

Classic Nourishing Facial

Sensitivity/Redness Collection

Level 1: Spa Therapy

Cost per Treatment: \$6.50

Recommended For:

All Skin Types Showing Dryness, Dehydration, Stress, Exhaustion or Jet Lag.

Menu Treatment Description

This modern update can trace its roots back the grand European spa tradition. Nourishing the skin, relaxing the system and soothing the soul are all part of this luxurious refresher. Thorough, but oh so gentle, deep cleansing with exfoliating enzymes lifts away dry, flaking dead cells and surface toxins. Massage with an aromatic natural herbal balm, infusion of botanical serum and application of a creamy soothing mask help skin soak up the rejuvenating hydration. The complexion emerges looking fresh, dewy and radiant. Perfect to give as a gift certificate for birthdays, bridal parties and anniversaries.

Professional Treatment Description:

This facial incorporates natural enzyme exfoliation to provide immediate pore refining and skin clarity, specialized calming serum application, aromatherapy shoulder, neck and face massage, soothing enzyme mask for the ultimate glow!

Recommended Skin Type:

All clients that exhibit "sensitive skin". 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.

Product Overview:

- Sensitive Skin Cleansing Milk
- Cucumber Bead Cleanser
- Sensitive Skin Tonic
- Zyme Peel Powder
- Zyme Peel Activator
- Skin Nourishing Balm
- Sensitive Skin Enzyme Mask
- Redness Relief Serum
- Collagen Eye Defense
- Botanical Soothing Cream SPF30

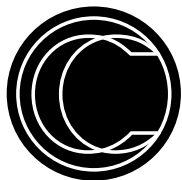
Equipment and Supplies Overview:

- Cotton rounds
- 3 Warm Towels
- Essential Oils
- 4 x 4 Gauze or Cotton Squares
- 4 Fan Brushes
- Q-tips
- 2 Hand Towels
- Steamer
- High Frequency
- Small Glass Bowl

Treatment Duration:

60 Minute Spa Therapy

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Cleanse – 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 **Cucumber Bead Cleanser** (skip this step if skin is sensitive or mix with **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 a cotton round with the **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 Mix 1/2 teaspoon of **Zyme Peel Powder** with 1 teaspoon **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. Saturate cotton rounds on warm water and spray with **Sensitive Skin Tonic** 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 gently with cotton pads or towels.

Step 6 Perform extractions, high frequency and LED light therapy if appropriate. It is recommended that cold Beauty Globes, Cold Stones or a cool barber wrap towel be applied for several minutes after extraction to soothe.

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

Massage Phase – Time 10 minute

Step 8 Perform facial massage with **Skin Nourishing Balm**. Apply a very small amount to hands, warm up under steamer and begin massage. No need to remove excess oil unless you desire to tissue off excess.

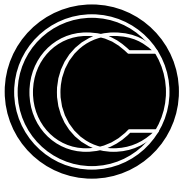
Mask Phase – Time 10-15 minute

Step 9 Apply a teaspoon of the **Sensitive Skin Enzyme 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.

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 an application of **Collagen Eye Defense**, and **Botanical Soothing Cream SPF 30**.



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Retail Follow-Through:

Ultimate Repair Skincare Kit
Reverse and Energize Skincare Kit

Tips:

Sensitive Skin Enzyme Mask can be lightly steamed on the skin instead of traditional enzymes, if client exhibits extreme sensitivity.

Sensitive Skin Cleansing Milk contains *lactic acid*, which helps facilitate a better cleanse and absorption than many other cleansing milks, a good point for the client who's skin is in need of a "milky" cleanser but are concerned about it's effectiveness.

Tricks:

The **Zyme Peel** mixture, while steaming, can be used with a rotary brush for those clients who have more oily build up. This increases the intensity of the peel...more effectively "digesting" oils and excess sebum.

Perform facial using only super soft diaper clothes when removing products from clients face.

For highly reactive skin, apply **Redness Relief Serum** prior to **Zyme Peel** mixture to reduce any dehydration.