



Lighten Up, Tighten Up Facial

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Signs of Aging Collection Level 2: Advanced Therapy Cost per Treatment: \$8.00

Recommended For:

Mature, Non-Sensitive Skin Types Showing Signs of Aging, Sun Damage and Loss of Elasticity.

Menu Treatment Description

This rejuvenating facial is really into power lifting. Penetrating alpha hydroxy acids get to the bottom of lines, wrinkles, roughness, age spots and other irregularities to uncover fresh, smooth new skin underneath. A remarkable hydrating gel mask, topped off with a skin-plumping serum delivers immediate firmness, renewed tone and textural consistency. Best done in a series of 3 or 4 or as a monthly anti-aging maintenance program.

Professional Treatment Description:

This is the ultimate results-oriented treatment for clients that want to smooth out skin imperfections while tightening and toning tired or sagging skin. The skin will be left feeling hydrated, firm and smooth. The proven effectiveness of our Glycolic Peel coupled with our gel based mask and firming serum makes this a must for tired, aging skin.

Recommended Skin Type:

All skin types showing the signs of aging

Product Overview:

- Sensitive Skin Cleansing Milk
- Hydra Calm Massage Oil
- Sensitive Skin Tonic
- Balancing Thermogel Mask
- Gly Peel 33%
- Collagen Eye Defense
- Firming Tri-Peptide Serum
- Anti-Wrinkle Face & Neck Cream
- Oil Free Sunscreen SPF 30

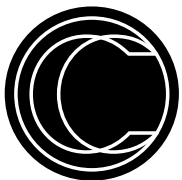
Equipment and Supplies Overview:

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

Treatment Duration:

60 Minute Spa Advanced Therapy
30 minute Express Therapy (omit steps 7 & 9)

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Cleanse Phase – Time 5-7 minutes

Step 1 First Cleanse: Begin facial cleanse while steaming and warming up the skin. Apply **Sensitive Skin Cleansing Milk** and cleanse the face, neck and décolleté. Soak cotton rounds in warm water and spray a small amount of **Soothing Chamomile Eye Makeup Remover**. Apply to eyes and wrap face in a warm towel with an aromatic calming blend. Compress towel and let client breathe in the essential oil for approximately 30 seconds. Unwrap towel; remove eye pads and excess make-up. Use towel to remove cleanser.

Step 2 Second Cleanse; Perform a second cleanse with the **Sensitive Skin Cleansing Milk**. Wrap face in warm towel with aromatic calming blend. Remove remaining cleanser and additionally remove steam from face.

Step 3 Saturate two cotton pads with **Sensitive Skin Tonic** and apply to the entire face, neck and décolleté

Skin Analysis and Exfoliation Phase – Time 10-15 minutes

Step 4 Perform Skin Analysis

Step 5 **Gly Peel 33%** Provide a hand held fan for client comfort. Measure approximately 1 teaspoon and apply thinly with a semi-stiff fan brush in upward direction. Avoid the eye area and do not apply to eyelids. Make sure client keeps his or her eyes closed the entire time. Leave on 2-4 minutes then remove/neutralize with cotton squares or gauze soaked in a water/baking soda mixture. Client may feel mild tingling initially. Always keep an eye on the skin whenever performing peels to clients.

Step 6 **Saturate Sensitive Skin Tonic** on a cotton round and smooth over skin to restore the skin pH balance, hydrate and soothe.

Step 7 Perform gentle extractions and High Frequency if needed. LED light therapy may also be used at this time if desired.

Massage Phase – Time 10 minutes

Step 8 Apply a few drops of **Firming Tri Peptide Serum** and apply around the eye area, and other areas that need tone and firming. Massage in. You can apply with fingers or with thin "paint brush" and apply to lines and wrinkles.

Step 9 Perform facial massage with **Hydra Calm Massage Oil**. Apply a very small amount to hands and begin massage. No need to remove all the oil completely as Hydra Calm is a "breathable" non occlusive massage medium. Tissue off excess if desired.

Mask Phase – Time 10 minutes

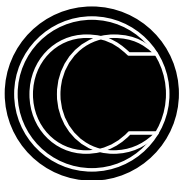
Step 10 Apply a teaspoon of the **Balancing Thermogel Mask** liberally with a fan brush to face neck and décolleté. Leave on for 7-10 minutes. It is also recommended that pre-moistened cooling eye compresses be applied and let sit on the eyes at this time to further calm the eye area.

For a more intense firm and lift, mix approximately 1 teaspoon of the **Firm and Lift Powder** with enough **Firm and Lift Activator** to create a thin (almost "runny") fluffy mixture. It is important for this mask to be thin for easier removal and best results. Apply mixture with a fan brush, in an upward motion. Leave on approximately 7-10 minutes. You can assist drying of the mask with fan if desired.

Note: The client will feel a lifting and tightening, as well as a vascular pulsating which is normal. If the client feels the product is "too tight" simply wet your fingers and apply to face until relieved.

After the mask has been on the face approximately 7 minutes, steam the face for several minutes and remove mask as follows:

Mix a small amount of **Sensitive Skin Cleansing Milk** with water and massage onto the skin to "loosen" the mask. Then with warm towels continue to remove the mask.



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Step 11 During this time, perform an additional shoulder, neck and/or scalp massage for approximately 5 minutes while the mask is on the face. Use the **Hydra Calm Massage Oil** to perform a massage to the area, then use a warm aromatic towel to remove mask.

Hydrate and Moisturize Phase – Time: 3-5 minutes

Step 12 Apply a small amount (2-3 cc) of **Firming Tri Peptide Serum** to your hands and then massage into face, neck and décolleté.

Step 13 Finish Facial with a light application of **Collagen Eye Defense, Anti-Wrinkle Face & Neck Cream** and/or **Oil Free Sunscreen SPF 30**.

Retail Follow-Through:

Reverse and Energize Skincare Kit

Tips:

Gly Peel 33% is a versatile peel which benefits many skin conditions. This light gel peel can be easily used not only on face, but on the body, whether it be raised stretch marks, dark spots, bumps, acne scars or the signs of aging on the arms, hands and décolleté.