

PROTOCOLS IN PRACTICE

12 FLOWER FACIAL

RHONDA ALLISON

This hydrating treatment merges the strength of flower acids for moisturizing and lightening benefits, vital nutrients and powerful antioxidant support for pro-youth results that will leave skin radiant and glowing.

Step 1. Place cool, damp eye pads underneath lower lashes. Be sure eye pads have been folded or cut in half.

Step 2. Pump make-up remover onto 2x2 damp gauze and lay over eyes and lashes. Using the same gauze, gently wipe away eye makeup. Using a cotton swab saturated with make-up remover, clean any remaining mascara from lashes. Remove the halved eye pads.

Step 3. Pump several drops of make-up remover into hands and go over the rest of the face. Rinse several times with warm water and 4x4 gauze to thoroughly remove all makeup.

Step 4. Cleanse skin with Citrus Gel Cleanser. Work into skin for several minutes in a circular motion for thorough cleansing. Add water for more lather. Remove with warm water and 4x4 gauze. Pat skin dry.

Step 5. Saturate 2x2 gauze with Mandelic Defense Lotion and apply to skin with firm, even pressure. Let absorb and remain on skin.

Step 6. Mix 1/2 tsp. of Milk Mask and 1/2 tsp. of Maui Peel into glass beaker and apply evenly to skin with firm, square brush. Caution: Avoid eye area. Massage in well; let remain on skin for 5 minutes. Let absorb and remain on skin...

Step 7. If there are no signs of severe erythema or irritation, apply a quick heat immersion by placing damp, tepid 4x4 gauze over face. Apply heated compress over gauze for 30 seconds to penetrate nutrients. Pat skin dry. This step is especially beneficial for thicker, more sun-damaged skin. Remove enzyme with tepid water and 4x4 gauze. Do several rinses.

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More Protocols?

Continue reading Step 8-17 in addition to other natural protocols from more companies on Page DM3.

12 Flower

FACIAL

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- Step 8.** Place eye pads over eyes and offer client a hand-held fan. Dispense 1 tsp. of Hibiscus Peel into glass beaker and apply evenly to skin using a firm, square brush. Let remain on skin 4-5 minutes. Gently remove eye pads. Rinse skin well with warm water and 4x4 gauze. Pat skin dry.
- Step 9.** Mix 2 pumps of Sea Gems and 2 pumps Omega 6 EFA and massage thoroughly into skin. Let absorb and remain on skin. Lay 4x4 gauze over upper and lower portions of face and apply hot compress for several minutes.
- Step 10. (Optional)** While client is in hot compress, take time to perform a neck and shoulder massage using 2-3 pumps of Omega 6 EFA.
- Step 11.** Dispense 1 tsp. of 12 Flower Mask into glass beaker and apply to skin with firm, square brush. Place chilled eye pads over eyes. Place unfolded 4x4 gauze, dampened with cold water, over upper and lower portions of face; roll chilled Ice Globes for several minutes. Let mask remain on skin for 10 minutes. *Note: For more sensitive skin, mix 1/2 tsp. of 12 Flower Mask with 1/2 tsp. of Milk Mask.*
- Step 12. (Optional)** Place hot compress over gauze and let remain until cool.
- Step 13.** Continue body massage using Omega 6 EFA by working on the back and arms. Shimmy hands down the back to lower back if possible. Using pulsing and lifting motions, gently massage the back and shoulder area. Don't forget to work the arms. Start at the elbows and work your way up to the neck area.
- Step 14.** Rinse with warm water and 4x4 gauze. Complete the hot and cold therapy by plunging skin into a cool sensation; apply one more thorough rinse with ice-cold gauze. Pat skin dry.
- Step 15.** For a "fresh as a cucumber" feel, spray skin with Cucumber Spritz. Let your client know that you will be misting the skin. Be sure to hold spritzer bottle over the hairline and spray out over the face so the client does not inhale mist. Work in with light tapotement.
- Step 16.** Apply 2-3 pumps of Exotica Rhodiola. Do not over-work the skin.
- Step 17.** Finish with a thin layer of Daytime Defense SPF30 for daytime protection. Have client sit up slowly. Offer them a cool, refreshing drink before leaving.