

LIGHTSTIM LED LIGHT TREATMENT: 75-MINUTE FACIAL

PRODUCTS

CLEANSING LINE
ESSENTIAL OIL
APPROPRIATE EYE PRODUCT
RELAX ESSENTIAL OIL

ENZYME PEEL EXFOLIATING MASK
POWER SCRUB ULTRA FINE POLISHING PASTE
HYDRATE SUPER MOISTURE SERUM
PRE EXTRACTION SOLUTION

POST EXTRACTION SOLUTION
CREAM AND MASK
C POWER VITAMIN C SERUM
CLEAR IT BLEMISH CONTROL GEL
DAILY DEFENSE

CLEANSE (18 MINUTES)

- 1 **Cleansing Oil** — Remove eye and lip makeup with a few drops on moistened cotton.
- 2 **Appropriate Cleanser** — Pre-cleanse face; apply 1 pump in palm, add water to emulsify, then rinse with cool water. Remove with sponges. Pat skin dry with a towel.
- 3 **Cleansing Oil** — On dry skin with dry hands, massage 1 pump of Cleansing Oil onto face and neck for 3–5 minutes, concentrating on congested areas.
- 4 **Herbal Toner** — Massage 1 pump over Cleansing Oil.
- 5 Add cool water gradually to emulsify and turn milky white. Keep adding water until the oil feels dissolved, then do a final rinse with sponges or barber wrap. If you have a steamer, start it now.
- 6 **Eye Products** — Apply appropriate eye product around eye and lip areas. Cover eyes with cotton pads soaked in warm water.
- 7 **Relax Essential Oil** — Apply to neck and shoulders.

REFINE (18 MINUTES)

- 8 **Enzyme Peel** — Mix 1 teaspoon with 2 teaspoons water into a thin paste, apply to face and neck. Steam and/or massage. You may also add Power Scrub or Glycolic Solution for a more aggressive exfoliation.
- 9 **Pre Extraction Solution** — Apply soaked cotton pads to congested areas.
- 10 Extract.
- 11 **Post Extraction Solution** — Add to cotton pad and wipe extracted area.

NOURISH (35 MINUTES)

- 12 Appropriate Essential Oil: Place 5–7 drops into moist hands, rub together and smooth onto clean face and neck, avoiding eye area. Add a few drops of water. Rub in Hydrate Super Serum.
- 13 Use appropriate LightStim: Arrange the panel in place and set timer for 3 minutes. If using handhelds, apply the light directly to the skin and hold in place for 1–3 minutes per section. Be sure to cover all areas of the face you wish to treat.
- 14 Massage appropriate cream. When slip is needed, moisten fingertips of one hand with water. Do not add more cream, and do not remove cream.
- 15 Appropriate Mask: Apply a generous coating and leave on for 10 minutes. Use appropriate LightStim over mask to cover all areas and set timer for 3–10 minutes. If using handhelds hold in place for 1–3 minutes per section. Rinse off with warm water.

FINISH (4 MINUTES)

- 16 **Daytime** — Finish with C Power, Hydrate Super Serum and appropriate eye product. Spot-treat blemishes with Clear It. Apply Daily Defense.
Nighttime — Finish with appropriate essential oil, Hydrate Super Serum and appropriate eye product. Spot-treat blemishes with Clear It. Apply appropriate Cream.
- * Before applying Daily Defense SPF or Cream, you can use LightStim again for 2 minutes.

Not intended for people with extreme light sensitivity, taking photosensitizing drugs or Accutane/Isotretinoin. Get medical approval before using on anyone pregnant, has skin cancer, lesions, or any serious health concerns.