

A woman is lying down, her head resting on a rolled-up towel. A hand is gently touching her forehead. The entire image is overlaid with a semi-transparent red filter. A large, white, serif letter 'G' is centered over the woman's face and neck area.

GILDA INTERNATIONAL BEAUTY SCHOOL

SALON TREATMENTS  
STOCKHOLM

## ADVANCED TREATMENTS

*At Gilda School we attach great importance to treatments that give long-lasting results. Below we explain our advanced treatments that you can book in our salons.*

### **FACIAL AHA**

AHA (Alpha Hydroxy Acids) acids work through a chemical peel. The AHA exfoliation goes deeper into the skin than a regular exfoliation and gives the healthy and new skin, which is underneath, an opportunity to get to the surface. The skin gets a more youthful, fresher skin with much more luster. The acids also bind moisture in the skin, making lines shallower. AHA acids also have an effect on acne as well as a bleaching effect on pigment spots.

The customer should go the number of treatments and use the products that the student recommends. Treatment is usually recommended 1-2 times/week, during totally 5 weeks.

### **FACIAL VITAMIN C**

Vitamin C is an antioxidant that has very good skin rejuvenating properties. The vitamin stimulates cell renewal and gives the skin new life. Vitamin C also has a peeling effect and dissolves dead skin cells which contributes to a lovely glow which makes you look more vibrant and fresh. It also has a dampening effect on pigment spots.

The customer should go the number of treatments and use the products that the student recommends. Treatment is usually recommended 1-2 times/week, during totally 5 weeks.

### **MICROPEN, MICRONEEDLING**

Microneedling is a revolutionary technique where several needles penetrate the skin and create a controlled skin damage. The injury triggers a healing process that causes the skin to start producing new collagen. New vessels are also formed in the skin.

The result is a rejuvenation of the skin and an improvement of the skin's structure and condition. During the treatment, active substances are also absorbed into the skin, which normalises the skin barrier and moisturises even the most sensitive skin.

MicroPen is suitable for those who want to get rid of limp and aging skin, lines, large pores or acne scars.

The customer should go the number of treatments and use the products that the student recommends. Usually 3-6 treatments are recommended, with 3-6 weeks apart.

### **SONO EFFECT, ULTRASOUND**

Sono Effect is a world-unique, pain-free ultrasound treatment for, among other things, line reduction, skin tightening and scar treatment.

Ultrasound is sound with a frequency higher than the upper limit of human hearing. The treatment is based on a groundbreaking LDM (**L**ocal **D**ynamic **M**icromassage) technology where two ultrasonic waves are quickly moved back and forth.

With the help of the rapid frequency changes, pulsating pressure changes occur which gives a strong pressure and tensile movement in the tissue; leads, among other things, to the activation of collagen formation and the formation and tightening of collagen fibers.

The customer should go the number of treatments and use the products that the student recommends. Treatment is usually recommended twice a week, during totally 3-6 weeks.

## **DERMABRASION**

Dermabrasion is a mechanical peel method where a grindstone is used in combination with AHA acids and crystals of alumina. The skin grinding has many benefits and effects. Dead skin cells are removed and visible expression lines and enlarged pores are immediately reduced. Immediately after treatment, the skin feels silky and supple and has a smoother appearance.

The customer should go the number of treatments and use the products that the student recommends. Usually a cure of about 5-10 treatments is recommended 1-2 times/week, during totally about 5 weeks.

## **EPILATION AND DIATHERMY**

Electric epilation means that unwanted hair growth is removed with the help of weak electrical current and a disposable needle. The lower part of the hair follicle is permanently destroyed. This prevents regrowth, unlike temporary methods such as shaving, waxing or plucking with tweezers.

Diathermy means "through heat". With diathermy you can burn away skin changes such as fibroma (disfiguring skin flaps), superficial blood vessels and milia.

A treatment is always initiated with a consultation. Remember that trust and cooperation between you and the treating student is required for the results to be as

good as possible. Also, keep in mind that the treatment outcome may vary somewhat depending on the treatment being performed by a student.

All treatment is done under sterile forms and with disposable materials.

## **ACCURETT PEN, FREEZE TREATMENT**

Accurett Pen is a freeze treatment that removes various benign skin changes such as age spots, warts, fibroma (unsightly skin flaps) and larger milia. The technology means that a fine jet of carbon dioxide treats the desired area locally, under high pressure. The treatment is very safe and provides minimal scarring. The freezing itself only takes about 5-20 seconds.

The customer should go the number of treatments and use the products that the student recommends. Usually 1-3 treatments are needed for desired results.

## **ELECTROTHERAPY**

In cosmetics, electrical appliances are often used to enhance the effect of a treatment. Electrotherapy can be used for both face and body and methods used include for example diathermy, epilation, galvano, micromassage, microneedling, ultrasound and muscle stimulation.

On the face, for example, electrotherapy can be about opening up and cleaning the pores, or to incorporate active substances into the skin. For the body, for example, it may be cellulite treatment, circulation increase or cleansing/detox. The therapist chooses the method that suits the client's needs.

## PROFESSIONAL TREATMENTS WITH STUDENTS FROM GILDA SKOLAN

All the time and price indications are including 5-15 minutes customer consultation. All treatments are made with Gilda products in all our schools. Everything from luxurious skincare, massages and facials, to simpler treatments like manicures, pedicures and waxing are on the menu.



## CLASSIC FACIAL TREATMENTS GILDA

*All treatments are tailored with products specially adapted to your skin's needs and desires.*

### **FACIAL (1 h 30 min) 430 SEK**

Luxury facial with a relaxing face massage. Cleansing, skin analysis, deep cleansing, pore cleansing, light brow shaping, electrotherapy, massage, mask, cream.

### **FACIAL**

### **EYELASH AND EYEBROW TINT (1 h 30 min) 560 SEK**

Eyelash and eyebrow tint in treatment.

### **FACIAL MANICURE (2 h) 580 SEK**

Manicure with nail care, fine polish, hand cream and nail polish in the treatment.

### **FACIAL EYELASH AND**

### **EYEBROW TINT MANICURE (2 h) 710 SEK**

Eyelash and eyebrow tint and manicure with nail care, fine polish, hand cream and nail polish in the treatment.

### **FACIAL MAKEUP (2 h) 550 SEK**

Day makeup in treatment.

### **FACE MASSAGE (30 min) 200 SEK**

Luxurious and comfortable treatment with cleansing, massage, toner and cream.

## ADVANCED FACIAL TREATMENTS GILDA

### **FACIAL AHA (1 h 30 min) 455 SEK**

Improves impure, dry, pigmented and mature skin, as well as skin that is unbalanced. AHAs are exfoliating and moisture binding and improves the skin's functions. Not recommended associated with tanning. Cleansing, skin analysis, AHA chemical peel, pore cleansing, light brow shaping, electrotherapy, massage, mask, cream.

### **FACIAL AHA**

### **EYELASH AND EYEBROW TINT (1 h 30 min) 585 SEK**

Eyelash and eyebrow tint in treatment.

### **AHA-TREATMENT (1 h) 430 SEK**

Cleansing, skin analysis, AHA chemical peel, massage, mask, cream.

### **AHA EXPRESS (30 min) 250 SEK**

Cleansing, skin analysis, AHA chemical peel, mask, cream.

### **FACIAL VITAMIN C (1 h 30 min) 455 SEK**

Improves pigmentation changes and gives dull and lifeless skin a fresh and beautiful luster. Cleansing, skin analysis, deep cleansing, pore cleansing, light brow shaping, vitamin c, electrotherapy, massage, mask, cream.

### **FACIAL VITAMIN C**

### **EYELASH AND EYEBROW TINT (1 h 30 min) 585 SEK**

Eyelash and eyebrow tint in treatment.

### **VITAMIN C TREATMENT (1 h) 430 SEK**

Cleansing, skin analysis, deep cleansing, vitamin c, electrotherapy, massage, mask, cream.

### **VITAMIN C EXPRESS (30 min) 250 SEK**

Cleansing, skin analysis, deep cleansing, vitamin c, electrotherapy, cream.

### **MICROPEN, MICRONEEDLING (1 h) 1200 SEK**

Automatic microneedling including a 15-minute consultation. Tightens the skin, reduces lines and acne scars, as well as giving a general skin rejuvenation. Performed on the face, neck and décolleté or any area.

### **SONO EFFECT, ULTRASOUND (1 h 30 min) 630 SEK**

Comfortable ultrasound treatment including the 15-minute consultation. Seems rejuvenating, firming and health of the skin. Cleansing, skin analysis, deep cleansing, serum, ultrasound, mask, serum, cream.

### **NEWS - DERMABRASION (1 h) 565 SEK**

Advanced mechanical peeling in combination with AHA acids including a 15-minute consultation. Has a beneficial effect on lines and large pores and gives a smooth and supple skin. Cleansing, skin analysis, AHA chemical peel, dermabrasion, lymph massage, mask, cream.



## EYELASHES AND EYEBROWS

**EYELASH AND EYEBROW TINT (30 min) 195 SEK**

Including light brow shaping.

**EYELASH AND EYEBROW TINT WITH KERATIN (30 min) 245 SEK**

Including light brow shaping and strengthening keratin treatment.

**LASH LIFT (1 h) 400 SEK**

**LASH LIFT WITH KERATIN (1 h) 450 SEK**

Including strengthening keratin treatment.

**LASH LIFT EYELASH AND EYEBROW TINT (1 h) 500 SEK**

Eyelash and eyebrow tint in treatment, and light brow shaping.

**LASH LIFT EYELASH AND EYEBROW TINT WITH KERATIN 550 SEK**

(1 h)

Eyelash and eyebrow tint in treatment, and light brow shaping and strengthening keratin treatment.

## MANICURE

**CLASSIC MANICURE (1 h) 280 SEK**

Manicure, nail care, nail polishing, comfortable hand and underarm massage and nail polish.

**MANICURE WITH LONG LASTING VENEER LACQUER (1 h) 300 SEK**

Manicure without water bath, lacquer with UV lamp.

Booking by telephone only.

**MAINTENANCE VISIT, MANICURE WITH LONG LASTING VENEER LACQUER (1 h 30 min). 400 SEK**

Removal of old lacquer and reapplication of new. Filing, lacquer resolution and nail oil. Booking by telephone only.

**MANICURE WITH LONG LASTING VENEER LACQUER, REMOVAL (30 min) 160 SEK**

Filing, lacquer resolution and nail oil. Booking by telephone only.

## PEDICURE

**CLASSIC PEDICURE (1 h) 350 SEK**

Foot caring pedicure, foot bath, nail care, removal of indurations, foot massage and polish (optionally)

**NEWS - PEDICURE WITH LONG LASTING VENEER LACQUER, REMOVAL (30 min) 160 SEK**

Filing, lacquer resolution and nail oil. Booking by telephone only.

## BODY TREATMENTS GILDA

*Feel free to bring uncomfortable underwear.*

**ELECTROTHERAPY BODY (1 h 30 min) 240 SEK**

Figure analysis (short diet and exercise plan), for- and after treatment and main treatment with electrical device.

**BODY PEEL EXPRESS (30 min) 230 SEK**

Relaxing and circulation-increasing treatment. Peeling with scrub.

**BACK TREATMENT (1 h) 390 SEK**

Caring treatment with a relaxing massage. Cleansing, skin analysis, deep cleansing, pore cleansing, electrotherapy, massage, mask, cream.

**NEWS - DERMABRASION AND MUSCLE STIMULATION BUTTOCKS AND THIGS (1 h 30 min) 580 SEK**

Advanced mechanical peeling in combination with AHA acids and muscle stimulation including a 15-minute consultation. The treatment tightens up and gives a lift to the buttocks and back thighs. Skin analysis, cleansing, AHA chemical peel, dermabrasion, muscle stimulation, lymph massage, serum.

## MASSAGE

**CLASSIC FULL BODY MASSAGE** (45+15 min) **390 SEK**

Luxurious full body massage including 15 minutes consultation.

**CLASSIC BACK MASSAGE** (20+10 min) **270 SEK**

Nice back massage including vibration massage and 10 minutes consultation.

**LUXURY MASSAGE FACE BODY** (1 h 30 min) **480 SEK**

Luxurious full body massage with a nice face massage.

**MASSAGE BODY PEELING GILDA** (1 h 30 min) **480 SEK**

Relaxing and circulation-increasing body peeling with scrub and full body massage.

**MASSAGE FOR PREGNANT** (45+15 min) **410 SEK**

Luxurious body massage with almond and avocado oil, including 15 minutes consultation. Made after third month of pregnancy.



## HAIR GROWTH AND SKIN LESIONS

All wax treatments include hair growth inhibitory cream.

**WAX FULL LEGS, INCL. BIKINI** (1 h) **370 SEK**

**WAX HALF LEGS** (30 min) **270 SEK**

**WAX HALF LEGS, INCL. BIKINI** (1 h) **330 SEK**

**WAX CHEST** (30 min) **370 SEK**

**WAX BACK** (30 min) **370 SEK**

**WAX ARMS** (30 min) **180 SEK**

**WAX STOMACH** (30 min) **180 SEK**

**WAX ARMPITS** (30 min) **180 SEK**

**WAX BIKINI** (30 min) **180 SEK**

**EPILATION** (1 h) **260 SEK**

Permanent hair removal with needle, including 15 minutes consultation.

**DIATHERMY SUPERFICIAL BLOOD VESSELS** (30 min) **240 SEK**

Removal of superficial blood vessels in face.

**DIATHERMY MILIA** (30 min) **240 SEK**

Removal of small milia in face.

**DIATHERMY FIBROMA** (30 min) **240 SEK**

Removal of fibroma (unsightly skin flaps) in face.

**NEWS - ACCURETT PEN, FREEZE TREATMENT** (30 min) **480 SEK**

Removal of age spots, warts, fibroma (unsightly skin flaps), larger milia through local freezing. Including 5 minutes consultation. 1-3 treatments are usually needed for desired results.

## MAKEUP

**DAY MAKEUP** (30 min) **160 SEK**

**EVENING-/PARTY MAKEUP** (1 h) **230 SEK**

## SPA TREATMENTS

See spa treatments at [www.gildasalong.se](http://www.gildasalong.se).

## OPENING HOURS BOOKING AND SALES

Monday 09.00–17.30

Tuesday–Thursday 09.00–19.30

Friday 09.00–16.00

Saturday 09.30–16.30

## BOOK APPOINTMENT

You can book time on [www.gildasalong.se](http://www.gildasalong.se)  
or by phone 08-440 05 97.

### TERMS OF CONDITIONS

As a courtesy to us and other clients, if you need to cancel or change an appointment we request a minimum of 24 hour notice to avoid the full cost of a treatment and a service cost of 45 SEK being charged.

Other terms, see [www.gildasalong.se](http://www.gildasalong.se).

## EDUCATE YOURSELF TO SKIN & SPA THERAPEUT

Read more at [www.gildaskolan.se](http://www.gildaskolan.se) or  
contact us by phone 08-440 20 36.

## OUR CUSTOMERS

We welcome both women and men.

We perform treatments on people from 8 years and upwards. For cosmetic treatments we require 13 years and for advanced (detoxing or electric) treatments we require 18 years. Treatments of clients under 16 require parental consent.

## COMBINATION TREATMENTS

Welcome to combine your treatments after your choice. More than one student who treats you at the same time will save you time.

Contact us for more information.

INTERNATIONAL BEAUTY SCHOOL

**GILDA G SKOLAN**

STOCKHOLM - GÖTEBORG - MALMÖ

## GIFT VOUCHERS

Give away a wonderful treatment experience at any of our schools. You can buy gift vouchers for any amount. A relaxing treatment or luxury skincare products is always an appreciated gift.

Whether you buy your gift vouchers in Stockholm, Göteborg or Malmö you can utilize it in all our schools.

Buy gift vouchers in pur receptions.

## COMPANY BOOKING

People who receive help to unwind and relax, feel better, this is a fact. In our bright, lovely rooms and with our wide range of treatment there are all possibilities for relaxation. Make a business order and help your employees to feel better and your company to achieve better results!

Contact us for more information.

## WE WORK WITH



GILDA COSMETIC



EVERYDAY  
MINERALS

Dr.RIMPLER



# GILDA STORY

## The 70's

Since Gilda Liljeblad Koornstra was little, her goal in life has been to take care of people. From the beginning the idea was that she would become a doctor, but in the early 70's, when beauty and glamor was not common at all, she chose her own way. She went to Vienna where she was educated as a beautician and gained international contacts. This demanding full-time education was conducted under the leadership of Mr. and Mrs. Dr. Harrar. All that time the focus was on taking care of others, to make them feel better, and to be satisfied with themselves. When she returned from Vienna, as a trained skin therapist with a unique international degree, Gilda started her first salon in Helsingborg. She also worked at salons in Berlin and Bremen.

*"To always prepare myself well for each study and work day has been important to me. I developed this organized and structured working method at a young age when I worked with my parents at their hotel and restaurant."*  
Gilda Liljeblad Koornstra.

## The 80's

During this period Gilda started several businesses, among other things, Salon Gripsholm at Hotel Park Aveny in Gothenburg, which quickly became a successful concept characterized by innovation and an international touch. At its best the salon had twelve employees and Gilda became a well-known name in the beauty branch. During this period she was also a board member of the SHR (the Swedish Skin Therapists National Organization).

*"My first salon I opened when I was nineteen and after two years it was fully booked. Since then, this has always been the case. I have always been very serious and dedicated my work. Another thing is the customer's attention. I have been genuinely interested in my clients, not only their skin conditions, but also the things that were impor-*

*tant to them and their family life. This, combined with a very good education, is the reason for my success."* Gilda Liljeblad Koornstra.

## The 90's

Well established in the beauty industry and with a good running salon Gilda could feel content and satisfied. But there were more dreams to fulfill - one of them was to start her own school, with the ability to share all the knowledge she had gained from her international education. In 1993 she founded Gilda School in Gothenburg with the goal to educate Sweden's best skin and spa therapists. She had to work hard to get the business going.

After four years of hard work, Gilda Skolan in Gothenburg became really successful and she was able to hire more staff. Gilda had more time for organization and she could improve the school's program and structure to a higher professional level. Gilda became well known in Gothenburg and her professional and structured way of training was a guarantee of success.

*"Since I am educated in Vienna, I had a special condition and attitude to the profession. That is why I wanted to convey my knowledge and skills at home."* Gilda Liljeblad Koornstra.

To be able to train Sweden's best skin therapists, quality in education was one of the guiding principles. Gilda Skolan was already the starting point for the modern development of skincare and spa and has for many years fulfilled the requirements of both SHR (the Swedish Skin Therapists National Organization) and CIDESCO (Comité International D'Ésthetique Et De Cosmétologie). SHR is an association of authorized dermatologists in Sweden and has the task of raising and maintaining the competence and quality level in the dermatology profession. CIDESCO is the international counterpart. Educating at a school that meets these

requirements is important as there is a problem today with many short skincare courses that in just a few weeks educate people. Then it is easy that the customers are treated wrong. If you, on the other hand, go to an SHR education you know that you get a qualified and solid education and that you are well prepared to take care of clients when the degree is completed.

*“The education has been very successful since the beginning. The fact that I was already well-known in Gothenburg, together with a professional and structured way of teaching, was a guarantee of success. In addition, I have always developed myself by continuing further education in the profession over the years, and have been quick to adapt and transfer new knowledge and techniques to the students in a constructive and positive way.” Gilda Liljeblad Koornstra.*

## The 00's

The success of the Gilda School gives the opportunity to start her own schools in Stockholm and Malmö. Great efforts are made to find the right staff, who can manage the school's basic principles. Gilda's skincare products have developed into a comprehensive, professional range and are sold successfully at all schools and at retailers. Gilda School becomes a concept in beauty education and students are highly sought after in the beauty market. 94% of the students get a job immediately after completing school hours. The education is characterized by high quality, high tempo and a complete study plan that includes everything, both theory and practice. The students are well prepared for what awaits in the working life after graduation.

*“Everything I did, I liked to do. Explore new things made me curious and gave me energy. I was always thinking about new ideas and developing better ways of working, and I hired people who could help me realize my ideas.” Gilda Liljeblad Koornstra.*

## The 10's

A world-class education! Operations continue with education in Stockholm, Gothenburg and Malmö. Gilda is also elected honorary member of SHR (the Swedish Skin Therapists National Organization). As a proof that Gilda School holds the highest quality and confirms its role as a leader in skin and spa therapist training, are following successful students:

2019 - Amanda Skoog, Swedish champion in manicure-SM

2018 - Louise Olsson, Swedish champion in skincare SM

2016 - Lovisa Petri, gold medalist in skincare European Championship

2016 - Beatrice Ejdemyr, Swedish champion in skincare SM

2015 - Emmastina Dannered, bronze medalist in the skin-care World Cup

2014 - Emmastina Dannered, Swedish champion in skincare SM

2013 - Lovisa Petri, bronze medalist in the skincare World Cup

2012 - Lovisa Petri, Swedish champion in skincare SM

*“It is a great pleasure for me that over 1500 students have chosen to study at the Gilda School. Furthermore, I feel proud of the students who today represent the school in Sweden and abroad with all their skills in the profession.” Gilda Liljeblad Koornstra.*

Gilda Liljeblad Koornstra is today one of the most successful skin therapists in Sweden and she is still very active in the school's activities and development.



INTERNATIONAL BEAUTY SCHOOL  
**GILDA G SKOLAN**  
STOCKHOLM - GÖTEBORG - MALMÖ

Onlinebokning: [www.gildasalong.se](http://www.gildasalong.se)

Gilda Skolan in Stockholm  
Riddargatan 1  
114 35 Stockholm  
Phone booking +46 8-440 05 97  
[salongsthlm@gildaskolan.se](mailto:salongsthlm@gildaskolan.se)  
(no booking per email)

Gilda Skolan in Göteborg  
Kungssportsavenyn 20  
411 36 Göteborg  
Phone booking +46 31-16 06 00  
[salonggbg@gildaskolan.se](mailto:salonggbg@gildaskolan.se)  
(no booking per email)

Gilda Skolan in Malmö  
Gustav Adolfs Torg 41  
211 39 Malmö  
Phone booking +46 40-17 05 05  
[salongmlm@gildaskolan.se](mailto:salongmlm@gildaskolan.se)  
(no booking per email)