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## Protocols in Practice

# CBR Facial

Resuscitate Your Skin (50 min.)

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Our latest Signature Facial focuses on infusing the skin with nourishing ingredients to help strengthen and restore the barrier function of the skin, while reducing inflammation and irritation.

- Step 1. Cleanse skin with Creamy Milk Cleanser and rinse thoroughly with 4x4 gauze.
- Step 2. Perform second cleanse with Gentle Jojoba Beads and rinse thoroughly with 4x4 gauze. Pat skin dry.
- Step 3. Dispense 1/2 tsp. of Bromelain Enzyme Paste and 1/2 tsp. of Milk Mask into glass beaker and mix together. Using a firm, square brush apply an even layer to face and neck. Leave on the skin for 10 minutes.
- Step 4. Rinse with tepid water and 4x4 gauze. Rinse several times to ensure thorough removal. Pat skin dry.
- Step 5. Dispense 2 smidgens of 50+ AHP Booster into glass beaker. Mix with 2-3 droppers of Mandelic Arginine Peel until well-blended. Using a firm, square brush apply an even layer to face and neck. Let mask set for 2 minutes, and then apply hot compress to face and neck for 5 minutes.
- Step 6. Remove compress and gently blot off excess gel mask, do not do a full removal.
- Step 7. Apply 1-2 pumps of MVC Serum and gently work into skin. Let absorb and remain on skin.
- Step 8. Apply 1-2 pumps of SynErgy A and gently massage into skin. Let product absorb and remain on skin. *Optional:* For drier skins, follow with 2-3 pumps of Infuse 7 and gently massage into skin.
- Step 9. Lay two unfolded 4x4 gauze, dampened with tepid water, on the upper and lower portions of the face. Apply hot compress for 1 minute. Remove compress.
- Step 10. Dispense 2-3 smidgens of 50+ AHP Booster into glass beaker with 1/2 tsp. of Milk Mask and 1/4 tsp. of Rosemary Basil Mask and mix together. Using a firm, square brush, apply an even layer to face and neck. Leave on the skin for 10 minutes.
- Step 11. Lay two unfolded 4x4 gauze, dampened with cool water on the upper and lower portions of the face. Roll chilled ice globes over face for several minutes. Wrap face and neck with a hot compress. Rinse with tepid water and 4x4 gauze.
- Step 12. Spritz skin with Cucumber Spritz.
- Step 13. Apply 1-2 pumps of Hyaluronic Serum to face and neck. Let absorb and remain on skin.
- Step 14. Apply 1-2 pumps of C-Stem Cell to face and neck. Let absorb and remain on skin. Add additional moisturizer if needed.
- Step 15. Finish with a thin layer of Sheer Tint Finisher SPF18 or Daytime Defense SPF30 for daytime protection.