

Professional Treatment

Time: 45-60 minutes

**Assumes all Back Bar sizes.*

Cost Per Treatment: \$2.94*

Suggested Products:

- | | |
|--|--|
| <input type="checkbox"/> Erase the Day | <input type="checkbox"/> Recovery |
| <input type="checkbox"/> Cleanser | <input type="checkbox"/> Eye Serum |
| <input type="checkbox"/> Fresh Face Mask / Enzyme Crème Mask | <input type="checkbox"/> Intensive Moisturizer / Light Moisturizer |
| <input type="checkbox"/> Moisturizing Mist | <input type="checkbox"/> Vibrant C Serum |
| <input type="checkbox"/> Glide Gel | |

STEP 1: Help your client settle into the treatment by dispensing a few drops of essential oils onto your palms. Place your palms over your client's face and instruct them to take a deep breath in to invigorate their senses. Leave your palms in place for another minute while encouraging deep breathing to help your client relax.

STEP 2: Remove any eye and lip makeup with **Erase the Day**. Double cleanse with **Cleanser** and remove with 4 x 4 wipes.

STEP 3: Apply **Fresh Face Mask** to increase circulation or **Enzyme Crème Mask** (*with or without steam*) to brighten skin tone. Leave on the skin for up to 8 minutes and gently remove the mask using a warm, wet towel.

STEP 3 (optional): Perform modality of choice such as red light therapy, jet plasma or microcurrent. For microdermabrasion, dermaplaning and chemical peels, consider skipping step 3 to avoid overexfoliating the skin.

STEP 4: Dispense 5 pumps of **Glide Gel** with 3 pumps of **Vibrant C Serum** and 3 pumps of **Moisturizing Mist** to rehydrate the skin as needed.

STEP 5: Apply **Recovery** on damp skin.

STEP 6: Apply **Eye Serum** around eyes and over lips.

STEP 7: Apply **Intensive Moisturizer** or **Light Moisturizer** to the face and neck.

STEP 8: Apply mineral sunscreen if the treatment is during the day.

Home Care

MORNING

STEP 1: Use **Cleanser**.

STEP 2 (Optional): Spritz **Moisturizing Mist** across face and neck. If skin is feeling tight or dry, skip step 1 Cleanser and use Moisturizing Mist on a cotton round to refresh skin.

STEP 3: Apply **Recovery**.

STEP 4: Apply **Vibrant C Serum**.

STEP 5 (Optional): Apply **Eye Serum** around eyes and over the lips.

STEP 6: Apply **Intensive Moisturizer** or **Light Moisturizer**, depending on skin type.

STEP 7: Finish with mineral sunscreen.

To calm skin during a hot flash, spritz **Moisturizing Mist across the face as needed throughout the day.*

EVENING

STEP 1: Remove any eye and lip makeup with **Erase the Day** on a cotton round.

STEP 2: Double cleanse with **Cleanser** to thoroughly cleanse the skin (*or only once if not wearing sunscreen and or makeup*). Remove with a clean face towel using sweeping motions.

STEP 3 (Optional): A few times per week, exfoliate with a nourishing mask:

IF DRY / LACKLUSTER COMPLEXION	IF OILY / SUN DAMAGED
Apply Fresh Face Mask	Apply Enzyme Crème Mask

**Leave on for 3-8 minutes, depending on skin tolerance*

STEP 4 (Optional): Spritz **Moisturizing Mist** across face and neck.

STEP 5: Apply **Recovery**.

STEP 6: Apply **Vibrant C Serum**, **Mandelic Acid 8%** or **Skin Restore Serum**.

**If using both Mandelic 8% and Skin Restore Serum, use these active products for a total of five times per week maximum, leaving at least two evenings using only Recovery, Booster or Skin Serum.*

STEP 7 (*Optional*): Apply **Eye Serum** around eyes and over the lips.

STEP 8: Apply **Intensive Moisturizer** or **Light Moisturizer**.