

Botanical Soothing Facial

Sensitivity/Redness Collection

Level 2: Advanced Therapy

Cost per Treatment: \$5.50

Recommended For:

Rosacea-Prone, Post-chemically Peeled, Stressed or Sunburned Skin.

Menu Treatment Description

This cooling soother instantly subdues angry inflammation, visible redness, unsightly blotchiness and reactivity tantrums. Non-irritating gentle enzyme skin polishing removes dry, flaking skin and surface irritants, followed by an anti-inflammatory botanical serum infusion. Placement of smooth therapeutic cold stones onto hot spots pulls the heat out and leaves cooling relaxation in its place. The restorative, moisture-replenishing mask completes the peace and quiet, all to leave you feeling totally at ease and comfortable in our own skin.

Professional Treatment Description:

This gentle, yet effective facial pampers the client as well as reduces and calms inflamed skin. Clients with sensitive skin want all the same results as “normal” skin, just without irritation. The Botanical Soothing Facial restores hydration, balance and vitality to sensitive skin.

Recommended Skin Type:

All clients that exhibit “sensitive skin”, and are in need of extra soothing. Whether it be due to hormones, sun damage, medications or genetics, this facial offers gentle, effective exfoliation with along with deep hydration with special focus on skin calming and healing. The 30 minutes express version of the treatment may be recommended as a series for clients that would benefit from a more frequent treatment program.

Product Overview:

- Gentle Facial Wash
- Hydra Calm Massage Oil
- Sensitive Skin Tonic
- Balancing Thermogel Mask
- Zyme Peel Powder
- Zyme Peel Activator
- Redness Relief Serum
- Collagen Eye Defense
- Botanical Soothing Cream SPF 30

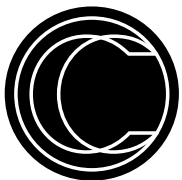
Equipment and Supplies Overview:

- Cold Stones
- Cotton rounds
- 3 Warm Towels
- Essential Oils
- 4 x 4 Gauze or Cotton Squares
- 4 Fan Brushes
- Q-tips
- Steamer
- High Frequency

Treatment Duration:

60 Minute Spa Advanced Therapy

Botanical Soothing Facial



Cleanse Phase – Time 5-7 minutes

Step 1. Apply **Gentle Facial Wash** and cleanse the face, neck and décolleté. Rinse and Remove.

Step 2. Spray a small amount of **Soothing Chamomile Eye Makeup Remover** on a tissue or cotton pad and remove eye makeup.

Step 3. Spray onto a tissue or cotton pad and then apply the **Sensitive Skin Tonic** to the entire face, neck and décolleté.

Skin Analysis and Exfoliation Phase – Time 10-15 minutes

Step 4. Perform Skin Analysis

Step 5. Mix one teaspoon of **Zyme Peel Powder** with enough **Zyme Peel Activator** to create a creamy paste. Mix with a semi-stiff fan brush and warm up under steam. Test on self to make sure it is not too hot, then apply to the skin. **Spray Sensitive Skin Tonic** on round cotton pads and rest on eye area, and over enzyme mixture, in areas where a client may be highly sensitive to steam. This allows for “indirect” warmth. Steam the skin for 7-10 minutes, then remove with gentle cotton pads or towels.

Step 6. Perform extractions, high frequency and LED light therapy if appropriate.

Step 7. Spray **Sensitive Skin Tonic** on cotton pad and apply to the skin to restore the skin pH balance, hydrate and soothe.

Massage Phase – Time 10 minute

Step 8. Start facial with hands then integrate stones.

Incorporate Cold Stones: To chill your Aqua Cold Stones, place them in a bowl of cold water with a cloth or washcloth on the bottom so that the stones do not “clank”. (Do not use ice cubes as the water will be too cold).

Step 1. Apply several drops of the **Hydra Calm Massage Oil** to the face and begin the cold stone massage to help eliminate fluid and congestion in the face, and reduce puffiness, swelling, and redness. Perform 2-3 minutes with hands only before incorporating the stones, and at the end of the massage. Be creative with your stones. For example, if the client has eye puffiness, spend more time massaging that area.



a. Select two small stones. Place them on the chin and slide them up to the ears and down the side of the neck as shown in the diagram. Repeat 3 times. Note: Check with the client for comfort level. If the stones are too cold, it will be uncomfortable rather than soothing.



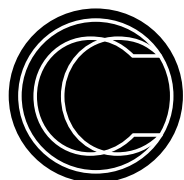
b. Place two small cool stones on the neck and slide them down as in the diagram. Repeat 3 times.



c. Place two small cool stones on the chin, slide them up the jaw line up to the ears, and come down on the sides of the neck, ending along the shoulder as demonstrated in the diagram to the left. Repeat 3 times.

Note: When stones begin to warm up, return them to the cold water and select two new stones.

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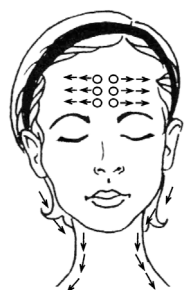
d. Place the small stones at the corner of the mouth and slide them outward towards the ears and downward on the sides of the neck, ending along the shoulder as shown in the diagram. Repeat 3 times.



e. Place the small stones on the side of the nose and slide them outward towards the ears and downward on the sides of the neck, ending along the shoulder as shown in the diagram. Repeat 3 times.



f. Place the stones below the eyes and slide them outward and downward towards the ears and downward on the sides of the neck, ending along the shoulder as shown in the diagram. Repeat 3 times.



g. Place the stones on the forehead and slide them outward toward the temple and down in front of the ears and downward on the sides of the neck, ending along the shoulder as shown in the diagram. Repeat each of the three movements 3 times.



h. Place the cool stones on the chin, slide them along the jaw line up to the ears, and then down on the sides of the neck, ending along the shoulder as shown in the diagram. Repeat three times.



i. Place the cool stones under the chin and slide them up to the ears and down the side of the neck as shown below as shown in the diagram. Repeat three times.

Finish massage with the hands for several final minutes. Tissue off excess oil (not necessary to remove completely) then apply mask.

Mask Phase – Time 10-15 minute

Apply a teaspoon of the **Balancing Thermogel Mask** liberally with a fan brush. Leave on for 7-10 minutes. It is recommended that additional shoulder, neck and/or scalp massage be performed at this time for approximately 5 minutes while the mask is on the face. It is also recommended that cooling eye compresses be made with the **Sensitive Skin Tonic** and let sit on the eyes at this time to further calm the eye area. Remove mask with towels and sponges or cotton pads. For this skin type, super soft baby diapers or other gentle towels may be used.

Hydrate and Moisturize Phase – Time 3-5 minutes

Step 10 Apply a small amount (2-3 cc) of **Redness Relief Serum** to your hands and then massage into face, neck and décolleté'

Step 11 Finish Facial with a light application of **Collagen Eye Defense**, and **Botanical Soothing Cream SPF 30**.

Retail Follow-Through:

Ultimate Repair Skincare Kit
Reverse and Energize Skincare Kit