

### **Papaya & Pineapple Enzyme Treatment** - Normal, Dry, Combination and Sensitive Skin types

1. Cleanse with **Facial Cleansing Gel** or **Antioxidant Enzyme Cream Cleanser**
2. Tone skin with **Skin Balancing Toner**
3. Cleanse and exfoliate with **Jojoba Micro Bead Polish**
4. Apply thin layer of **Papaya & Pineapple Enzyme Mask**. Use with Steamer or hot towel compress
5. Leave on for 3-10 minutes depending on skin type and rinse
6. Apply **Hydrating Mask** ( can apply hot towel compress)
7. Leave on for 5-10 minutes
8. Apply **Antioxidant Anti-Aging Eye Cream**
9. Apply **Niacinamide Serum** (\*Optional - can penetrate with Skin Scrubber or Ultrasonic Machine)
10. Apply **Light Moisture Cream** for combination skin or **Vitamin Rich Cream** for dry skin.

### **Pumpkin Enzyme Treatment** - Normal, Combination, Sun Damaged and Oily Skin types

The Pumpkin Enzyme Exfoliating Treatment is a very powerful polishing treatment. Pumpkin contains many exfoliating properties aswell as nutrients for the skin. This skin care treatment is perfect for skin that is not sensitive. Oilier skin can usually use the Mask II which contains 12% glycolic. If your client has not used glycolic before try using the Mask I that contains 5% glycolic first.

1. Cleanse with **Facial Cleansing Gel**
2. Tone skin with **Skin Balancing Toner**
3. Cleanse and exfoliate with **Jojoba Micro Bead Polish**
4. Apply a thin layer of **Pro Pumpkin Enzyme Mask I or II**. Mask I has 5% glycolic and Mask II contains 12% glycolic. As you apply the mask tell your client they will feel a itchy or tingly feeling. It usually lasts about a minute or two and then subsides. If the client says the mask feels like it is burning remove the mask with water. I would NOT apply steam or hot towel compress with this mask because it may intensify the treatment too much.
5. Leave on for 3-10 minutes depending on skin type and condition.
6. Rinse until the skin does not feel any itchiness or burning.
7. Can apply one of the gel masks to soothe the skin. (**Cucumber Gel and Lavender Gel**)
8. Apply **Antioxidant Eye Cream**
9. If client has very dry skin you can then apply the **Antioxidant Serum** and then the **Vitamin Rich Cream**. If the client has oily to combination skin you can apply the **Clarifying Serum** then finish off with **Light Moisture Cream**.

**Anti-Aging Moisture Mask Treatment** - Normal, Dry, Combination, Mature, Sensitive and Sun Damaged Skin  
With beet powder, turmeric powder and vitamins B & C, this mask is well-rounded and mild for all skin types. It also lends an anti-inflammatory, anti-itching effect. This mask comes packed with its own set of nutrient-rich properties that are designed to work with the liquid chosen to activate the mask.

1. The mask can be used 2 parts powder to 1 part any liquid suitable for hydrating the mask.
2. A thinner mask can be made by adding more liquid, and a thicker mask can be created with less liquid.
3. Try hydrating your mask with yogurt, soy milk, goat milk, rice milk, distillate water, most fruit or vegetable juices, vinegar, water with sea salt or any liquid that is beneficial to the skin.
4. For color therapy, try using small amounts of pomegranate juice, grape juice or cranberry juice. The liquid you use is only limited by your imagination (within safe guidelines).

### **Microdermabrasion Treatment** - Normal, Dry, Combination and Oily Skin types

1. Cleanse with **Facial Cleansing Gel** or **Antioxidant Enzyme Cream Cleanser**
2. Tone skin with **Skin Balancing Toner**
3. Cleanse and exfoliate with **Jojoba Micro Bead Polish**
4. Apply thin layer of **Papaya & Pineapple Enzyme Mask**. Use with Steamer or hot towel compress
5. Leave on for 3-8 minutes depending on skin type and rinse. If skin is very sensitive leave on less time. Begin to Microderm the skin. If skin is sensitive may need to do less passes.
6. Apply **Cucumber Gel & Mask** if skin is sensitive or irritated. (other gel masks to soothe the skin : **Lavender Gel**)
7. Apply a hydrating or nourishing serum depending on the skin type. **Niacinamide Serum** is a great one that can be used on all skin types. **Antioxidant Serum** is great for dry or skin concerned about aging and **Clarifying Serum** is great for skin with oil or acne prone skin (Clarifying Serum can tingle).
8. Apply **Antioxidant Eye Cream**
9. Apply **Light Moisture Cream** for combination skin or **Vitamin Rich Cream** for dry skin.

### **Tropical Facial** – All Skin Types

We have used the Papaya & Pineapple Enzyme in the past and it was super successful. The reason I chose it for a "everybody" facial is that this enzyme is so gentle you can use it on pretty much everyone. It works to brighten and polish the skin. It gobbles up dead skin without any tingling or burning. The following is a facial treatment idea you can use:

1. **Facial Gel Cleanser** (this is sulfate free and gentle. All skin types do well with this treatment. You can add a couple of drops of orange or lemon essential oil to fun it up.
2. **Skin Balancing Toner**
3. Use the steamer or hot compress for this step. Apply the **Papaya & Pineapple Enzyme** and leave on the skin for 8-15 minutes depending on skin type.
4. **Hydrating Mask** – If it is not a sensitive skin type I like to add orange or lemon essential oil. Just a couple of drops is enough. Can add hot compress or leave alone.
5. Apply **Niacinamide Serum** and do a light massage. Niacinamide is a very light serum that is great for all skin types. It is very healing and great for anti-aging.
6. Apply the **Antioxidant Hydrating Eye Cream**
7. Apply **Light Moisture Cream**
8. Apply your choice of sunscreen. If you have a good loose mineral you can apply that also.

### **Clarifying & Purifying Treatment** - Normal, Combination and Acne Prone Skin types

1. Cleanse with **Clarifying Cleanser**
2. Tone skin with **AHA Purifying Toner**
3. Apply thin layer of **Papaya & Pineapple Enzyme Mask**. Use with Steamer or hot towel compress
4. Leave on for 5-10 minutes depending on skin type and rinse
5. Can do extractions here if needed.
6. Apply **Clarifying Mask** (can apply hot towel compress)
7. Leave on for 5-10 minutes
8. Apply **Under Eye Nourishing Cream**
9. Apply **Clarifying Serum** (\*Optional - can penetrate with Skin Scrubber or Ultrasonic Machine)
10. Apply **Light Moisture Cream** for normal or combination skin. For Acne prone skin types leave Clarifying Serum on as light moisturizer.

### **Rose Cooling Regenerative Mask** - All Skin types

This rinse-off mask is great for all skin types. It is a soothing and very cooling gel that can be used on the face and eyes for its anti-inflammatory, astringent and regenerative effects. It contains antioxidants and provides an amazingly refreshing rose scent. This mask is the perfect cooling mask to follow the Glycolic Rose Mask. Essential Oils and Fragrance oils are not recommended for this product.

**As a soothing mask:** Apply a thin layer to cleansed skin. Rinse off after 5 to 20 minutes.

**As a gommage:** Apply thin layer to cleansed skin. Allow to slightly dry and rub off. The gommage rolls up the skin's outmost dead skin cells with the mannan and leaves your skin silky-smooth.

**As a Mask:** Apply thick layer to cleansed skin. Rinse off after 5-10 minutes.

### **Hydrating Mask Treatment** - All Skin types

This incredibly moisturizing and nourishing mask helps to soothe, hydrate, heal and promote cell regeneration. Hydrating Mask helps plump and firm the skin. This mask can be slightly scented with essential oils depending on the skin type. It is recommended that you scent any product at the lowest percentage first and increase as needed. This will help avoid thinning of product and excessive scenting. It is easier to add more scent if needed, but impossible to remove scent without adding more product.

1. Apply a thin layer to cleansed skin, avoiding eye area.
2. This is a great mask to use with a towel compress if client is comfortable enough.
3. Rinse off after 5 to 20 minutes

### **Lavender Facial Treatment** - All Skin Types & Especially Sensitive Skin types

1. Cleanse with **Micellar Lavender Cleansing Water**. **Apply with gauze or cotton pad. Can do more applications if needed.**
2. Tone skin with **Lavender Toner**
3. To exfoliate the skin apply thin layer of **Papaya & Pineapple Enzyme Mask**. Use with Steamer or hot towel compress.
4. Massage **Lavender Face & Body Lotion** on hands while mask is on.
5. Leave on for 3-10 minutes depending on skin type and rinse
6. Apply **Lavender Gel & Mask** ( can apply hot towel compress)
7. Leave on for 5-10 minutes
8. Massage **Lavender Face & Body Lotion** to neck, shoulders and upper back.
9. Apply **Antioxidant Eye Cream**
10. For Combination or Oily skin types you can apply a dime size of Lavender Gel & Mask and use as a moisturizer. If skin is more normal to dry apply **Niacinamide Serum** (\*Optional - can penetrate with Skin Scrubber or Ultrasonic Machine)
11. Apply **Light Moisture Cream** for combination skin or **Vitamin Rich Cream** for dry skin.

### **Revitalizing & Firming Mud Mask Treatment** - All Skin types

DMAE is an amazing nutrient that extends the life of cells and inhibits the cross-linking of proteins, which gives the skin a toned and firm appearance. This Mask will help to eliminate toxins and give the skin a fresh, clean start on a weekly basis.

1. Apply a thin layer to cleansed skin, avoiding eye area.
2. Client may feel a slight tingling. Tingling sensation will dissipate.
3. Rinse off after 5 to 10 minutes

### **Cucumber Facial Treatment** - All Skin Types & Especially Sensitive Skin types

1. Cleanse with **Facial Cleansing Gel**
2. Tone skin with **Cucumber Toner**
3. To exfoliate the skin apply thin layer of **Papaya & Pineapple Enzyme Mask**. Use with Steamer or hot towel compress.
4. Massage **Cucumber Face & Body Lotion** on hands while mask is on.
5. Leave on for 3-10 minutes depending on skin type and rinse
6. Apply **Cucumber Gel & Mask** ( can apply hot towel compress)
7. Leave on for 5-10 minutes
8. Massage **Cucumber Face & Body Lotion** to neck, shoulders and upper back.
9. Apply **Antioxidant Eye Cream**
10. For Combination or Oily skin types you can apply a dime size of Lavender Gel & Mask and use as a moisturizer. If skin is more normal to dry apply **Niacinamide Serum** (\*Optional - can penetrate with Skin Scrubber or Ultrasonic Machine)
11. Apply **Light Moisture Cream** for combination skin or **Vitamin Rich Cream** for dry skin.

### **Cucumber Gel & Mask and Lavender Gel & Mask** - All Skin Types & Especially Sensitive Skin types

These soothing masks can be applied after an intense or irritating treatment or as a mask in your signature facial. These Gel Masks are great for all skin types. They are formulated in an Aloe base. These masks can be left on for 5 minutes or more. If you would like to apply them as a moisturizer you can apply a dime size and they will nourish and hydrate the skin. Many aestheticians have said they like to use this mask towards the end of the treatment because it is so moisturizing.

### **Exfoliating Rose Gel Mask** (with 10% Glycolic) - Mature, Blemished, Combination & Oily

This mask helps reduce the build-up of excess skin cells by lightly exfoliating, giving the skin a brightening and beautiful glow. Glycolic acid transforms dull, lifeless complexions into vibrant, youthful skin. This revitalizing mask, with 10% glycolic acid, is not meant for sensitive skin. This Glycolic mask can cause anything from slight tingling to burning sensations. Follow directions closely.

1. Apply a thin layer to cleansed skin, avoiding eye area.
2. Tell client they may feel a light tingling.
3. Rinse off after 5 - 8 minutes depending on skin type.
4. If skin becomes irritated, wash off immediately with warm water.

\*Recommended protocols are designed to give you an idea of where to use products in your treatment room. Not all protocols can be used on all skin types. Protocols may be different depending on skin type or sensitivity.