

Pandemica By Alessandro Criscione - Video - DOWNLOAD

In November 2020 I too was infected by Covid-19, I was forced to wear a mask inside my home 24 hours a day.

The psychological pressure and my feeling bad was taking me down, but in those days I invented a routine that made me recover and rise from the abyss.

In fact, the routine is based on the object that I wore for 21 days 24 hours a day, "the surgical mask".

The global pandemic has devastated the world and with it me, both economically and socially.

To date I'm recovering slowly starting to show my magic a little at a time.

I hope you enjoy this routine.

Pandemica is my magical rebirth.