

SHIGETA

Coaching Vitalité®  
at home

SHIGETA  
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[www.shigeta.fr](http://www.shigeta.fr)

« Beauty comes from the inside.  
Let's work together to bring your  
body back into balance so that  
every day will be filled with  
happiness »

Chico Shigeta

### Chico Shigeta

Chico Shigeta is a well-being specialist and the founder of SHIGETA. Both her incredible gift to feel and stimulate energy and her traditional know-how were used to devise her unique and comprehensive method: the Coaching Vitalité®. Her talent is already recognised by celebrities such as Isabelle Adjani, Sofia Coppola but also by major brands such as L'Oréal. She now wishes to extend her vitality know-how to the public at wide.

## The Coaching Vitalité®

Stressed-out, tired-out, you no longer feel in touch with your body?

SHIGETA introduces the **Coaching Vitalité®** ("Vitality Coaching"), a unique and comprehensive method to help you **recover your vitality, balance and beauty over the long term.**

Through simple and efficient techniques, the Coaching Vitalité® works from within and puts your organism in the best conditions to awaken its natural ability to regulate, regenerate and defend itself. This comprehensive and didactic approach gives you the keys to your own vitality.

**The Coaching Vitalité® is based on the synergy of 4 well-being techniques.**



**1** **The benefits of plants** used daily and in various forms: essential oils, massage oils, floral waters, herbal teas...which awaken the natural capabilities of your body.



**2** **The benefits of self-massages** devised by SHIGETA which activate the internal functions of your body and allow you to become fully aware of it.

**The benefits of a healthy diet** to stimulate your body while enjoying a true taste experience at every meal.



**3**

**The benefits of conscious breathing** which provides an internal massage of your heart and stomach and therefore helps to reactivate your organism.



**4**

# The principles of the Coaching Vitalité®

The Coaching Vitalité® comprises two complementary facets:



## As an in-depth treatment,

Put your organism in the best conditions to awaken its natural ability to regulate, regenerate and defend itself.

During this in-depth treatment, your body is purified and its vital processes relaunched. Your body is therefore brought back into its natural balance.

After the in-depth treatment, you will maintain your vitality effortlessly and over the long-term because:

- over-indulging will no longer appeal to you
- your purified body will work more efficiently

This is the SHIGETA double effect.

We recommend you undergo two 3-week in-depth treatments per year.

## As a daily treatment,

Enhance the benefits of the Coaching Vitalité® with **specific coachings** to be used during or following your in-depth treatment.



# Vitality Assessment.

In order to restore your vitality, balance and beauty over the long-term, you first need to determine the appropriate coaching for your body.

Please tick the following where applicable.

<input type="checkbox"/> Lack of energy and dynamism	▲	●	■
<input type="checkbox"/> Sleepiness due to special circumstances (exams, meetings, stress, short nights)			■
<input type="checkbox"/> Chronic sleepiness	▲	●	
<input type="checkbox"/> Unrestorative sleep			■
<input type="checkbox"/> Overweight sensation	▲		
<input type="checkbox"/> General body bloating sensation	▲		
<input type="checkbox"/> Leg bloating sensation		●	
<input type="checkbox"/> Cold hands and feet		●	
<input type="checkbox"/> Dull complexion	▲		
<input type="checkbox"/> Rosacea and facial redness		●	
<input type="checkbox"/> Spots on the forehead, chin and back	▲		
<input type="checkbox"/> Spots on the sides of the face		●	

By using the colour code indicated below, you are now able to determine the coaching(s) which your body needs.

Legend.

- ▲ Detox Coaching
- Circulation Coaching
- Relax Coaching

For a more in-depth vitality assessment and personalised advice, visit us at our store locations or check out our website at: [www.shigeta.fr](http://www.shigeta.fr)

As an in-depth treatment

## Detox Coaching

Eliminate the accumulated toxins in your body within 3 weeks. Weight stabilisation, slimmer appearance, boosted physical energy, vibrant hair and radiant skin...By purifying your body from the inside, the Detox Coaching helps improve your outside appearance.


In order to boost the efficiency of the coaching, we recommend you combine the 4 principles of the Coaching Vitalité® as laid out in the instruction sheet of *Innocent Purity* essential oil blend.

### 1 Your Detox programme:




**Innocent Purity**   
*Innocent Purity* essential oil blend: rub 10 drops on your stomach morning and evening for 3 weeks.



**Basic Sense**   
*Basic Sense* massage oil: mix 3 pumps with *Innocent Purity* for an easier stomach massage.



**Eau de Genévrier**   
*Juniper* floral water: dilute 5 tablespoons in 1.5L of water to drink throughout the day for 3 weeks.



**Purify**   
*Purify* Herbal Tea: ideal as a detoxifying after-meal drink.

### 2 Detox Massage:

Morning and evening, massage your stomach in order to strengthen the elimination process.



### 3 Detox Diet:

Try to begin every meal with a salad in order to save your energy for digestion and increase your consumption of fruits during breakfast and in-between meals. The following recipes use fruits and vegetables which support the elimination process.

#### Detox Smoothie

For one person, blend together a banana and a half, half a grapefruit and a handful of strawberries.



#### Detox Salad Recipe

Place some roman salad leaves on a plate. Add a handful of grated carrots and another of grated fennel. Prepare the sauce with some olive oil, grilled sesame oil, soy sauce, honey, apple vinegar and minced garlic. Top off with fresh coriander.



### 4 Detox Breathing:

After waking up in the morning and following your massage at night, do 3 minutes of conscious breathing exercises as detailed in the *Innocent Purity* instruction sheet. This will improve your body's elimination process.


## Circulation Coaching

Relieve upper body tensions, heavy-feeling legs and cold feet sensations within 3 weeks. **The Circulation Coaching improves your body's dynamic processes by stimulating your organism.**


In order to boost the efficiency of the coaching, we recommend you combine the 4 principles of the Coaching Vitalité® as laid out in the instruction sheet of *River of Life* essential oil blend.

### 1 Your Circulation Programme:




**River of Life**   
*River of Life* essential oil blend: rub 20 drops on your legs and back everyday for 3 weeks.




**Basic Sense**   
*Basic Sense* massage oil: mix 3 pumps with *River of Life* for an easier massage.



**Eau de Sauge**   
*Sage* Floral Water: dilute 5 tablespoons in 1.5L of water to drink throughout the day for 3 weeks.



**Circulation**   
*Circulation* Herbal Tea: ideal as an after-meal drink to enhance circulation.

### 2 Circulation Massage:

Morning and evening, massage your legs or the upper part of your body in order to improve the blood circulation process.



### 3 Circulation Diet:

Try to begin every meal with a salad in order to save your energy for digestion and increase your consumption of fruits during breakfast and in-between meals. The following recipes use fruits and vegetables which support the blood flow.

#### Circulation Smoothie

For one person, blend together a banana and a half, half a grapefruit and a handful of strawberries.



#### Circulation Salad Recipe

Place a handful of baby lettuce leaves on a plate. Add half a grapefruit, some chopped celery and half an avocado (cubed). Add parsley and chervil. For the sauce, use the grapefruit juice and mix with some olive oil, raspberry vinegar and a pinch of salt and pepper. Serve with the fresh parsley and chervil.



### 4 Circulation Breathing:

After waking up in the morning and following your massage at night, do 3 minutes of conscious breathing exercises as detailed in the *River of Life* instruction sheet. This will improve your blood circulation.

## Relax Coaching

Relieve your feelings of tiredness and stress within 3 weeks. **The Relax Coaching promotes relaxation so as to ensure an optimal recovery of your body.**

In order to boost the efficiency of the coaching, we recommend you combine the 4 principles of the Coaching Vitalité® as laid out in the instruction sheet of *Sweet Dreams* essential oil blend.

### 1 Your Relax Programme:



#### Sweet Dreams



*Sweet Dreams* essential oil blend: rub 20 drops on your solar plexus, the nape of your neck and the soles of your feet everyday for 3 weeks.



#### Basic Sense



*Basic Sense* Massage Oil: mix 3 pumps with *Sweet Dreams* for an easier massage.



#### Eau de Camomille



*Chamomile* floral water: dilute 5 tablespoons in 1.5L of water to drink throughout the day for 3 weeks.



#### Relax



*Relax* Herbal Tea: ideal as a relaxing after-supper drink

### 2 Relax Massage:

Morning and evening, massage your solar plexus, nape and chest for three minutes in order to soothe your nervous system.

In case of anxiety, massage the spot located 3 finger widths from the inside of your wrist.



### 3 Relax Diet:

Try to begin every meal with a salad in order to save your energy for digestion and increase your consumption of fruits during breakfast and in-between meals. The following recipes use fruits and vegetables which help soothe your nervous system.

#### Relax Smoothie

For one person, blend together one banana and a half, one peach and one orange.



#### Relax salad recipe

Garnish a bowl with green batavia leaves. Add a few slices of red pepper and some cauliflower. For the sauce, blend together half an avocado, one tablespoon of lemon juice and one of olive oil, flat parsley, salt and pepper, and a clove of garlic. Top off with flat parsley.



### 4 Relax Breathing:

After waking up in the morning and following your massage at night, do 3 minutes of conscious breathing exercises as detailed in the *Sweet Dreams* instruction sheet. This will help you relax.

## As a daily treatment

## Skin Care Coaching

Your Skin Care Programme to **reveal a more radiant appearance:**



#### Golden Drops



*Golden Drops* essential oil blend: apply 3 to 5 drops on your face following your lotion.



#### Eau de Rose



Rose floral water: use as a lotion.



#### Princess Rose



*Princess Rose* massage oil: mix with *Golden Drops* for an easier massage or as a body lotion.

In order to boost the efficiency of the coaching, we recommend you combine the 4 principles of the Coaching Vitalité® as laid out in the instruction sheet of *Golden Drops* essential oil blend.



## Hair Care Coaching

Your Hair Care Programme to **help strengthen weak and brittle hair:**



#### Midnight Lustre



*Midnight Lustre* essential oil blend: apply up to 50 drops on your scalp once a week.

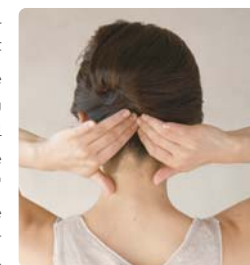


#### Provence Moon



Hair essence *Provence Moon*: repairs hair lengths and damaged ends.

In order to boost the efficiency of the coaching, we recommend you combine the 4 principles of the Coaching Vitalité® as laid out in the instruction sheet of *Midnight Lustre* essential oil blend.



## Harmony Coaching

Your Harmony Programme to **restore the balance between body and spirit**:



### Body-Mind-Spirit

*Body-Mind-Spirit* essential oil blend: apply up to 5 drops on your solar plexus and the soles of your feet.



### Basic Sense

*Basic Sense* massage oil: mix 3 pumps with *Body-Mind-Spirit* for an easier massage.



### Eau de Camomille

*Chamomile* floral water: dilute 5 tablespoons in 1.5L of water to drink throughout the day.



In order to boost the efficiency of the coaching, we recommend you combine the 4 principles of the Coaching Vitalité® as laid out in the instruction sheet of *Body-Mind-Spirit* essential oil blend.



## Energy Coaching

Your Energy Programme in order to **boost your vitality**:



### Morning Spark

*Morning Spark* essential oil blend: apply up to 5 drops on your solar plexus and the soles of your feet.



### Basic Sense

*Basic Sense* massage oil: mix 3 pumps with *Morning Spark* for an easier massage.



### Eau de Menthe

*Mint* floral water: dilute 5 tablespoons in 1.5L of water to drink throughout the day.



In order to boost the efficiency of the coaching, we recommend you combine the 4 principles of the Coaching Vitalité® as laid out in the instruction sheet of *Morning Spark* essential oil blend.



## Breathing Coaching

Your Breathing Programme to **promote easier breathing both in winter and spring**:



### Deep Breath

*Deep Breath* essential oil blend: apply up to 5 drops on your throat, thorax and beneath your nostrils.



### Eau de Menthe

*Mint* floral water: dilute 5 tablespoons in 1.5L of water to drink throughout the day.



In order to boost the efficiency of the coaching, we recommend you combine the 4 principles of the Coaching Vitalité® as laid out in the instruction sheet of *Deep Breath* essential oil blend.

## Suppleness Coaching

Your Suppleness Programme in order to **restore the wholeness of your body after a physical effort**:



### Free Me

*Free Me* essential oil blend: apply up to 5 drops on your solar plexus and on stiff muscles.



### Basic Sense

*Basic Sense* massage oil: mix 3 pumps with *Free Me* for an easier massage.



### Eau de Genévrier

*Juniper* floral water: dilute 5 tablespoons in 1.5L of water to drink throughout the day.



In order to boost the efficiency of the coaching, we recommend you combine the 4 principles of the Coaching Vitalité® as laid out in the instruction sheet of *Free Me* essential oil blend.

## Digestion Coaching

Your Digestion Programme to **feel lighter following your meals**:



### Bon Appétit

*Bon Appétit* essential oil blend: rub up to 5 drops on your stomach.



### Eau de Menthe

*Mint* floral water: dilute 5 tablespoons in 1.5L of water to drink throughout the day.



### Basic Sense

*Basic Sense* massage oil: mix 3 pumps with *Bon Appétit* for an easier massage.



In order to boost the efficiency of the coaching, we recommend you combine the 4 principles of the Coaching Vitalité® as laid out in the instruction sheet of *Bon Appétit* essential oil blend.

# SHIGETA products: for an « at home » coaching



## Quality:

- All products are 100% natural and nearly all the product of Organic Farming\*.
- All products are clinically tested in order to ensure the safest use.
- SHIGETA products are the work of passionate farmers.



\*certified by  
ECOCERT SAS F-32600



## Effectiveness:

- A formula based on the know-how of a laboratory and on all the sensibility and experience of Chico Shigeta in order to obtain a visible result.
- An in-depth action in order to regenerate your organism and bring your entire body back into balance → Immediate and long-lasting results.
- Products which are part of a comprehensive programme for a personalised coaching.



## Pleasure:

- Of seeing quick results.
- Of becoming aware of one's own body.
- Of feeling, touching and tasting.

Each coaching includes products from the following categories:

## Essential Oil Blends



SHIGETA blends draw their strength from the antiseptic, relaxing and balancing benefits of essential oils. They were designed for a safe and easy use on the skin in order to answer your specific needs.

**SHIGETA uses a synergy approach: the specific association of certain oils enhances the benefits of each individual oil.** All essential oils are steam distilled, 100 % pure and natural, and nearly all the product of organic farming. Each blend is sold with an instruction sheet detailing the associated coaching.

## Floral Waters



Floral water comes from the first 20 litres of water which were used to distil the aromatic plant. **Floral waters therefore share many common properties with essential oils but are much less concentrated which gives them other benefits.**

All SHIGETA floral waters come from organically grown plants (ECOCERT SAS F-32600 certified). They can be drunk, diluted in your drinking water or used as a face or body lotion.

## Herbal Tea Blends



All SHIGETA dried fruits and herbal tea blends are the product of pure and natural plants (without additives, artificial aromas or preservatives) which have been **selected for their benefits and delicious flavours.** You can enjoy SHIGETA herbal tea blends throughout the day either warm or cool.

## Massage Oils



SHIGETA massage oils are the product of a **delicate mixture of organic first cold pressure vegetable oils selected for their exceptional quality:** apricot, macadamia and hazelnut for their nourishing properties without an oily effect, St.-John's Wort and jojoba to ease and repair sensitive skin, sesame to protect the skin from the sun and the signs of ageing, and prune kernel for its strong concentration in vitamin E and omega 3. All massage oils include an instruction sheet detailing the associated massage gestures devised by Chico Shigeta.

Contra-indication: In case of pregnancy, medical treatment or for children under 12.

## Massage oils - Body oils

### Reactivating your body through touch

Massages help you reactivate the internal functions of your body and become fully aware of it.



#### BabyTouch

50

**Properties:** A massage with *Baby Touch* promotes **a communication full of love between baby and his parents**. It is perfect before putting your child to bed. *Baby Touch* is made with the softest ingredients for Baby's delicate skin.

**Ingredients:** Chamomile, fine lavender, tangerine



#### Blossom

50

**Properties:** For a **sensual massage with your partner**. *Blossom* helps you communicate your feelings through the heat of your hands, without using words.

**Ingredients:** Ylang-ylang, rose, sandalwood, geranium.



#### Princess Rose

50

**Properties:** For an **exhilarating massage** which will make your skin glow while leaving it younger looking and softer. It is also ideal as a regenerative oil after the shower.

**Ingredients:** Rose, geranium



#### Kindly

50

**Properties:** Envelop your body in a veil of sweetness and benevolence. **Soothes heart troubles and establishes a feeling of relaxation and reassurance**. *Kindly* is best used at night for the "zenifying" action of neroli.

**Ingredients:** Neroli, geranium, fine lavender, chamomile, orange, lemon, rose.

### Specific care

To suit your particular skin-type.



#### Basic Sense

50

**Properties:** This basic massage oil allows you to **create your own personal mixture** with SHIGETA essential oil blends in order to enjoy greater massage benefits.

**Ingredients:** Vegetable oils of hazelnut, macadamia, sesame and apricot.



#### Millepertuis St John's Wort

50

**Properties:** *St. John's Wort* is the softest of oils. **Ideal to relieve and repair the driest and most sensitive of skins**. Can also be drunk for a relaxing effect.



#### So Tender

30

**Properties:** To answer the specific needs of people with highly reactive skin. ***So Tender* protects from outside attacks and repairs the skin**.

**Ingredients:** Fine lavender, geranium, chamomile.



#### Provence Moon

30

**Properties:** Concentrated in rich nutritional elements, *Provence Moon* **feeds and moisturizes hair and repairs the dry or damaged ends**.

**Ingredients:** Sandalwood, geranium, palmarosa.

## Sels de Bain

Thanks to the synergy of essential oils with Dead Sea salts, bath salts enhance relaxing, eliminating and revitalizing benefits of hot baths.



#### Rose Dive

235

**Properties:** For a bath full of rose scents. Ideal to reveal the true radiance of your skin. Pour the equivalent of 3 to 4 caps of bath salts under the running water of your bath.

**Ingredients:** Rose petals, rose and geranium.



#### Light Up

235

**Properties:** Ideal for perspiration and toxin elimination. Its lemon essential oil gives dynamism and freshness. Pour the equivalent of 3 to 4 caps of bath salts under the running water of your bath.

**Ingredients:** Lemon, juniper and geranium.

## Diffuser blends



#### Relaxante

30

**Properties:** To create an atmosphere of relaxation and peacefulness.

**Ingredients:** Sweet orange, fine lavender, basil, marjoram.



#### Respiratoire

30

**Properties:** Thanks to its antiseptic benefits, the respiratory diffuser develops your breathing capacity and prevents chronic colds.

**Ingredients:** Eucalyptus, cedar, fine lavender, rosemary.



#### Sleeping Baby

30

**Properties:** Especially created for baby, this blend has relaxing and respiratory effects. As Baby is very sensitive to scents, benefits are rapidly visible on child's mood.

**Ingredients:** Fine lavender, sweet orange, eucalyptus.

## Essential oils



#### Lavande Fine

15

**Properties:** Fine lavender is recognized for its innumerable virtues. This makes it the perfect essential oil for the entire family!

## Eco Bag



Large shopping bag made from 100% organic cotton

**Dimensions (LWH) :**  
16.1 x 15.4 x 3.5 (in)

For further information, you can contact your private advisor at: [www.shigeta.fr/webcoaching](http://www.shigeta.fr/webcoaching)