

# • HOME FACIAL KIT •

Skin Regimen is a highly concentrated botanical skincare system that addresses common stress related signs of aging such as dehydration, dullness, imperfections and wrinkles. The products offer a natural rebalancing, reinvigorating aroma and cooling massageable textures. You won't believe how incredibly clean and soft your skin will feel!



**Step 1:** Tie back your hair if necessary. Mix a small amount (nickle size) of Cleanser with water in your hands to create a soft foam. Massage into the skin with gentle circular movements. Avoid the area around the eyes. Rinse with warm water.

**Step 2:** Take a quarter size amount of the Enzymatic Powder in the palm of your hand and add a few drops of water (just enough to make a spreadable paste). Massage the mixture into the skin with circular motions, avoiding the eye area. Rinse with warm water.

**Step 3:** Place a dime size amount of the **Microalgae Essence** into the palm of your hands, rub together and inhale. With light pressure, carry out patting movements with fingertips from the center of the face upwards and outwards until completely absorbed.

**Step 4:** Using a bowl and spoon, mix the Sachet of the **Detox Mask** with 90mls of room temperature water. Your mixture should resemble thick pancake batter. With your fingers, apply a semi-thick layer to your face, avoiding your eyes and brow area. Make the edges thicker (like making pancakes!) so the mask will be easy to peel off. Avoid your hairline when applying, and use smaller amounts to avoid dripping since you will be applying this in front of a mirror. You have about 2 mins to apply the mask before it begins to set.



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**Step 4 (cont):** Leave on for 15 mins, then remove by lifting the edges and peeling off. You may have some residue if the edges weren't quite thick enough, which you can remove with some warm water. Look at your skin glow!!

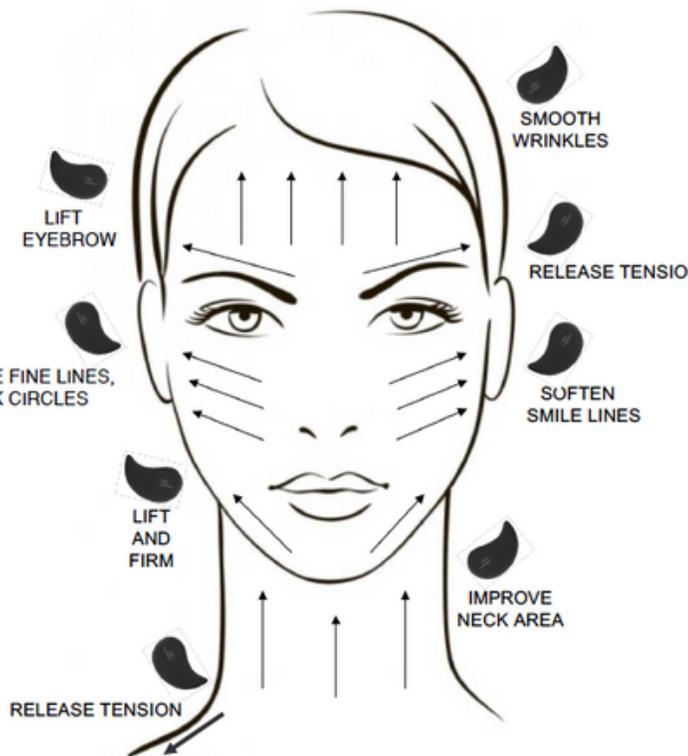
**Step 5:** Next, apply 2-3 drops of the HA Booster to your fingertips and press onto your face and neck until completely absorbed.

**Step 6:** Apply your Tripeptide Cream with relaxing massage movements from the center of your face, upwards and outwards. Don't forget your neck :)

## Gua Sha

A traditional Chinese medicine skin-enhancing tool that improves micro-circulation to reveal more radiant, compact skin. Tucked inside a velvety-soft fabric casing.

Visit our website for how to video.



### /how to use

- 1 Use morning and evening after cleansing and before applying your selected booster.
- 2 Warm the Gua Sha by rubbing it between your hands and start sweeping up the sides of the neck, work from the chin to the cheeks, across the forehead and around the eye area.
- 3 Repeat each movement three times.

