



THREE Balancing Full Body Emulsion
<BODY EMULSION> 100mL 4,950 yen (including tax)

Loosen, relax and release.*

A body emulsion with a remarkable affinity for the skin barrier, enriched with high quality botanical oils.

Your mind and body, which are readily affected by the surrounding environment, are enveloped in the fragrance of a refreshing blend of essential oils reminiscent of a healing walk in the forest, relaxing your entire body and alleviating tension.

The body is a mirror reflecting a person's lifestyle and way of life.

With a texture which allows comfortable use both in summer, when you want a silky smooth finish, and in winter, when you want to avoid a chilly feeling when it is applied, this product leads the way to supple, soft, and transparent skin.

* Effects of massage



THREE Balancing Hand & Arm Cream
<HAND CREAM> 50g 3,520 yen (including tax)

To produce hands which appear radiant and richly moisturized, reflecting mind, body, and skin.

This cream was developed in pursuit of the most comfortable texture and fragrance, which also works on the body in various ways. Taking particular note of the hands, which are thought to have "reflexology zones" for the whole body, we have positioned hand care as a portable body care. When the fresh citrus fragrance of this blend of essential oils rises up from your fingertips, you will feel all tension drain away from your entire body in immediate response. It will also help to reset your "on/off" switch. To produce transparent and supple hands by moisturizing the thin skin on the hands and forearms, which are prone to dryness.

KEY INGREDIENTS

Concept ingredients of Full Body Emulsion



Grapefruit peel oil

With a scientific name meaning paradise, this essential oil makes you feel cheerful and refreshed. It promises to tighten the skin, and support the barrier membranes.



Borage oil

Containing a rich amount of linolenic acid, which is included in breast milk, it is used as an emollient ingredient for dry and sensitive skin. It gives elasticity to the skin, and softens the texture.



Lemon fruit extract

THREE's original ingredient extracted from organically grown lemons produced on organic farms. Rich in limonene, it tightens the skin.

Concept ingredients of Hand & Arm Cream



Mandarin orange peel oil

The sweet and delicate fragrance lifts and cheers your spirits. This essential oil is widely recommended due to its gentle effects.



Camelina sativa seed oil

Golden oil rich in omega-3 fatty acid. Light and easy-to-apply oil which is rich in linolenic acid (omega-3 fatty acid).



Plum fruit extract

Plum fruit is recognized as a raw ingredient of cosmetics due to its effects in toning the skin: it promises to give the skin a radiant appearance and firmness.

THREE

BALANCING BODY CARE

Comfortable rhythm rising from the body.



CONCEPT

Balance mind, body and skin from body care

In our modern world, with its tendency to produce irregular lifestyle habits, THREE Balancing line takes its inspiration from the innate rhythms of mind, body and skin.

Body care from the Balancing line goes beyond "comfort" and "appearance", aiming to reset the complex factors intertwined at a deep level.

When our minds and bodies are strongly impacted by the surrounding environment, the skin all over our bodies reflects this malaise, as if it were sounding the alarm.

An advantage of body care is an ability to work on a broader range of skin conditions than facial care when approaching the causes of this malaise.

To make body care a self-maintenance routine as a part of everyday life rather than a special treatment.

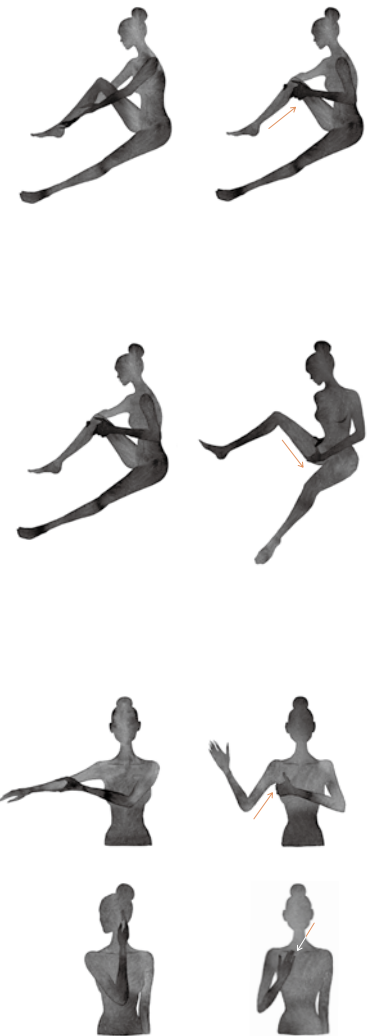
What THREE proposes is using both full-body emulsion and hand cream which can be carried around everywhere to supplement the emulsion.

As you breathe deeply in the beautiful and healthy fragrance, you will feel yourself wrapped in comfort as your body relaxes and you become more supple every day.

<Balancing body care concept common key ingredients>
Eucalyptus radiata oil, Yuzu seed oil, Wintergreen oil

HOW TO USE BALANCING FULL BODY EMULSION

This works on the mind and body more effectively by adopting the massage method of THREE Holistic Care.



① Calves
From the ankles to the backs of the knees
* Start from the right leg.
Massage the back of the calf from the ankle to the back of the knee. Grab the ankle with both hands, and keep massaging up to the back of the knee to apply. Stroke on the back of the knee a few times to finish.

②-1 Inner thighs
From the back of the knee toward the groin (hip joints)
* Start from the right leg.
From the back of the knee toward the groin, stroke through the inner thigh to apply by moving both hands alternatively.

②-2 Outer thighs/ backs of the thighs
From the back of the knee toward the groin (hip joints)
From the back of the knee, massage upward to apply by moving both hands alternatively as if lifting the hips.

Repeat 2-1 and 2-2 on the left leg.

③ Upper arms
From the inner elbow to the armpit
* Start from the right arm.
Grab the inside of the elbow and stroke through the inside of the upper arm to apply. Repeat 3 on the left arm.

④ From the neck to the decollete
From under the left ear to the right lymphatic trunk
Starting from under the left ear, massage down to the right collar bone a few times by gently pressing the entire palm.

HOW TO USE BALANCING HAND & ARM CREAM

This method is based on the idea that the hand corresponds to other parts of the body, inspired by reflexology zones.



< Back of the hand side >
< Palm side >

⑤-1 From the fingertip to the elbow
Apply to the back of the right hand, then the palm of the hand. Apply to the left hand in the same manner.
Back of the hand: from fingertip to elbow
→ palm side: from fingertip to elbow

< Fingers and thumb >
< The sides of fingers >

⑤-2 Back of the hand side
Massage the back of the hand from the fingertips to the end of the elbow, starting from the right hand, then the left. The cream is readily absorbed, so apply more when it becomes less slippery.
< Fingers and thumb > From the thumb to the little finger, massage as if pulling each one from the base of the hand to the fingertips. For the sides of the fingers, clasp the base of your fingers using your index finger and middle finger of the other hand, then massage as if pulling it out towards your fingertips.
< Back of the hand > Move your thumb as if drawing a circle on the back of the hand.
< Fingers to arm > Massage from the fingertips towards the elbow as if drawing circles with the entire palm of your hand.

< Palm >
< Arm >

⑤-3 Palm side
Massage the palm and the inner arm, starting from the right arm then the left.
< Palm > Apply as if drawing a circle with the thumb on the entire palm.
< Arm > Using the entire palm, apply with a stroking motion from the wrist up to the inside of the elbow.

POINT <FULL BODY EMULSION / HAND & ARM CREAM>

- * Maintain your body while breathing in the fresh aroma of citrus green.
- * Thinly spread an optimal amount onto both hands, and warm with the palms before use.
- * Apply to the whole body, massaging gently into the skin.