHenry's Advanced Chemical Peels and **SAVE 20% (\$40)!** Includes F23D, F24D, F25D, and F26D.

(DVD - 4 Hrs. 1 Min.) F27D - \$160.00



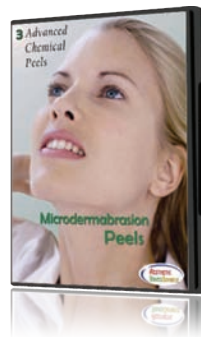
Award Winner Advanced Chemical Peels: Vol. 2, Beta Hydroxy Peels



Vol. 2, Beta Hydroxy Peels provides step-by-step instruction on how to apply and remove Salicylic Acid (ideal for treating acne) and Jessner's Peels (applied under a Wood's lamp) for the face. Malinda McHenry helps you properly assess your client's peel requests and choose the appropriate peel, based on the client's Fitzpatrick type (skin's ability to produce pigment), Glogau classification (skin elasticity), and desired results. Malinda also walks aestheticians through basic chemistry regarding pH and percentages of the peeling agents, products and supplies, benefits and contraindications, skin analysis, timing based on erythema and client feedback, neutralizing, recommended treatment series, expected results, and post-treatment care. She also shows how to deal with open lesions and permanent makeup.

(DVD - 53 Mins.) F24D - \$49.95

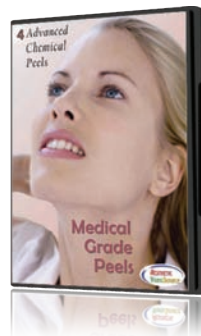
Advanced Chemical Peels: Vol. 3, Microdermabrasion Peels



Vol. 3, Microdermabrasion Peels provides step-by-step instruction on how to provide Lactic Acid and Salicylic Acid Peels (under a Wood's lamp) with microdermabrasion. A Micro-Sal peel is ideal for oily skin, deep scars, and hyperpigmentation. A Lactic Micro peel expedites the benefits of multiple lactic peels. Malinda McHenry helps you properly assess your client's peel requests and choose the appropriate peel, based on the client's Fitzpatrick type (skin's ability to produce pigment), Glogau classification (skin elasticity), and desired results. Malinda also walks aestheticians through basic chemistry regarding pH and percentages of the peeling agents, products and supplies, benefits and contraindications, skin analysis, timing based on erythema and client feedback, neutralizing, recommended treatment series, expected results, and post-treatment care. She also discusses how to deal with raised moles and cold sores.

(DVD - 1 Hr. 6 Mins.) F25D - \$49.95

Award Winner Advanced Chemical Peels: Vol. 4, Medical Grade Peels



Vol. 4, Medical Grade Peels provides step-by-step instruction on how to apply and remove medium-depth TCA (Trichloroacetic acid) and physician-strength Glycolic Acid Peels in a medical spa environment. Malinda McHenry helps you properly assess your client's peel requests and choose the appropriate peel, based on the client's Fitzpatrick type (skin's ability to produce pigment), Glogau classification (skin elasticity), and desired results. Malinda also walks aestheticians through basic chemistry regarding pH and percentages of the peeling agents, products and supplies, benefits and contraindications, skin analysis, timing based on erythema and client feedback, neutralizing, recommended treatment series, expected results, and post-treatment care.

(DVD - 1 Hr. 7 Mins.) F26D - \$49.95

Hair Removal Collection Set

Eight experts present in this comprehensive series on hair removal techniques. Get all 6 DVDs and **SAVE 20% (\$75.00)!** Titles include W10D, W11D, W12D, W14D, W16D, and W18D.

(DVD - 10 Hrs. 5 Mins.) W19D - \$300.00



Waxing & Hair Removal

Award Winner Advanced Brazilian Bikini Waxing



Let 'er rip with some new techniques and colorful, creative twists on Brazilian bikini waxing. Ashlie Long demonstrates how to provide four different types of bikini wax services, ranging from the traditional to some fresh, up-to-date options: Classic Brazilian, Sphinx, Customized Designs (with template and freehand), and Color. The demonstrations show how to remove some or all of the hair in the bikini area – front and back – with hard and soft wax simultaneously. For color, Ashlie shows how to use two types of products: one with a two-step approach, and another that is a one-step approach. Step-by-step instructions show you how to prepare and position clients and minimize client discomfort. You will also learn about table set-up, required supplies, hygiene, available product types, post-treatment tips, benefits and contraindications, and tips to keep your clients coming back. Contains full nudity.

(DVD - 2 Hrs. 14 Mins.) W18D - \$69.95

En Español (page 18)

Creative Brazilian Waxing Techniques



Two experts, Eva Mileski and Teresa Halencak, demonstrate Brazilian bikini waxing using hard wax and soft wax on female models, with and without disposable panties. Eva and Teresa guide you through preparing the skin, trimming the hair, positioning the client, decreasing client discomfort, required equipment, proper wax consistency, and skincare after waxing. The demonstrations show how to remove all the hair in the bikini area – front and back. Contains full nudity.

(DVD - 1 Hr. 11 Mins.) W14D - \$69.95

Award Winner Flawless Body Waxing



This award-winning DVD features three experts – Eva Mileski, Ofra Gaito, and Nicole Reposeur – who demonstrate various body waxing techniques on the legs, bikini area, feet, arms, hands, and underarms. These advanced demonstrations use different waxes (hard, soft, and roll-on wax), different body types, and various techniques, including speed waxing techniques. The expert aestheticians also discuss skin preparation, wax temperature, client positioning, and methods for reducing client discomfort.

(DVD - 1 Hr. 43 Mins.) W11D - \$49.95

The Art of Men's Waxing



For that smooth look...expert aestheticians, Eva Mileski and Teresa Halencak, demonstrate waxing techniques for the back, neck, chest, shoulders, arms, nostrils, and ears in this comprehensive waxing DVD. Their demonstrations show complete step-by-step men's Brazilian bikini waxing techniques, plus how to use soft wax on the back, chest, shoulders, arms, and neck, and hard wax on the bikini and genital area, buttocks, nostrils, and ears on a man. Eva and Teresa also discuss client preparation, positioning, and skin care before and after waxing. Contains full nudity.

(DVD - 2 Hrs.) W12D - \$69.95

Eyebrow Contouring & Facial Waxing



In this comprehensive DVD, two expert aestheticians, Enesa Seremet and Eva Mileski, and professional makeup artist, RJ McCasland, guide you through the steps for eyebrow contouring and facial waxing. Enesa and Eva provide advanced demonstrations on male and female models showing how to use hard wax on the eyebrows, lip, jaw line, chin, nostrils, and ears, and how to use soft wax on the eyebrows and upper lip.

(DVD - 1 Hr. 50 Mins.) W10D - \$49.95

Threading: The Ancient Art of Hair Removal



Threading is an ancient form of hair removal from the Eastern world that is becoming the newest rage in the West. It involves precisely twisting a length of regular cotton thread along unwanted hairs. The twisting action traps the hair and lifts it out of the follicle. Like with tweezing, the results can last two to four weeks. With regular treatments, hair re-growth becomes finer and sparser. Threading is a fast, effective method for hair removal, particularly popular for removing fine facial hair and shaping eyebrows. In addition to facial threading and eyebrow threading, it can also be used to cover large areas, such as the legs and arms. In this DVD, Saira Soleri teaches how to thread on the face, ears, and feet. She also covers benefits, contraindications, tools, and marketing.

(DVD - 1 Hr. 7 Mins.) W16D - \$64.95

Award Winner The Complete Guide to Laser Hair Removal



Achieve the cosmetic effects that clients are seeking. In this complete guide to laser hair removal, you'll learn how to perform common laser hair removal treatments for the face, underarms, bikini area, back, and legs, as well as the science behind this increasingly popular cosmetic option for both men and women. Two physicians – Christine Whitelaw, M.D., and Mark B. Taylor, M.D. – demonstrate step-by-step procedures and parameter considerations on an IPL and a combined Alexandrite/YAG laser machine. Demonstrations are on male and female models with different Fitzpatrick types. In this instructional DVD, you will also learn about how laser hair removal works, different laser options, benefits and contraindications, procedure guidelines, eye protection options, cooling methods, marketing, and tips and other insights gleaned from years of experience.

(DVD - 1 Hr. 44 Mins.) S18D - \$175.00

Professional Waxing Collection Set

Seven experts present in this comprehensive series on the latest waxing techniques. Titles include W10D, W11D, W12D, W14D, and W18D. Get all 5 DVDs and **SAVE 20% (\$62)!**

(DVD - 8 Hrs. 58 Mins.) W15D - \$248.00



Award Winner
The Complete Guide to BOTOX® Injections



This instructional DVD demonstrates how to use BOTOX® to achieve the cosmetic effects that clients are seeking. It is now the number one non-surgical cosmetic procedure for both men and women. Cosmetic surgeon Dolores Kent, M.D., demonstrates how to perform popular cosmetic treatments for horizontal forehead lines, glabellar frown lines, temporal brow lift, lateral canthal lines (crow's feet), lower lids, nasalis (bunny lines), depressor anguli oris (marionette lines), vertical lip lines, gummy smile, mentalis (dimpled chin), horizontal neck lines, and vertical platysmal bands. She also discusses contraindications and precautions, injection guidelines, facial and neck anatomy, and how to store and reconstitute BOTOX.

(DVD - 1 Hr. 55 Mins.) S16D - \$175.00

Award Winner
The Complete Guide to Dermal Filler Injections



As we grow older, collagen production decreases and our skin begins to sag, create lines from hyperfunctional muscles, and show signs of damage from the sun, environment, and our lifestyles. Dermal fillers temporarily reverse the resulting lines by smoothing lines, filling wrinkles, improving volume loss, and correcting facial asymmetries. Cosmetic surgeon Dolores Kent, M.D., demonstrates how to inject dermal fillers for cosmetic treatment of horizontal forehead lines, glabellar frown lines, crow's feet, tear trough, nasolabial folds, vertical lip lines, marionette lines, lip definition, lip augmentation, chin lines, mentalis, scars, and asymmetry. Dr. Kent also explains product options, dermal depth, contraindications and precautions, and injection guidelines.

(DVD - 2 Hrs. 29 Mins.) S17D - \$175.00

Award Winner
The Complete Guide to Laser Hair Removal



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(DVD - 1 Hr. 44 Mins.) S18D - \$175.00

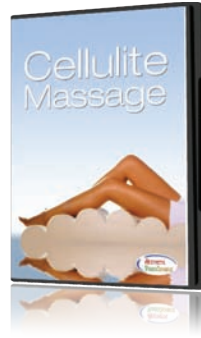


Medical Skin Care Set

Three experts present this comprehensive series on the latest medical skin care techniques. Titles include S16D, S17D, and S18D. Get all three complete guides and **SAVE 20% (\$105)!**

(DVD - 6 Hrs. 8 Mins.) S19D - \$420.00

New
Cellulite Massage



Get long lasting results with this hands-on cellulite massage technique. Learn the steps and strokes of this intensive work to promote dimensional inch loss, smooth out dimpled skin, and flush toxins stored in fat cells. Susan Brown shows you the techniques that have yielded an average of 6 to 12 inches lost from the abdomen to the thighs for her clients, over the course of a 6-week program regimen. In this comprehensive instructional DVD, Susan goes step by step through a complete massage session, demonstrating the strokes, pressure, depth, and direction. Also includes initial client assessment, client forms, pricing, setting realistic goals and expectations, measuring and tracking client progress, and follow-up recommendations for your clients to help maintain the results. This technique does not require any special equipment.

(DVD - 1 Hr. 13 Mins.) M50D - \$69.95

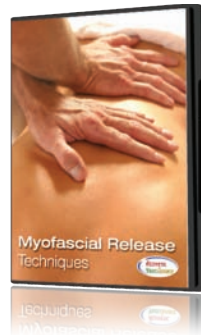
New
Craniosacral Therapy Techniques



John Hoffmann, CMT, demonstrates the techniques used in a general craniosacral therapeutic session to assess and palpate the fluidity of the craniosacral system which affects the body's overall health. This holistic, hands-on technique alleviates the restrictions on the craniosacral flow that can cause illness, pain, and dysfunction. In addition to the demonstration, Hoffmann also discusses the benefits and contraindications, origins and theories underlying craniosacral therapy, the craniosacral system's anatomy and physiology, how the system affects the body's well-being, the anatomy and physiology of fascia diaphragms, how to integrate craniosacral therapy with other modalities, and how to release "energy cysts".

(DVD - 2 Hr. 27 Mins.) M87D - \$49.95

New
Myofascial Release Techniques



Certified massage therapist, John Hoffmann, demonstrates the strokes and techniques for a detailed myofascial release session for the entire body. In this comprehensive DVD, he also addresses benefits and contraindications, warm-up, landmark muscles, and how to address specific complaints. Through the development of disease or injury, the fascia can become restrictive and a source of tension, exerting pressure, causing pain, and limiting mobility. Myofascial release techniques help to smooth out the fiber, allowing the body to move and function properly. This deep tissue massage, while promoting relaxation, creates change in the physical structure of the muscle and fascia. This three hour DVD is the most detailed Myofascial Release DVD ever produced.

(DVD - 3 Hr. 22 Mins.) M86D - \$49.95



New
John Hoffmann Set

Get both DVDs – Myofascial Release Techniques and Craniosacral Therapy Techniques – at a **20% savings (\$20)!** Includes M86D and M87D.

(DVD - 5 Hrs. 49 Mins.) M88D - \$80.00

The Ultimate Thai Massage Video: Basic Mat Techniques



Learn authentic Thai massage: the therapeutic techniques and spiritual application of this ancient healing modality from the top instructor in the United States. In this comprehensive DVD, Dr. James walks you step-by-step through a demonstration of a complete basic routine on a traditional mat. He also discusses benefits & contraindications, origins of Thai massage, different styles, primary Chakras & Sen lines, client assessment, and room set-up. Throughout, he addresses balance vs. structural corrections; steps emulating energy flow; 10 key points for balance; working on position, attitude, relationship, and transition; and, breath, emphasis, and pressure. He also demonstrates techniques in the traditional Five Attitudes/Postures: Supine, Side Lying, Prone, Abdomen & Leg Stretching, and Seated. Includes over 19 basic asanas.

(DVD – 1 Hr. 48 Mins.) M74D - \$49.95

The Ultimate Thai Massage Video: Basic Table Techniques



Learn the therapeutic techniques for providing Thai massage on the massage table. Dr. Anthony James, CMT, ND, MDAM, the top instructor in the United States, provides a step-by-step demonstration of a complete basic routine adapted for the table, including techniques in the traditional Five Attitudes/Postures. Includes over 19 basic asanas or therapeutic postures. Dr. James also discusses benefits and contraindications, origins of Thai massage, different styles, primary Chakras & Sen lines, client assessment, and room set-up. Throughout, he also addresses balance vs. structural corrections; steps emulating energy flow; 10 key points for balance; working on position, attitude, relationship, and transition; and, breath, emphasis, and pressure.

(DVD – 1 Hr. 28 Mins.) M75D - \$49.95

The Ultimate Thai Massage Video: Advanced Mat Techniques



Take Thai massage to another level. Learn more advanced therapeutic techniques to provide this beautiful, rhythmic healing modality. Dr. Anthony James, CMT, ND, MDAM, demonstrates step by step a complete advanced routine on the mat with over 50 asanas as well as techniques in the traditional Five Attitudes/Postures. He discusses benefits & contraindications, origins of Thai massage, different styles, primary Chakras & Sen lines, client assessment, and room set-up. Throughout, he also addresses balance vs. structural corrections; steps emulating energy flow; 10 key points for balance; working on position, attitude, relationship, and transition; and, breath, emphasis, and pressure.

(DVD – 2 Hrs. 56 Mins.) M76D - \$49.95

The Ultimate Thai Massage Video: Advanced Table Techniques



Learn more advanced therapeutic techniques to provide this beautiful, rhythmic healing modality on a massage table. The top instructor in the United States walks you step by step through a complete advanced routine on the table, covering over 50 asanas. Dr. James demonstrates techniques in the traditional Five Attitudes/Postures. He also discusses benefits and contraindications, origins of Thai massage, different styles, primary Chakras & Sen lines, client assessment, and room set-up. Throughout, he also addresses balance vs. structural corrections; steps emulating energy flow; 10 key points for balance; working on position, attitude, relationship, and transition; and, breath, emphasis, and pressure.

(DVD – 2 Hrs. 57 Mins.) M77D - \$49.95

New Thai Acupressure Massage: Feet, Hands & Face for the Mat



Learn the techniques for providing a complete Thai acupressure massage for the feet, hands, and face, and reflexology balancing techniques for the feet and hands, all on a traditional Thai mat. Dr. Anthony James, CMT, ND, MDAM, the top instructor in the U.S, walks you step by step through the procedures. With this massage, you can help balance energy, bring a nurturing awareness to the client, and enhance circulation, including arterial/venous and lymphatic. The treatments will help correct dehydration, edema, swelling of the joints, and lack of motion. The other benefit of reflexology is that the hands and feet map to other parts of the body, so you also balance the organs, promote circulation, and balance the chakras and energy lines throughout with reflexology.

(DVD - 2 Hrs. 47 Mins.) M83D - \$49.95

New Thai Acupressure Massage: Feet, Hands & Face for the Table



Dr. Anthony James, CMT, ND, MDAM, the top instructor in the United States, demonstrates how to provide a complete Thai acupressure massage for the feet, hands, and face, and reflexology balancing techniques for the feet and hands, all on a massage table. He walks you step by step through the procedures. Dr. James also discusses the origins of these techniques; chakras, lom and marma points, and Sen lines; benefits and contraindications; and, how to market these offerings. With the massage, you can help balance energy, and enhance circulation. The treatments will help correct dehydration, edema, swelling of the joints, and lack of motion.

(DVD - 2 Hrs. 41 Mins.) M84D - \$49.95



New Thai Acupressure Massage Set

Get both Thai Acupressure Massage: Feet, Hands & Face DVDs, featuring Dr. Anthony James, at a **20% savings (\$20)!** Includes M83D and M84D.

(DVD - 5 Hrs. 28 Mins.) M85D - \$80.00



The Ultimate Thai Massage Video Set

Get all four Ultimate Thai Massage DVDs and **SAVE 20% (\$40.00)!** Titles Include M74D, M75D, M76D, and M77D.

(DVD – 9 Hrs. 9 Mins.) M78D - \$160.00

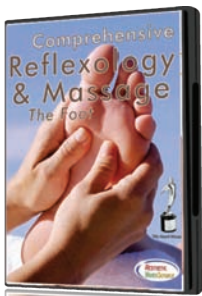
Dr. Anthony James Super Set

Get all six DVDs and **SAVE 20% (\$59.70)!** Titles include M74D, M75D, M76D, M77D, M83D, and M84D.

(DVD - 14 Hrs. 37 Mins.) M89D - \$240.00



Award Winner Comprehensive Reflexology & Massage: The Foot



Get a foothold on reflexology and massage of the foot with expert massage therapist, Meade Steadman. Meade provides detailed instruction, demonstrating the strokes and techniques on both the right and left foot and on different models: young and old, male and female. For the foot reflexology section, Meade discusses the body's physiology, contraindications (particularly geriatric concerns), history, and how the anatomy of the foot maps to each part of the body with a reflexology chart. The comprehensive foot demonstration shows techniques to massage the foot and lower leg for flexibility, relaxation, and improved circulation. Meade's demonstrations show how to warm up the feet, work the "whole body" for balance, and focus on specific areas of concern.

(DVD - 1 Hr. 28 Mins.) R9D - \$39.95

Award Winner Comprehensive Reflexology & Massage: The Hand



Learn the healing art of hand reflexology and massage from expert massage therapist, Meade Steadman. Meade provides hands-on instruction, demonstrating the strokes and techniques on both the right and left hands and on different models: young and old, male and female. For the reflexology section, Meade discusses the body's physiology, contraindications (particularly geriatric concerns), history, and how the anatomy of the hand maps to each part of the body with a reflexology chart. The comprehensive massage demonstration shows techniques to work the hand and forearm for flexibility, relaxation, and improved circulation. Meade's demonstrations show how to warm up the hands, work the "whole body" for balance, and focus on specific areas of concern.

(DVD - 1 Hr. 57 Mins.) R8D - \$39.95

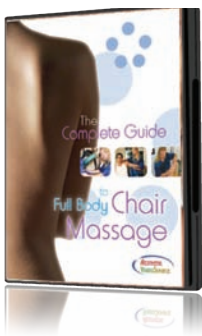


Comprehensive Reflexology & Massage Set

Get both award-winning Comprehensive Reflexology & Massage videos and **SAVE 20% (\$16)!** Includes R8D and R9D.

(DVD - 3 Hrs. 25 Mins.) R10D - \$64.00

The Complete Guide to Full Body Chair Massage



In this comprehensive guide, learn from expert massage therapist, Meade Steadman, the in's and out's of full body chair massage therapy: techniques, equipment, and how to generate business. With detailed discussions of musculature, Meade demonstrates a general full body massage from head to toe, as well as techniques for addressing specific client complaints: headaches, kinked necks, aching shoulders and back, and carpal tunnel. Massage is demonstrated on male and female models. Meade also discusses different massage chairs, tools and setup, dealing with business attire, and tips for marketing and building your professional practice. Contraindications are included. This thorough guide covers it all.

(DVD - 2 Hrs. 17 Mins.) M10D - \$54.95

Award Winner Therapeutic Breast Massage



In this award-winning instructional massage video, expert massage therapist, Meade Steadman walks you through the techniques for providing massage on the upper torso and the concerns surrounding breast massage. Massage on the breast area and underlying musculature is necessary for providing full body work on a woman, and it provides for better alignment, posture, and relaxation, as well as helps address back pain. Meade demonstrates how to provide draped and undraped massage on two models, one with natural breasts and one with augmented breasts. He also discusses breast physiology, musculature, lymphatic drainage, cancer, client preparation, client comfort, and legal considerations specific to this type of massage therapy.

(DVD - 1 Hr. 48 Mins.) M51D - \$49.95

Nurturing Pregnancy Massage Techniques I



Expectant moms experience unique physical and emotional changes that occur as a result of increased weight, shifting posture, and adjusting hormone levels. Massage can allow pregnant moms to unwind during this time. It can also alleviate the resulting discomfort and other pregnancy-related symptoms. Expert massage therapist and instructor, Meade Steadman, demonstrates step-by-step how to provide therapeutic massage techniques that focus on the special needs of the mother-to-be as she goes through the different trimesters. He demonstrates a full body massage in different positions: prone, supine, semi-reclined, and side lying. Meade also discusses considerations for the different trimesters, benefits and contraindications, postural analysis, positioning and draping, and fetal development.

(DVD - 2 Hrs. 17 Mins.) M52D - \$49.95

Nurturing Pregnancy Massage Techniques II



Expectant moms experience unique physical and emotional changes that occur as a result of increased weight, shifting posture, and adjusting hormone levels. Massage can allow pregnant moms to unwind during this time. It can also alleviate the resulting discomfort and other pregnancy-related symptoms. Expert massage therapist and instructor, Meade Steadman, demonstrates step-by-step how to provide therapeutic massage techniques that focus on common complaints: low back pain, edema, sciatica, neck and shoulder pain, leg cramping, nausea, and breast discomfort. Meade also discusses considerations for the different trimesters, benefits and contraindications, postural analysis, positioning and draping, and fetal development.

(DVD - 1 Hr. 7 Mins.) M70D - \$39.95



Nurturing Pregnancy Massage Techniques Set

Get both Nurturing Pregnancy Massage Techniques DVDs at a **20% savings (\$17.90)!** Includes M52D and M70D.

(DVD - 3 Hrs. 24 Mins.) M73D - \$72.00

Deep Tissue Massage Therapy: Extremities



Go to extremes with deep tissue massage techniques on the arms and legs. Expert massage therapist and instructor, Meade Steadman, demonstrates how to provide therapeutic deep tissue massage on the arms and legs with hour-plus demonstrations on the anterior and posterior. With in-depth discussions of physiology and anatomy, Meade walks you through routines for warming up, establishing client communication and trust, performing advanced massage and stretch techniques for specific areas and complaints, determining primary pain versus opposing distortion, balancing, and flushing toxins. From myofascial release to deep compression techniques, you will learn it all with this indispensable guide on deep tissue massage for the extremities.

(DVD - 2 Hrs. 9 Mins.) M46D - \$49.95

Deep Tissue Massage Therapy: Pelvic Girdle



Go deeper with deep tissue massage on the pelvic girdle, including the musculo-skeletal area of the iliac crest, sacro-iliac joint, and greater trochanter of the femur, and surrounding nerves, arteries, tendons, ligaments, and musculature (retractors, elevators, and depressors). Ideal for chronically tense and contracted areas, deep tissue massage is the therapist's answer to addressing deeper tissue structures of the muscle and fascia. Expert massage therapist and instructor, Meade Steadman, demonstrates how to provide therapeutic deep tissue massage on the pelvic girdle of both men and women, with demonstrations on the anterior and posterior, and in-depth discussions of physiology and anatomy. Includes routines for warming up, establishing client communication and trust, performing advanced massage and stretch techniques for specific areas and complaints, determining primary pain versus opposing distortion, balancing, and flushing toxins.

(DVD - 1 Hr. 15 Mins.) M47D - \$49.95

Deep Tissue Massage Therapy: Shoulder Girdle



Go deeper with deep tissue massage on the shoulder girdle, including the musculo-skeletal area of the spine, ribs and sternum, clavicle, scapula, and humerus, and surrounding nerves, arteries, tendons, ligaments, and musculature (retractors, elevators, and depressors). Deep tissue massage focuses on areas of tension and pain, releases adhesions, increases range of motion, and resets muscle memory. Expert massage therapist and instructor, Meade Steadman, demonstrates how to provide therapeutic deep tissue massage on the shoulder girdle with demonstrations on the anterior and posterior. Includes advanced massage and stretch techniques for specific complaints.

(DVD - 1 Hr. 32 Mins.) M48D - \$49.95

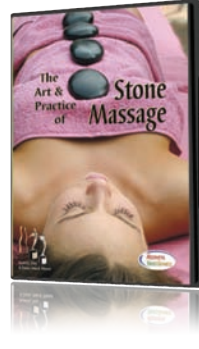
Deep Tissue Massage Therapy Set

Get all 3 Deep Tissue Massage Therapy DVDs with Meade Steadman and **SAVE 20% (\$30)**! Includes M46D, M47D, and M48D.

(DVD - 4 Hrs. 56 Mins.) M49D - \$120.00



Award Winner The Art & Practice of Stone Massage



Meade Steadman, LMT, illustrates how to incorporate hot and cold stones in full-body massage. In this comprehensive video, Meade demonstrates how to perform the strokes (petrissage, effleurage, and edging) on the different muscle groups from head to toe, while explaining the physiological effects of thermal and cryo stone therapy, which include stimulating circulation, relaxing musculature, and reducing inflammation. The use of stones for healing dates back thousands of years. In this beautifully filmed video, he discusses the history of stone massage, selection of stones, placement of Chakra stones, and preparatory grounding for focus, as well as equipment, client comfort levels, and contraindications/precautions for conditions such as heart problems and pregnancy.

(DVD - 1 Hr. 44 Mins.) M1D - \$49.95

Award Winner Essentials of Swedish Massage



In this award-winning video, Meade Steadman teaches and demonstrates everything from body mechanics, preparing your workspace, and the essentials of a full-body massage from the head and face all the way down to the ankles and feet. You will learn the five strokes of massage – Effleurage, Petrissage, Friction, Tapotement, and Vibration – and how to perform these strokes on both men and women. Learning the steps to Swedish massage from this video will allow you to perform a professional and beautiful massage on all your clients while maintaining a proper balance and flow of energy within your own body. This video is the most comprehensive Swedish massage video ever produced. Welcome to your future as a professional massage therapist.

(DVD - 2 Hrs. 15 Mins.) M42D - \$49.95

Award Winner The Ultimate Face, Scalp, Neck & Shoulder Massage



Beauty is more than skin-deep. In this award-winning massage video, Meade Steadman, LMT, goes deeper into the muscles to relieve tension, improve posture, and restore natural beauty from the inside out. Seeking that "softening effect", Meade demonstrates massage techniques – basic and advanced – on the head and shoulders, following the body's musculature, skeletal structure, and the vascular system. This is a must-have, comprehensive video for massage therapists. Throughout the video, Meade refers to anatomy charts to discuss the underlying foundation of massage work. In addition to the massage demonstration, he also shares some self-massage exercises for clients to maintain the benefits of their massage therapy session...until the next one.

(DVD - 1 Hr. 18 Mins.) M44D - \$49.95

Meade Steadman ~ Massage Super Set

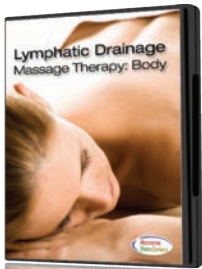
Get all fourteen Meade Steadman massage DVDs and **SAVE 20% (\$134)**! Includes R8D, R9D, M1D, M10D, M42D, M44D, M46D, M47D, M48D, M51D, M52D, M70D, M79D, and M80D.

(DVD - 24 Hrs. 37 Mins.) M71D - \$535.00



Massage

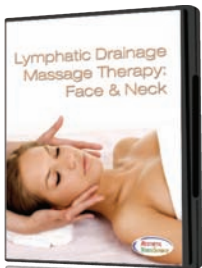
New Lymphatic Drainage Massage Therapy: Body



The lymphatic system is the frontline in the body's defense mechanisms, filtering out disease-causing organisms. Expert massage therapist and instructor, Meade Steadman, demonstrates step by step how to provide manual lymphatic drainage massage on the body. He shows the strokes used in lymphatic massage and demonstrates a routine for providing manual lymphatic drainage to promote lymphatic flow and the proper function of this critical system. He also discusses the lymphatic system in detail (including the lymph vessels, organs, and nodes), lymphatic flow, the benefits and contraindications of lymphatic massage, and post-treatment recommendations. These techniques can increase lymph flow by as much as 20 percent.

(DVD - 2 Hrs. 28 Mins.) M79D - \$49.95

New Lymphatic Drainage Massage Therapy: Face and Neck



Unlike the circulatory system, the lymphatic system has no central pump, and is dependent on muscular contraction and manual manipulation, such as massage. Expert massage therapist and instructor, Meade Steadman, demonstrates step by step how to provide manual lymphatic drainage massage on the face and neck. He shows the strokes used in lymphatic massage and demonstrates a routine for providing manual lymphatic drainage to promote lymphatic flow and the proper function of this critical system. He also discusses the lymphatic system in detail (including the lymph vessels, organs, and nodes), lymphatic flow, benefits and contraindications of lymphatic massage, and post-treatment recommendations. These techniques can increase lymph flow by as much as 20 percent.

(DVD - 1 Hr. 2 Mins.) M80D - \$49.95



Lymphatic Drainage Massage Therapy Set

Get both of Meade Steadman's Lymphatic Drainage Massage DVDs and **SAVE 20% (\$20.00)**! Titles include M79D and M80D.

(DVD - 3 Hrs. 30 Mins.) M81D - \$80.00

Award Winner Facial Massage: The Definitive Collection



Aesthetic VideoSource presents the definitive collection of six facial massages featured in our instructional facial and massage DVDs. Four renowned experts bring their own distinctive facial massages to their treatments, including European facials, stone massage, chair massage, and lymphatic drainage massage. CIDESCO diplomat, Rita Page, demonstrates a detailed facial cleansing massage. Meade Steadman, LMT, demonstrates three facial massages: one incorporating hot and cold stones to help stimulate circulation and relax musculature, one showing how to restore natural beauty from the inside-out by following the musculature and vascular system, and a facial massage in the chair. Eva Mileski, aesthetician and LMT, walks you through an extensive facial massage that is part of her facials. Jennifer Bryant, LMT, instructs on how to stimulate lymphatic drainage on the face using massage techniques.

(DVD - 1 Hr. 23 Mins.) F6D - \$69.95

Lymphatic Massage: The Body



Let Eva Mileski, renowned award-winning European aesthetician and licensed massage therapist, and Jennifer Bryant, LMT, guide you through this instructional demonstration of lymphatic drainage massage for the chest, abdomen, back, arms, and legs. Lymphatic massage assists the immune system in detoxifying the body. This all-in-one massage DVD teaches you the basics about the lymphatic system and the physiological effects of massage, and shows step by step how to stimulate lymphatic drainage using both manual and vacuum lymphatic massage techniques. Eva and Jennifer also overview equipment care and set-up, client preparation and orientation, and benefits and contraindications.

(DVD - 1 Hr. 10 Mins.) M6D - \$49.95

Lymphatic Massage: The Face



Jennifer Bryant, LMT, and Eva Mileski, renowned award-winning European aesthetician and LMT, guide you through this instructional demonstration of lymphatic drainage massage for the face and neck. This all-in-one DVD teaches you the basics about the lymphatic system and physiological effects of massage, and shows step by step how to stimulate lymphatic drainage using both manual and vacuum lymphatic massage techniques. Eva and Jennifer also discuss equipment care and set-up, client preparation and orientation, and benefits and contraindications of lymphatic drainage.

(DVD - 50 Mins.) M5D - \$49.95



Lymphatic Massage Set

Get both Lymphatic Massage DVDs with Eva Mileski and Jennifer Bryant and **SAVE 20% (\$20)**! Includes M5D and M6D.

(DVD - 2 Hrs.) M72D - \$80.00

Award Winner Couples Massage: The Therapist's Perspective



Couples massage is a great massage offering that's not just about technique, but about the experience. Whether offered to the couple in tandem by two massage therapists or offered as a two-handed instructional massage, the focus is for both to receive a professional massage and to feel luxuriously pampered. Judy Rupel, LMT, demonstrates how to provide an experience that brings back couples time and again for this offering that is both financially and emotionally rewarding for you. This indispensable all-in-one DVD covers it all, including room set-up and ambience, modalities (including hot stone massage), professionalism, marketing, and the final touches to ensure the experience is enjoyed from beginning to end. Includes types of couples massage, how a single therapist can offer couples massage, how to instruct a couple on massage, and how to coordinate a tandem massage by two therapists.

(DVD - 1 Hr. 47 Mins.) M45D - \$39.95

Award Winner
Dry Room Treatments: Body Wraps, Vol. 1



Body wraps are the quintessential spa treatments. In this DVD, Malinda McHenry demonstrates how to perform three body wraps with seaweed in a dry room setting: a seaweed gel wrap, a seaweed sachet wrap in a steam canopy, and a peel-off alginate mask. Seaweed, high in vitamins and minerals, is highly therapeutic, and thermal wraps help in the vasodilation and penetration of those elements. She covers all the steps from preparation to the finishing touches. She discusses room and table set-up, supplies, available product types, client preparation, and benefits and contraindications. She also provides instructions showing how to mix and prepare products, cocoon clients in sheets and blankets, apply and remove products in a dry room, and how to use a steam canopy.

(DVD - 1 Hr. 38 Mins.) B20D - \$49.95

Award Winner
Dry Room Treatments: Body Wraps, Vol. 2



In this DVD, Malinda McHenry demonstrates how to provide three body wraps with mud and herbs in a dry room setting: a thermal clay modeling mask, a back mud treatment, and an herbal linen wrap. Mud, high in vitamins and minerals, is highly therapeutic, and thermal wraps help in the vasodilation and penetration of product. Linen wraps, saturated with herbs, are a relaxing, detoxifying aromatic heat treatment. She covers all the steps from preparation to the finishing touches. She discusses room and table set-up, supplies, available product types, client preparation, and benefits and contraindications. She also provides instruction on how to prepare products, cocoon clients, apply and remove products in a dry room, and how to use a hydroculator.

(DVD - 1 Hr. 20 Mins.) B21D - \$49.95

Award Winner
Dry Room Treatments: Body Scrubs, Vol. 1



Exfoliating treatments are a must on every spa's menu, and the starting point for other body treatments, such as body wraps. Malinda McHenry walks you through the steps of providing three full body exfoliation treatments in a dry room setting: dry brush exfoliation (the standard method used prior to other treatments), gel-based chemical exfoliation, and the classic salt body scrub. She covers all the steps from preparation to the finishing touches that your clients will love. She discusses room and table set-up, supplies, available product types, client preparation, and benefits and contraindications. She also shows step-by-step how to mix and prepare products, drape and position clients, keep clients warm, stimulate lymphatic flow, remove products in a dry room setting, and provide a pre- and post-treatment client consultation.

(DVD - 1 Hr. 35 Mins.) B18D - \$49.95

Award Winner
Dry Room Treatments: Body Scrubs, Vol. 2



In Body Scrubs, Vol. 2, Malinda McHenry, a licensed aesthetician and instructor, walks you through the steps of providing two full body exfoliation treatments in a dry room setting: body microdermabrasion (with a hand-held rotary device and cream with aluminum oxide crystals) and a classic sugar body scrub. She covers all the steps from preparation to the finishing touches that your clients will love. She discusses room and table set-up, supplies, available product types, client preparation, and benefits and contraindications. She also shows step-by-step how to mix and prepare products, drape and position clients, keep clients warm, stimulate lymphatic flow, remove products in a dry room setting, and provide a pre- and post-treatment client consultation.

(DVD - 1 Hr. 25 Mins.) B19D - \$49.95

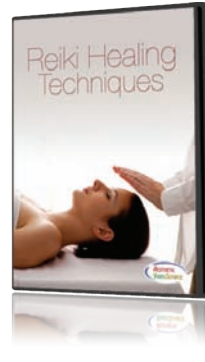
Dry Room Treatments Set

Want them all? Get all four Dry Room Treatments DVDs for scrubs and wraps and **SAVE 20% (\$39.80)!** Includes B18D, B19D, B20D, and B21D.

**(DVD - 5 Hrs. 58 Mins.)
 B22D - \$160.00**



New
Reiki Healing Techniques



Usui Reiki Master, Laiya Moniak, demonstrates the techniques and approach for providing Reiki, a natural, non-invasive Japanese healing technique. Demonstration includes how to remove energy blocks and restore energy flow in the body. She discusses how the energy system works, how chakras and auric bodies affect our well being, and how to achieve what is possible. You will learn self-healing and meditation, and how to perform a complete client session on a massage table (supine and prone), an attunement, and long-distance healing. She also covers the history of Reiki, all three Reiki levels of attunement (I, II and Master/Teacher), symbols, Huiyin breathing, preparation, room set-up, marketing and pricing, and how Reiki can be applied elsewhere in your life.

(DVD - 1 Hr. 6 Mins.) M92D - \$49.95

Award Winner
Paraffin Treatments: Hands, Feet & Back



Feel the heat with the hottest product on the market: paraffin. Award-winning CIDESCO diplomat, Rita Page, demonstrates how to use paraffin on the hands and feet by dipping, or applying while a client is lying down by using plastic bags. For the back and arms, she shows how to brush on layers of paraffin wax over gauze and to apply paraffin strips. Rita also demonstrates cleansing, exfoliation (with sea salt and gommage), treatment cream application, and hand and foot massage. Indications and contraindications are included.

(DVD - 2 Hrs. 15 Mins.) F19D - \$49.95

Award Winner
Paraffin Treatments: Face and Décolleté



With its ability to increase the skin's blood flow, hydrate, and penetrate product, paraffin is ideal for use in facials. Award-winning CIDESCO diplomat, Rita Page, demonstrates how to use facial paraffin wax (with brush and gauze) and paraffin strips on the face and décolleté, as part of a complete facial. Indications and contraindications are included. The facial includes: client consultation, cleansing/toning, facial massage, exfoliation with gommage, ampoule and cream application, shoulder and neck massage, paraffin application, day protection cream application, and post-treatment consultation.

(DVD - 1 Hr. 21 Mins.) F18D - \$49.95

Paraffin Treatments Set

Get both Paraffin Treatments DVDs and **SAVE 20% (\$20)!** Includes F18D and F19D.

(DVD - 3 Hrs. 36 Mins.) F20D - \$80.00



Award Winner Wet Body Treatments: Vichy Shower



A Vichy shower is a great addition to any spa, allowing you to offer luxurious hydrotherapy treatments, such as mud and seaweed wraps and salt glows. In this award winning DVD, Carolyn Wilcox, CIDESCO diplomat and an international education manager for hydrotherapy equipment, discusses the features and benefits of the Vichy shower, setting up a wet room, supplies, client preparation, and indications and contraindications for using a Vichy shower. She also demonstrates how to perform a salt glow and seaweed wrap (with a scalp massage).

(DVD - 1 Hr. 7 Mins.) B14D - \$49.95

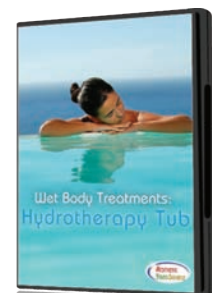
Award Winner Wet Body Treatments: Steam & Vichy Shower Capsule



A steam and Vichy shower capsule allows you to offer luxurious hydrotherapy treatments, such as mud and seaweed treatments and body scrubs, with ease and minimal mess. In this award winning DVD Carolyn Wilcox, CIDESCO diplomat and an international education manager for hydrotherapy equipment, discusses the features and benefits of the steam and Vichy shower capsule, setting up a wet room environment, supplies, client preparation, and indications and contraindications for using the capsule. She also demonstrates how to perform a body scrub and mud treatment. Includes partial nudity.

(DVD - 51 Mins.) B15D - \$49.95

Award Winner Wet Body Treatments: Hydrotherapy Tub



A hydrotherapy tub allows you to offer luxurious hydrotherapy treatments, such as underwater hydromassage, thalassotherapy baths, and aromatherapy and herbal baths. Carolyn Wilcox, CIDESCO diplomat and an international education manager for hydrotherapy equipment, discusses the features and benefits of the hydrotherapy tub, setting up a wet room, supplies, client preparation, and indications and contraindications for using a hydrotherapy tub. In this award winning DVD She also demonstrates how to prepare thalassotherapy and aromatherapy baths and perform hydromassage.

(DVD - 46 Mins.) B16D - \$49.95



Wet Body Treatments Set

Get all three Wet Body Treatments DVDs at a **savings of 20% (\$30)!** Includes B14D, B15D, and B16D.

(DVD - 2 Hrs. 44 Mins.) B17D - \$120.00

About Us

For over 17 years, Aesthetic VideoSource has built a reputation of service and quality as the best source for educational training DVDs in the industry. Our titles include many award-winning productions, so you can be assured of the quality.

Visit www.VideoShelf.com to learn more.

Award Winner Platform Artistry™: Short Hair Cuts, Colors & Styles



Randy Topham demonstrates two short hair cuts using clippers and shears, two color techniques, and two styles for each cut to illustrate their versatility. Create a variation on a sharp short bob, framing the sides with a sloping fringe and long bangs with shears; deposit color, leaving natural color as highlighter with a protective clear color for a soft blend from root to tip; then style for a sleek forward flair or for an elegant evening with loose, creatively shaped curls. And learn how to feather-edge with a razor for a disconnected, funky yet chic style; pop the blonde with panels of shadow with color blocking; and style for a spontaneous look with scrunching or for a luxurious sleek look with sculpted touches created with fibrous gum.

(DVD - 1 Hr. 44 Mins.) H82D - \$49.95

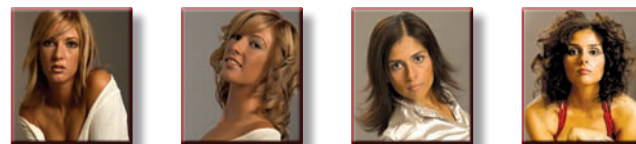


Award Winner Platform Artistry™: Mid-Length Hair Cuts, Colors & Styles



Randy Topham demonstrates two mid-length hair cuts using clippers and shears, two foil color techniques, and four styles. Learn to clipper cut in pie-shaped sections for soft-edged layers; provide all-over color with diagonally weaved sections of highlights to accent the cut; and, style for everyday chic or curl with a flat iron to achieve loose curls and body for an elegant evening look. Learn to shear cut, thin, and splice along the edge for a jag; highlight with demi-permanent glaze; and, whip up the edges for a polished, smooth daily look or create an explosive evening style with zig-zag and corkscrew curls using an andoul iron and rouge them for body.

(DVD - 1 Hr. 52 Mins.) H83D - \$49.95



Award Winner Platform Artistry™: Long Hair Cuts, Colors & Styles



For your long-haired clients, Randy Topham demonstrates innovative techniques for cutting, coloring, and styling. This DVD features two models, each with a cut, color, and two styles to illustrate their versatility. Learn how to create volume without losing length with shorter, choppy layers along the top and layers around the face; touch up highlights, create a dark base for depth, and alternate colors, all with a freehand balayage technique against a foil board; blow dry for a sleek, casual look; and, curl with a flat iron and back comb to create a glamorous look. Remove weight throughout in pie-shaped sections by pulling hair up and sliding shears to the ends; weave in a high lift tint with a freehand technique; scrunch wavy hair and blow dry for a loose, spontaneous look; and, create a stylish "dread lock" look sporting separated curls with juttu ends.

(DVD - 1 Hr. 52 Mins.) H84D - \$49.95



Award Winner
Platform Artistry™:
Business Hair Cuts, Colors & Styles



Platform artist Randy Topham demonstrates four short hair cuts for your more conservative, business-minded male clients: A clean look that is point cut at an angle for a jagged edge without lines suggesting that two-week later look...The conservative look with texturizing shears for more styling options...A classic cut incorporating natural wave...And a versatile basic conservative cut with high sides cut with clippers and the top shear cut, maintaining some length. Randy also shows four innovative coloring techniques (color patting, selectively wand painting, backcombing and painting on color, and sponge painting) and styling options to illustrate the versatility of the cuts. Includes tips on men's coloring, pricing, and marketing to attract male clientele.

(DVD - 1 Hr. 43 Mins.) H86D - \$49.95

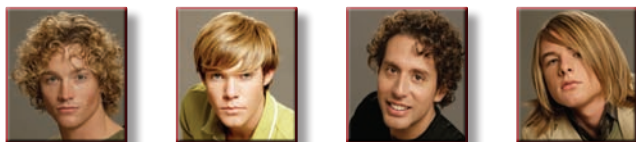


Award Winner
Platform Artistry™:
Sport Hair Cuts, Colors & Styles



Randy Topham demonstrates two short and two mid-length hair cuts for your more casual, sport-oriented male clients: Opened-up shaping for long natural curls, created with a bricking shear technique to remove excess weight...Updated mop top with a long top and tight sides texturized with a feathered razor...Texturized curly hair with a basic shear cut... And a shoulder-length cut, texturized by twisting strands and randomly hitting with a trimmer and notching with shears to remove weight. Randy also shows four different coloring techniques (scrunching on highlights, weaving, coloring to leave natural highlights, and a hand painted balayage technique) and styling options to illustrate the versatility of the cuts. Includes tips on men's coloring, pricing, and marketing to attract male clientele.

(DVD - 1 Hr. 55 Mins.) H87D - \$49.95

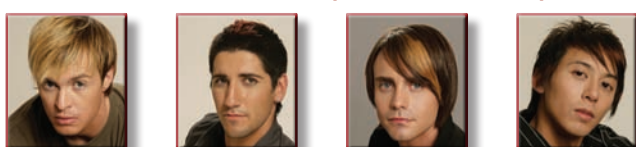


Award Winner
Platform Artistry™:
Metro Hair Cuts, Colors & Styles



Randy Topham demonstrates four short hair cuts for your edgier, fashion-forward male clients: A shagged-out top with tight sides for a more classic yet casual cut, thinned and texturized by razor cutting twisted lengths of hair...A faux-hawk with a twist and tight cropped sides without lines...An asymmetrical, glam rock inspiration dry cut with shears...And a razor cut for a taper-edged, spiked feel, with long bangs and length all over. Randy also shows four innovative coloring techniques (foil coloring ponytailed segments, paneling, creating a shine line, and a 3-color merge) and styling options to illustrate the versatility of the cuts. Includes tips on men's coloring, pricing, and marketing to attract male clientele.

(DVD - 1 Hr. 45 Mins.) H88D - \$49.95



Platform Artistry™:
Men's Hair Cuts, Colors & Styles Set

Get all three Platform Artistry DVDs for men's cuts, colors, and styles at a **savings of 30% (\$45)**! Includes H86D, H87D, and H88D.

(DVD - 5 Hrs. 23 Mins.) H90D - \$105.00



Platform Artistry™:
Women's Hair Cuts, Colors & Styles Set

Get all three Platform Artistry DVDs for women's cuts, colors, and styles at a **savings of 30% (\$45)**! Includes H82D, H83D, and H84D.

(DVD - 5 Hrs. 28 Mins.) H85D - \$105.00

Platform Artistry™: Super Hair Set

Want them all? Get all six Platform Artistry DVDs for women's and men's cuts, colors, and styles at a **savings of 30% (\$90)**! Includes H82D, H83D, H84D, H86D, H87D, and H88D.

(DVD - 10 Hrs. 51 Mins.) H91D - \$210.00



Award Winner
Platform Artistry™:
Advanced Hair Color Collection



Complement your hair cuts with color. From subtle highlighting to dramatic contrasts with multiple colors, learn the latest coloring techniques to achieve the desired finished looks that will bring your customers back again...and have new customers lining up at the door. Master colorist Randy Topham shows you how – with innovative techniques and creative twists – in this collection of nine color demonstrations, excerpted from the Platform Artistry series. In this must-have comprehensive color DVD, Topham demonstrates techniques for women's and men's hair, breaking down advanced coloring techniques into easy-to-understand concepts. Techniques include foiling, brushing, weaving, blocking, scrunching, and patting, and incorporate a variety of tools. You'll love the creative twists and unique approaches that keep hairstyling exciting behind the chair.

(DVD - 1 Hr. 47 Mins.) H89D - \$59.95



Hair Cutting & Styling

New Clipper Cutting Techniques for Black Men Vol. 1



Learn how to provide today's most popular clipper cuts for black men, including Fade Cut, Caesar Cut, Afro Cut, Flat Top Cut, Even All Around and Quovatus Cuts. Mr. Charles McCoy, the "Best Hairstylist in Hollywood," also demonstrates how to edge and outline for sharp lines, including for sideburns, beards (on the neck and along the jaw line), goatees, mustaches, and neckline. Using regular clippers and with guards, Mr. Charles shows how to cut freehand and with guards, how to cut with scissor-over-comb and clipper-over-comb techniques, how to correct a haircut, and how to finish with shears. He also shows how to work with different hair textures, save time behind the chair, build clientele, and market services.

(DVD - 1 Hr. 50 Mins.) H92D - \$49.95



New Clipper Cutting Techniques for Black Men Vol. 2



Mr. Charles McCoy – the "Best Hairstylist in Hollywood" – shows you how to provide today's most popular clipper cuts for black men, including Mini Afro Cut, Perimeter/Temple Fade Cut, Tapered Cut, Bald Fade Cut, Half Fade Cut, and Beard and Mustache Trim. Mr. Charles also demonstrates how to edge and outline for sharp lines, including for sideburns, beards, mustaches, and neckline. Using regular clippers and outliners, he shows how to cut freehand and with guards, how to cut with the scissor-over-comb and clipper-over-comb techniques, how to correct a haircut, and how to finish with shears. He also shows how to work with different hair textures, save time behind the chair, build clientele, and market services.

(DVD - 1 Hr. 30 Mins.) H93D - \$49.95



Clipper Cutting Techniques for Black Men Set

Get both Clipper Cutting Techniques with Mr. Charles and **SAVE 20% (\$20.00)!** Titles include H92D and H93D.

(DVD - 3 Hrs. 20 Mins.) H94D - \$80.00

Coming Soon

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Professional Clipper Cutting Techniques I



For quick precision, you can't beat clipper cutting. With clippers, you can provide wash-and-wear versatile cuts, including traditional, more conservative cuts, as well as more avant-garde looks for the younger crowd. Veteran hair stylist and instructor, Gary Rallison, provides practical step-by-step instruction for clipper cutting... all free-hand without guards on three models. Techniques include tapering, blending, razoring, razor cutting, working razor over comb, cutting shear over comb, and using clippers over comb. Gary shows how to work with different hair textures, straight razor the neck, solve common problems (such as cowlicks and ridges), and customize a cut to accommodate a client's features. He also discusses how to build clientele and save time behind the chair.

(DVD - 1 Hr. 25 Mins.) H67D - \$49.95



Professional Clipper Cutting Techniques II



With clippers, you can provide quick wash-and-wear versatile cuts, for both men and women. In this educational DVD, hair stylist, Gary Rallison, provides practical step-by-step instruction for clipper cutting without guards on four models, including one woman who sports the popular A-line cut. Techniques include tapering, blending, razoring, razor cutting, T-edging, working razor over comb, cutting shear over comb, and using clipper over comb. Gary shows how to work with different hair textures, remove bulk, trim a beard, straight-razor the neck, solve common problems (such as cowlicks and moles), and customize a cut to accommodate a client's features. He also discusses how to save time, build clientele, and market your services.

(DVD - 1 Hr. 26 Mins.) H68D - \$49.95



Professional Clipper Cutting Techniques Set

Get both Professional Clipper Cutting Techniques DVDs at a **20% savings (\$20)!** Includes H67D and H68D.

(DVD - 2 Hrs. 51 Mins.) H69D - \$80.00



Clipper Cutting Techniques Super Set

Get all four Clipper Cutting Techniques with Mr. Charles and Gary Rallison and **SAVE 20% (\$40.00)!** Titles include H67D, H68D, H92D, and H93D.

(DVD - 6 Hrs. 11 Mins.) H95D - \$160.00

New Mineral Makeup Techniques



Award-winning professional makeup artist, Leslie Graham, demonstrates step by step the professional techniques for applying mineral makeup for natural day and dramatic evening looks, from the foundation to the final touches, on four models. She also discusses and demonstrates how to select mineral makeup, choose proper tools, clean and sanitize products and tools, prep a client's face, and even mix this versatile product to create custom colors. Mineral makeup is a natural alternative created with minerals and botanicals. Mineral makeup provides a long list of healthful benefits, which may include natural sun protection, vitamins, anti-oxidants, collagen-stimulating peptides, and more. Includes four makeovers.

(DVD - 2 Hrs. 25 Mins.) U52D - \$49.95



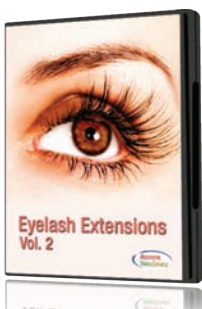
New Eyelash Extensions Vol. 1



Learn how to provide long, luscious eyelash extensions. Leslie Graham, a professional makeup artist, shows how with step-by-step instruction and extreme close-ups. You'll learn to prepare your clients, select lashes, set up your workstation, apply individual eyelash extensions, and remove extensions. Leslie demonstrates applying three sets of extensions on models of different ethnicities (African-American, Caucasian, and Asian): a dramatic look with "C" extensions, a natural "bridal" look, and an elegant look with mink lashes. Leslie also covers safety and sanitation, precautions, required supplies, available product types, client information and consent forms, eyelash growth cycle, aftercare instructions, and tips and tricks to make the application faster and more efficient.

(DVD - 2 Hrs. 59 Mins.) U48D - \$49.95

New Eyelash Extensions Vol. 2



Go to great lengths... learn how to provide eyelash extensions to thicken and lengthen the lash line. Leslie Graham, an award-winning professional makeup artist, shows how to provide looks from the subtle to the dramatic with step-by-step instruction and extreme close-ups. Leslie demonstrates how to provide four looks: a full set of colored lashes, a glam look created with crystals, highlights with color, and corrective techniques using criss-cross and "Y" lashes. You'll learn how to prepare your clients, select lashes, set up your workstation, apply individual eyelash extensions, and remove extensions. Leslie also covers safety and sanitation, precautions, required supplies, available product types, client information and consent forms, eyelash growth cycle, aftercare instructions, and tips and tricks for efficient and fast application.

(DVD - 2 Hrs. 32 Mins.) U49D - \$49.95

Eyelash Extensions Set

Get both Eyelash Extensions DVDs with Leslie Graham and **SAVE 20% (\$19.90)! Titles include U48D and U49D.**

(DVD - 5 Hrs. 31 Mins.) U50D - \$80.00

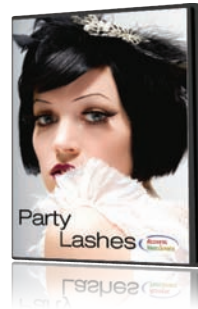


Leslie Graham's Super Set

Get all three DVDs featuring Leslie Graham and **SAVE 20% (\$29.85)! Titles include U48D, U49D, and U52D.**

(DVD - 7 Hrs. 56 Mins.) U54D - \$120.00

New Party Lashes



Eyelashes accentuate the most dramatic feature on the face: the eyes. Professional Hollywood makeup artist, Damien Salter, shows you how to add to the drama with additional lashes, eyelash strips, gems, or even synthetic flower petals. In this DVD, Damien instructs step by step how to prepare your clients, select lashes, prepare your workstation, apply flare lashes on top and bottom lids, apply strip lashes, cut and apply sections of strip lashes for special effects, provide variations with some fun alternatives in the market, remove artificial lashes, instruct your clients on aftercare, and market this service so clients think of you when they think of eyelash enhancements. He discusses required supplies, available product types, and precautions.

(DVD - 1 Hr. 6 Mins.) U47D - \$39.95

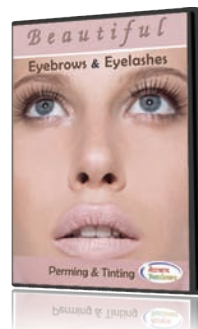


Eyelash Extensions/ Party Lashes Set

Get all three lash DVDs with Leslie Graham and Damien Salter and **SAVE 20% (\$27.85)! Titles include U47D, U48D, and U49D.**

(DVD - 6 Hrs. 37 Mins.) U51D - \$112.00

Award Winner Beautiful Eyebrows & Eyelashes: Perming & Tinting



For round-the-clock luscious lashes and defined brows, clients are discovering the benefits of eyelash perming and eyelash and brow tinting, two fast growing services being offered in salons today. These services can be offered separately or together for maximum eye-popping results. Chris Schoeck, master aesthetician and cosmetologist, walks you through client consultation (including patch test for tinting), workstation set-up and tools, contraindications, and safety concerns. She demonstrates step by step how to perm eyelashes, tint eyelashes and brows, and follow up the procedures. Techniques include how to attach lashes to curling rods, tape the eyelids, apply tinting and perming solutions, and use an emergency eyewash.

(DVD - 1 Hr.) U27D - \$54.95

Award Winner Professional Bridal Makeup



In this award-winning DVD, two professional makeup artists, Susie Galvez and RJ McCasland, demonstrate creative bridal makeup application techniques for the bride and bridal party. This DVD features complete step-by-step bridal makeup on three different models. Demonstrations include base application, facial contouring with highlights and shadows, and unique ways to apply eyeliner, mascara, lipstick, lip liner, blush, and eye shadow. Susie and RJ also share tips on makeup kit essentials and how to attract new clients.

(DVD - 2 Hrs. 32 Mins.) U24D - \$39.95



New Professional Makeup Techniques for Black Women



Melvone Farrell shows techniques and tips for applying makeup on women of African heritage, showing the latest looks being sought by clients. Melvone – who has international media and film experience spanning 20 years – demonstrates how to provide natural day, sophisticated evening, and glamorous makeup on three different models. She instructs step-by-step how to prep a client's face with moisturizer, foundation, and concealer and apply makeup to the brows, eyelids, eyelashes, cheeks, and lips. She also shows how to create the perfect eyebrow, bleach brows, shade and highlight to contour the face, play with color, and apply eyelash strips. She also discusses how to maintain your brushes and supplies. You too will be able to provide meticulous results that are camera-ready.

(DVD – 1 Hr. 34 Mins.) U35D - \$44.95

New Professional Makeup Techniques for Asian Women



Bring beauty alive with the touch of your brush. Professional Hollywood makeup artist, Melvone Farrell, shows how with techniques and tips for applying makeup on women of Asian heritage. Featuring three models, Melvone demonstrates how to provide natural day makeup, elegant evening looks, and dramatic glamour, with makeup looks that build on one another. In this step-by-step DVD with extreme close-ups, she begins with face prep (how to apply moisturizer, foundation, and concealer) and then demonstrates how to create the perfect eyebrow, shade and highlight to contour, play with color, and work with unique issues, including how to cover scars and blemishes. She also discusses how to sanitize brushes and supplies.

(DVD – 1 Hr. 15 Mins.) U34D - \$44.95

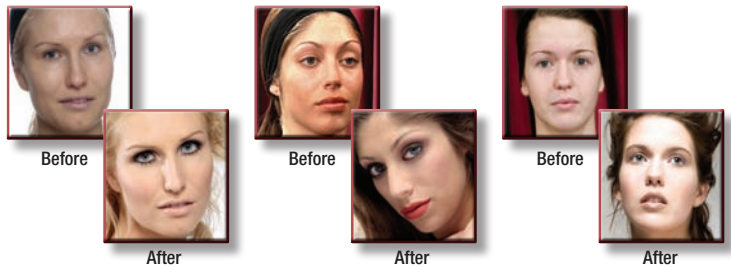


New Professional Makeup Techniques for Caucasian Women



Provide the latest looks being sought by clients. Professional Hollywood makeup artist, Melvone Farrell, shows how with techniques and tips for applying makeup on women with fairer complexions, creating meticulous camera-ready results with natural day makeup, sophisticated evening looks, and amped-up glamour for a night on the town. Each look builds on the prior one. In this instructional DVD, Melvone shows how to prep a client's face (how to apply moisturizer, foundation, and concealer) and then apply makeup to achieve looks from the natural to the dramatic. She also shows how to create the perfect eyebrow, apply lashes, play with color, shade and highlight to contour, and work with unique issues. She also instructs on how to sanitize your brushes and supplies.

(DVD – 1 Hr. 49 Mins.) U36D - \$44.95



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Professional Makeup Techniques Set

Get all three Professional Makeup Techniques DVDs at a **20% savings (\$26.85)! Includes U34D (Asian Women), U35D (Black Women), and U36D (Caucasian Women).**

(DVD – 4 Hr. 38 Mins.) U38D - \$108.00



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Join the message board for aestheticians, massage therapists, medical professionals, and others in the beauty industry.

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Award Winner
Create Faces™

Face Painting: Halloween Classics



Be a clown... a marauding pirate... or a wicked witch. With a little face paint and imagination, your transformation can be quick and easy. Professional clown and face painter, Sharon Nielson, demonstrates just how easy it is. In this instructional DVD, she shows how to paint eight different full-face designs: Princess, Devil, Clown, Pirate, Witch, Scarecrow, Alien Monster, and Superhero. Sharon shows how to use sponges and brushes to apply the base, accent colors, and details. She also discusses supplies and cleaning.

(DVD - 1 Hr. 45 Mins.) U42D - \$24.95



Award Winner
Create Faces™

Face Painting: Halloween Horror



Be a werewolf... a crazed zombie... or another horrifying monster. With a little face paint and imagination, your transformation can be quick and easy. Professional clown and face painter, Sharon Nielson, demonstrates just how easy it is. In this instructional DVD, she shows how to paint eight different full-face designs: Frankenstein, Living Dead/Zombie (2 variations), Mummy, Skull, Vampire, Half-skull, and Werewolf. Sharon shows how to use sponges and brushes to apply the base, accent colors and details. She also discusses supplies and cleaning.

(DVD - 1 Hr. 52 Mins.) U43D - \$24.95



Award Winner
Create Faces™

Face Painting: Holidays & Seasons



For that special occasion, celebrate! Be a Valentine... A wee St. Paddy's leprechaun... Or a July 4th patriot in red, white and blue. With a little face paint, professional clown and face painter, Sharon Nielson, demonstrates just how easy it is in this instructional DVD. She shows how to paint eight different full face designs for year round fun: Valentines, St Patrick's, Easter, July 4th, Summer, Autumn, Christmas and Winter. Sharon shows how to use sponges and brushes to apply the base, accent colors, and details. She also discusses supplies and cleaning.

(DVD - 1 Hr. 42 Mins.) U45D - \$24.95



Award Winner
Create Faces™

Face Painting: Animal Faces



Be a kitten... a monkey... or a butterfly. Bring your animal transformation roaring to life with a little face paint. Professional clown and face painter, Sharon Nielson, demonstrates in this instructional DVD, how to paint eight different full face designs: Cat, Dog (two variations), Panda, Monkey, Butterfly, Rabbit, and Tiger. Sharon shows how to use sponges and brushes to apply the base, accent colors and details. She also discusses supplies and cleaning.

(DVD - 1 Hr. 25 Mins.) U41D - \$24.95



Award Winner
Create Faces™

Face Painting: Masquerade



It's a party! Get ready to masquerade as a fairy... a harlequin... or a butterfly. Professional clown and face painter, Sharon Nielson, demonstrates just how easy it is. In this instructional DVD, she shows how to paint eight different full-face designs: Fairies, Harlequins, and Butterfly...a la Mardi Gras style! Sharon shows how to use sponges and brushes to apply the base, accent colors, and details. She also includes embellishments with feathers and gems. She also discusses supplies and cleaning.

(DVD - 1 Hr. 32 Mins.) U44D - \$24.95



Create Faces™
Face Painting Set

Want all five? Get the complete Create Faces™ collection and **SAVE 20% (\$25)!** Includes U41D, U42D, U43D, U44D, and U45D.

(DVD - 8 Hrs. 16 Mins.)

U46D - \$100.00

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Professional Pedicure Techniques



Noted aesthetician and licensed massage therapist, Eva Mileski, offers a complete guide to spa pedicures. Your clients will feel pampered and ready to go stepping after you apply these techniques. This DVD includes an extensive foot massage, proper sanitation and sterilization, cleansing, nail clipping, nail filing, cuticle and callus removal, exfoliation methods, polish application, spa and paraffin treatments, essential oils, products and equipment, client consultation, and contraindications.

(DVD - 47 Mins.) P1D - \$39.95

The Perfect Spa Manicure



Hands down, this DVD is the most comprehensive teaching video on the market for spa manicures. Renowned aesthetician, Eva Mileski, provides a hands-on demonstration of the steps and techniques of a typical French manicure. From start to finish, she covers client consultation; nail and skin evaluation; clipping, filing, and buffing nails; trimming cuticles; hand and forearm massage; paraffin dipping; and French polish finish.

(DVD - 1 Hr. 37 Mins.) P30D - \$39.95

Award Winner Paraffin Treatments: Hands, Feet & Back



Feel the heat with the hottest product on the market: paraffin. Award-winning CIDESCO diplomat, Rita Page, demonstrates how to use paraffin on the hands and feet by dipping, or applying while a client is lying down by using plastic bags. For the back and arms, she shows how to brush on layers of paraffin wax over gauze and to apply paraffin strips. Rita also demonstrates cleansing, exfoliation (with sea salt and gommage), treatment cream application, and hand and foot massage. Indications and contraindications are included.

(DVD - 2 Hrs. 15 Mins.) F19D - \$49.95

Also see Paraffin Treatments: Face and Décolleté (page 11)

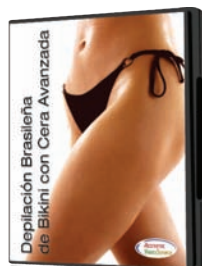
Nuevo Técnicas de Equipos Faciales



Rita Page, ganadora de premios, diplomada del CIDESCO, navega exitosamente a través del confuso mundo del equipo para realizar faciales es este DVD. Mientras lleva a cabo un facial profesional completo, Rita demuestra de manera efectiva cómo debe usarse cada función de una máquina para faciales 8 en 1: una lámpara con aumento, lámpara Wood, vaporizador con ozono, vacío/atomizador, corriente galvánica, corriente de alta frecuencia y cepillo giratorio. Junto con la máquina para hacer faciales, también utiliza una luz infrarroja, analizador de piel, un atomizador Lucas y un atomizador de CO2 en su facial. El vasto conocimiento y experiencia estética de Rita brilla a través de todo el DVD, ya que ofrece información valiosa de cada procedimiento que realiza. Todo el tiempo Rita nos informa las precauciones y consejos asociados con los procedimientos mostrados.

(DVD - 2 Horas, 47 Minutos) F8SD - \$69.95

Nuevo Depilación Brasileña de Bikini Con Cera Avanzada



Déjese asombrar con algunas de las nuevas técnicas y creativos giros sobre la epilación brasileña del área del bikini. Ashlie Long muestra cómo proporcionar cuatro tipos diferentes de servicios de depilación del área del bikini, que van desde las tradicionales hasta algunas opciones frescas actualizadas: Brasileña clásica, Esfinge, Diseños a la medida (con plantilla y a mano alzada) y Tinte. Las demostraciones enseñan cómo eliminar el vello en el área del bikini – por delante y por detrás. Para el tinte, Long muestra cómo utilizar dos tipos de productos: uno que se realiza en dos pasos (con extracción de color) y otro con un solo paso. Las instrucciones paso a paso muestran cómo preparar y colocar a las clientas y a minimizar la incomodidad de las mismas. También aprenderá cómo preparar la mesa, los suministros requeridos, higiene, tipos de productos disponibles, consejos post-tratamiento, beneficios y contraindicaciones, y consejos para hacer que sus clientas regresen. Contiene desnudez total.

(DVD - 2 Horas, 14 Minutos) W18SD - \$69.95

New Releases Coming Soon

Professional Makeup Techniques for the Eyes
Microdermabrasion: Crystal Free Techniques
Anti-Aging Treatments for Combination Skin
Anti-Aging Treatments for Dry Skin
Anti-Aging Treatments for Oily Skin
Client Consultation & Skin Analysis

Back Massage: The Definitive Collection
Foot Massage: The Definitive Collection
Hand & Forearm Massage: The Definitive Collection
Head & Scalp Massage: The Definitive Collection
Neck & Shoulder Massage: The Definitive Collection

Award Winner Waiting Room Promotions™: Facials & Massage



A waiting room promotional DVD is the most convenient and cost-effective way to let your clients know about your menu of services. In this looping promotional video for your waiting room, clients will learn about an array of luxurious facial and massage treatments and their benefits, with encouragement to "inquire today about the facial [massage] that is right for you". Facial treatments and massage include European Facials, Men's Facials, Corrective Facials, Swedish Massage, Stone Massage, Deep Tissue Massage, and Add-On Massage. Part of Aesthetic VideoSource's Waiting Room Promotions series, this beautifully filmed, detailed footage shows clients receiving these treatments. Soft harp music plays in the background and a professional voice-over intermittently describes the benefits. The promotion runs 19 minutes, looping indefinitely. Just pop it in to play all day and upsell your services.

(DVD - 19 Mins., Looping) Y39D - \$69.95

Award Winner Waiting Room Promotions™: Massage



Boost your profits by booking more appointments. In this looping promotional DVD for your waiting room, clients will learn about an array of luxurious massage treatments and their benefits, with encouragement to "inquire today about the massage that is right for you". Massage treatments include Swedish Massage, Stone Massage, Reflexology, Couples Massage, Deep Tissue Massage, and Add-On Massage. Part of Aesthetic VideoSource's Waiting Room Promotions series, this beautifully filmed, detailed footage shows clients receiving these treatments. Soft harp music plays in the background and a professional voice-over intermittently describes the benefits. The promotion runs 16 minutes, looping indefinitely. Just pop it in to play all day and upsell your services.

(DVD - 16 Mins., Looping) Y38D - \$49.95

Award Winner Waiting Room Promotions™: Facials



You already have the most desirable advertising situation in your waiting room: a captive audience with clients who already trust your reputation and expertise. So, take advantage of this opportunity to let them know about your menu of services. In this looping promotional DVD for your waiting room, clients will learn about an array of luxurious facial treatments and their benefits, with encouragement to "inquire today about the facial that is right for you". Facial treatments include European Facials, Men's Facials, Corrective Facials, Paraffin Treatments, Chemical Peels, and Microdermabrasion. Part of Aesthetic VideoSource's Waiting Room Promotions series, this beautifully filmed, detailed footage shows clients receiving these treatments. Soft harp music plays in the background and a professional voice-over intermittently describes the benefits. The promotion runs 14 minutes, looping indefinitely. Just pop it in to play all day and upsell your services.

(DVD - 14 Mins., Looping) Y37D - \$49.95

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<input type="checkbox"/> Money Order			(UT Residents)	
<input type="checkbox"/> Credit Card (fill out box below)			Shipping*	\$7.00
*call for international or expedited rates			(1-5 items, 7-9 days in USA)	
			TOTAL:	

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