

Dream & Shine

MAGAZINE



High School Life

Culture

Recipe

Game/ Cartoon

DIY

Fashion

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High School

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AND MRS BLAIZOT

Discover exclusive tips and information about
school events
in our school magazine.



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By the BTS1

High School Life

Our discovery of the Philharmonie de Paris

During this trip, we went to the Philharmonie de Paris to discover the world of the orchestra.

The orchestra showed us the different families of instruments (strings, wind instruments, and percussion) and explained the role of each one in the orchestra. The musicians showed us how the instruments produce sound and how they play together.

At the end of the visit, we attended a concert, which allowed us to listen to the instruments live and enjoy the music.

This trip was interesting and enriching, because it helped us understand how an orchestra works and discover music in a different way.



@cassie



@cassie

There was also a conductor from Ukraine who specially conducted the orchestra.

We also discovered the different stories that the artists tell through the music and the instrument they play.

High School Life

On January 30th, first- and second-year BTS MECP students organized an open day to present their course and projects.



Photo taken during the product-making process.



Exfoliating soaps.



On January 30th, first- and second-year BTS MECP students organized an open day to present their course and projects. As part of the first-year BTS project, students created exfoliating soaps, moisturizing balms, lip glosses, and lip balms. Visitors also had the opportunity to ask questions to the students and better understand how a product is made.



In another room, visitors were able to do skin diagnosis tests using a specialized machine. This allowed them to learn more about their skin, such as skin type, wrinkles, and other characteristics.



Photos taken during the diagnostic tests.



Recipe

RELAXING HOMEMADE MASSAGE OIL

Massage helps the **body** and the **mind** to relax.
Using a **natural oil** makes the massage **softer** and more **comfortable**.



SWEET ALMOND OIL:
Nourishes the skin and allows a smooth massage.
It is gentle and suitable for most skin types.



LAVENDER ESSENTIAL OIL:
Helps to relax the body and reduce stress.
Its scent is calming.



ROMAN CHAMOMILE:
Soothes the skin and promotes relaxation.
It is known for its calming effect.

PREPARATION

Mix **100 ml of sweet almond oil** with:

- **10 drops of lavender essential oil**
- **5 drops of Roman chamomile essential oil**

Pour into a **clean bottle** and **mix gently**.



by cassie

**ESSENTIAL OILS MUST ALWAYS
BE DILUTED BEFORE USE ON
THE SKIN.**



Californian massage

The Californian massage is a relaxation massage technique characterized by its gentleness.

Benefits

- Soothes physical tensions
- Prompts deep relaxation
- Improves blood circulation
- Helps to recover emotionally
- Ideal for combating stress and anxiety



The main principles of the technique were established in the 1970s during a personal growth workshop at the Esalen® Institute in Big Sur, California.



Japanese Head Spa



The Japanese Head Spa is a popular trend that comes from Japan.

The Japanese Head Spa is more than a simple head massage. It's a relaxing treatment that focuses on the scalp, neck, shoulders, and sometimes the face. The session usually begins with a scalp analysis, followed by deep cleansing using warm water, natural shampoos, and essential oils. Slow, precise massage techniques are then applied to stimulate blood circulation and release tension.

Benefits :

- Provides deep stress relief through gentle movements and the soothing sound of running water
- Creates a calming atmosphere that allows clients to disconnect from everyday pressure
- Improves sleep quality and overall relaxation
- Helps reduce headaches caused by tension
- Promotes healthier, stronger hair by unclogging hair follicles
- Restores scalp balance for long-term hair health

What makes this massage style especially trendy is its sensory experience. The combination of touch, water, aromatherapy, and relaxation transforms a simple treatment into a moment of self-care and mindfulness. Social media has also played a key role in its popularity, with many videos showcasing the soothing and aesthetic aspect of the treatment.

BELLY LYMPHATIC SELF MASSAGE

A simple routine to reduce bloating and feel lighter

Benefits

- Reduces bloating
- Helps digestion
- Decreases water retention
- Removes toxins
- Makes the belly look flatter
- Gives a light, comfortable feeling

Frequency

- 5-10 minutes a day for best result
- 3-4 times a week

Steps

- **Step 1 - Open the lymph nodes (1 min)**

Light pressure near the groin area

- **Step 2 - Warm up the belly (1 min)**

Soft strokes with flat hands

- **Step 3 - Circular massage (3-5 min)**

Make slow, large circles around the belly button

- **Step 4 - Drain downwards (2-3 min)**

Gently push movements toward the groin

- **Step 5 - Breathing (1 min)**

Take 3-5 deep breaths to relax the body

Tools (optional)

- Body oil
- Gua sha
- Silicone cups
- Dry brush
- or simply your hands

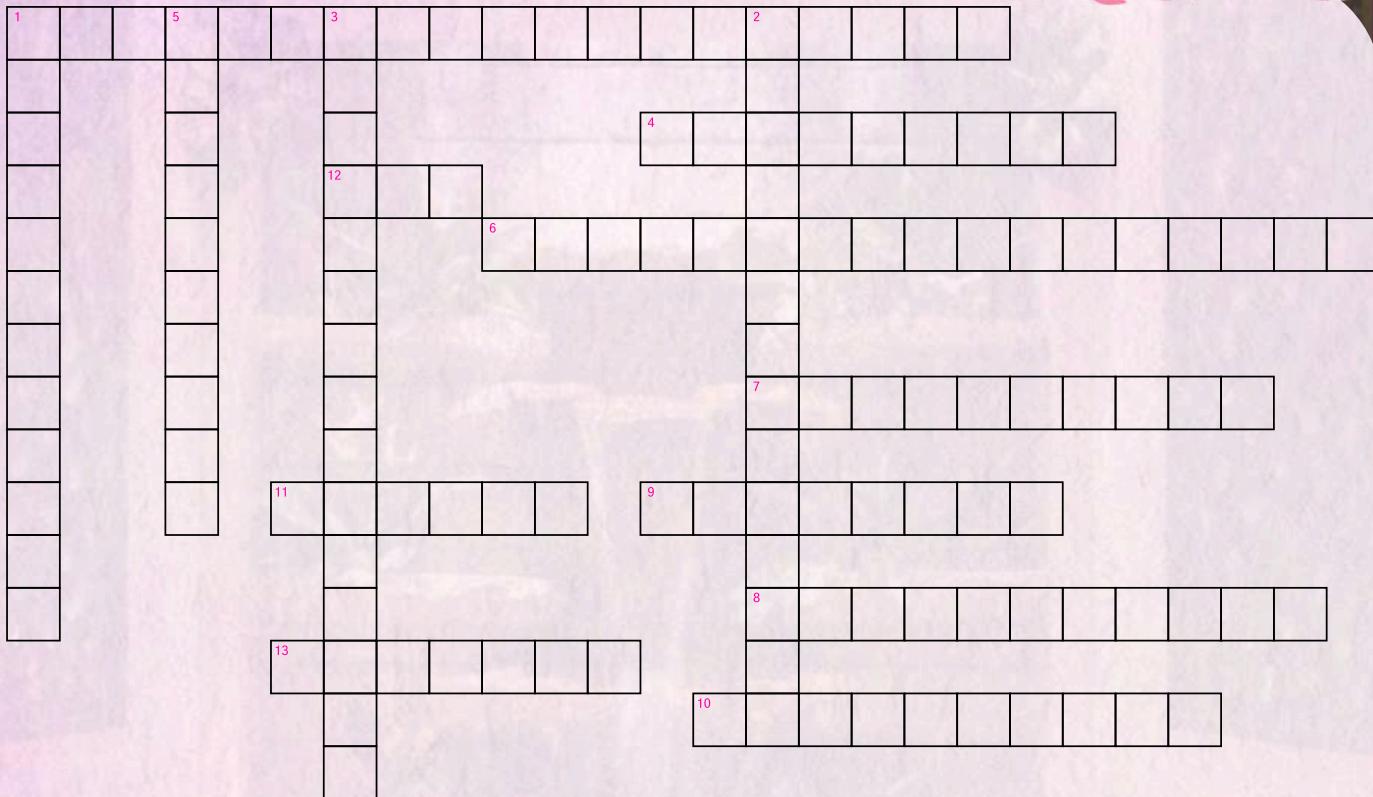
Consistency is key!

Results

- Immediately: lighter feeling
- After a few days: less bloating
- After 2-3 weeks: flatter belly, better digestion

GAMES

Crosswords Massage techniques



Across:

1. massage utilisant des huiles essentielles pour un effet relaxant, tonifiant ou équilibrant
4. terme qui désigne un massage, un soin du visage, un gommage ou tout autre service de bien-être
6. massage plus appuyé qui travaille en profondeur sur les muscles
7. apporter de l'eau et du confort à la peau grâce à une crème ou une lotion
8. heure et date fixées pour qu'un client vienne recevoir un soin au spa
9. calmer une douleur, une tension ou un inconfort
10. état de détente physique et mentale
11. soin du visage complet.
12. lieu dédié au bien-être où l'on reçoit des massages pour se détendre.
13. grand bain avec des jets d'eau ou des bulles pour masser et relaxer le corps.

Down:

1. huiles essentielles pour favoriser la relaxation, le bien-être ou la vitalité
2. massage complet du corps avec des mouvements longs et enveloppants pour relaxer les muscles
3. massage réalisé avec des pierres chaudes, posées ou glissées sur le corps pour apporter chaleur et relaxation
5. huile de massage

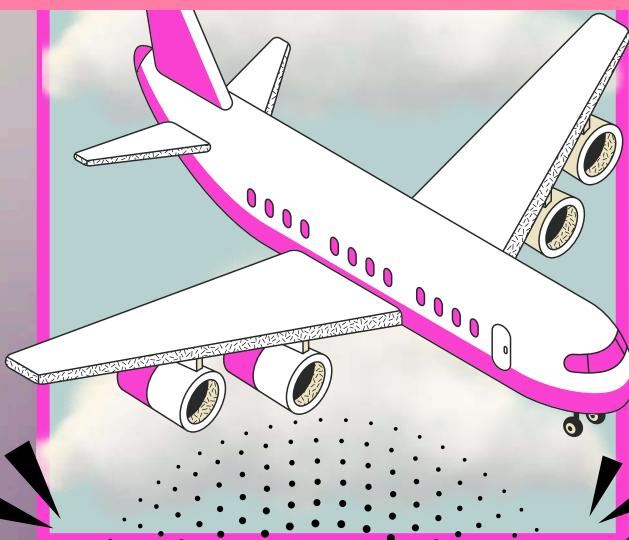
GAMES

Word search puzzles Massage techniques

E	Z	I	R	U	T	S	I	O	M	S	D	C	Y
S	B	X	T	N	L	B	Z	M	I	R	P	P	P
	I	L	K	R	N	A	D	B	L	K	A	A	Y
I	N	I	T	U	E	L	I	D	A	R	T	Z	T
Z	T	O	U	O	D	A	I	C	E	Y	I	H	
U	Z		I	Z		I	T	H	A	E	B	P	E
C	M	E	T	T	P	S	T	E	R	F	R	V	N
C	U	G	N	T	A	A	O	Q	M	N	V	W	O
A	X	A	K	I	M	X	I	O	V	E	W	G	T
J	G	S	B	O	H	O	A	H	T	V	N	Z	S
H	Q	S	R	G	N	G	B	L	Y	H	E	T	
Y	D	A	T	Z	D	H	L	B	E	P	E	X	T
O	K	M	R	C	E	D	C	D	D	R	H	S	O
	T	N	E	M	T	N	I	O	P	P	A	Z	H

- TREATMENT
- APPOINTMENT
- AROMATHERAPY
- MASSAGE OIL
- RELAXATION
- MOISTURIZE
- HOT STONE
- TO SOOTHE
- JACCUZI
- FACIAL
- SPA

Cartoon



Good morning, I just arrived in France from Guadeloupe. I am so stressed because of my training period. I need to warm my body, to remember my island...

Good morning,
Welcome to Yves
Rocher! How can I
help you?



I recommend for you a hot stone massage, it will relax you, lessen your stress. The heat will make you travel.

