

CALMING RECOVERY FACIAL

A calming soothing treatment for sensitive skin. A gentle blueberry peel refreshes the skin without irritation while a nourishing mask helps to protect and restore hydration.

INTENSITY LEVEL:

MILD

TREATMENT TIME:

45-60 minutes

PRODUCTS:

CLEANSING GEL

PRE-TREATMENT TONER

BLUEBERRY PEEL

REJUVENATING MASK

SOOTHING SERUM

FIRMING MOISTURIZER

SOOTHING BALM

CHOOSE ONE:

AQUABOOST

FACE LIFT

POWER LIFT

SOOTHING BALM

CHOOSE ONE:

UPLIFT EYE

EYE AUTHORITY

CHOOSE ONE:

SOLAR DEFENSE TINTED

SOLAR DEFENSE NON-TINTED

PERFECTING GLOSS

PRE-CLEANSE: 3 minutes

½ tsp. **CLEANSING GEL**

With wet hands apply a small amount and gently massage around dry lashes and the facial area

TONE: 1 minute

¼ tsp. **PRE-TREATMENT TONER**

Saturate cotton pad and wipe face to remove excess oils and prep skin. Apply eye compress. Examine skin and perform skin consultation, note any areas needing extractions.

PEEL: 3-6 minutes

½ tsp. **BLUEBERRY PEEL**

Apply a thin layer to face and neck, avoiding the eye area. Leave on the skin 3-6 minutes depending on clients skin type.

(check in with your client to gauge their comfort level on a scale from 1-10)

Remove thoroughly with a cool or luke warm towel.

MASK: 10-15 minutes

1 tsp. **REJUVENATING MASK**

Option: Apply an additional ½ tsp. of mask to neck and décolleté.

Option: For additional hydrating and soothing benefits, pre-mix ½ tsp. Blueberry Mask and ½ tsp. Soothing Balm together, and then apply (ideal for those with a sunburn or increased sensitivity).

Apply eye compress. Apply thin layer to entire face and perform hand, arm, neck and shoulder massage while mask is setting.

Remove mask with warm steamed towel.

HAND MASSAGE

½ tsp. **FIRMING MOISTURIZER +**

½ tsp. **SOOTHING BALM**

Perform during mask treatment. Warm Soothing Balm between hands. Mix with Firming Moisturizer and perform hand, arm, neck and shoulder massage.

Option: You may also incorporate an add-on service of your choice at this time.

TREAT: 1 minute

1/8 tsp. **SOOTHING SERUM**

Apply to entire face. This is a great time to educate your client about peptides and recommend a home care regimen.

LIGHTSTIM: 20 minutes

USE ANTI-AGING LIGHTSTIM

Perform LightStim treatment as directed by manufacturer to enhance the benefits of the treatment.

EYE REPAIR: 1 minute

1/12 tsp. **UPLIFT EYE**

OR

1/12 tsp. **EYE AUTHORITY**

Uplift Eye: Lifting, Firming, Hydrating (safe for eyelid)

Eye Authority: Dark Circles, Puffiness, Crow's Feet

Apply to entire orbital area.

MOISTURIZE: 1 minute

Choose One:

¼ tsp. **AQUABOOST**

¼ tsp. **FACE LIFT**

¼ tsp. **POWER LIFT**

¼ tsp. **SOOTHING BALM**

AquaBoost: Oily/Acne-Prone Skin (Contraindications: Pregnancy, Nursing, Aspirin Allergy)

Face Lift: Normal to Combination Skin

Power Lift: Normal to Dry Skin

Soothing Balm: Dry/Sensitive Skin

Apply to entire facial area.

PROTECT: 1 minute

¼ tsp. **SOLAR DEFENSE TINTED or**
SOLAR DEFENSE NON-TINTED

Apply to entire face and massage until blended.

LIP TREATMENT: 1 minute

1/24 tsp. **PERFECTING GLOSS**

As an option, add a small portion of Perfecting Gloss within lip line.

