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KOBIDO® AROMA TREATMENTS, NAGOYA

WHAT IS KOBIDO®?

=> THE WORLD'S LONGEST-PROOFED FACIAL TREATMENT, BROUGHT TO US AS A STEM FROM TRADITIONAL CHINESE MEDICINE

- KOBIDO was established in current **Shizuoka, Japan, 550 years ago**. This **art of facial treatment** was **created in 1472** by 2 Masters of "Anma" massage.
- Anma is rich of **diverse and high-precision hand-touch techniques** such as **Pressing, kneading, and stroking**... And so is KOBIDO, which has adapted these techniques to the specificities of the face contour and conditions over the centuries.

Before the arrival of western massage to Japan, Anma was the only form of massage available. Anma comes from China, as part of the corpus of Traditional Chinese Medicine. It was already mentioned in medical documents as old as 2000 years. Very old Japanese documents even point back over 4000 years ago, towards the regions of Northern India, Nepal, and Tibet.



HOW TO PREPARE FOR YOUR AT-HOME KOBIDO® SESSION ?

Choose your **favorite place in your home**, where you feel **comfy and can relax**. Ideally, there should be a plug at reach, so you can use my heating blanket ;)

Please **refrain from eating 2 hours before the treatment**... and indulge into a healthy nourishing meal afterwards!! :)

Kobido® addresses both the **face and the décolleté areas**, in order to activate the **facial lymph system** down to the upper-chest area, so... please wear comfortable clothes!

- Fitting tank top from which you can easily lower the straps to turn it into a bustier.
- Your favorite towel if you'd like to be wearing a towel around your bust rather than clothes.



A Kobido® treatment has to be done **without make-up**. I can lend you cotton pads and gentle cleanser / oil / flower water if needed prior to the session.

To lubricate and hydrate the skin during the treatment, I will be typically using **a mix of pure and organic cold-pressed herbal oil, organic aloe vera gel, flower water and possibly essential oil**. I will propose personalized suggestions according to your skin type and condition (i.e. herbal water, essential oils).

If you think you might have any issues using these products (in particular if you suffer from serious acne, eczema, psoriasis or skin sensitivity) **please inform me prior to the session** so we can adapt the product I use to accommodate your needs.

Similarly, please inform me of any specific body / skin condition I should be aware of before performing the treatment.

We will have a brief interview before the KOBIDO performance so as to exchange on these topics!

WHAT TO EXPECT FROM YOUR KOBIDO® SESSION ?

I perform **Aroma-Kobido**. My performance aims at **offering you a top-class holistic health and well-being experience** with long-lasting effects on your **body, face and soul**. My treatment guarantees you :

- an **authentic Kobido Treatment**, with **therapeutic, aesthetic and well-being benefits**,
- the use of **tailored herbal medicinal extracts** as treatment lotion, my aroma-therapeutical skills being in constant improvement thanks to my **3 years journey to become a certified Phytotherapist**,
- a **custom-made treatment, adapting to your health & skin conditions**, but also to your **current emotional / hormonal and mental conditions**.





MENU

[Kei satsu ho] Aroma-Kobido Session (45')

.....¥5 000

[ju netsu ho] Aroma-Kobido / stone acupression (1h)

.....¥6 500

[kyoku te ho] Aroma-Kobido Session, (1h20)

includes deep cleansing & clay scrub, hot oil ointment and gua sha techniques (roll-on, gua sha, mushroom)

.....¥8 000

NB : these prices apply for at-home sessions. All Kobido Sessions performed at my Place will be granted a ¥2 000 discount. Location = Nagakute, close to Hanamizuki-dori station

LOOKING FORWARD TO SHARING THE ART OF KOBIDO WITH YOU!

