

# PURELY BASIC SKIN TREATMENT

- ▶ **CLEANSE 1:** It is important to use a “milky cleanser” for all skin types and conditions. Do not add water, use the cleanser directly on the skin. Massage and manipulate for 1-2 minutes before adding water to the hands and fingertips. Once wet massage for another minute and remove with lukewarm water. “NO HOT TOWELS”. Dry skin well.
- ▶ **CLEANSER 2:** Select a skin specific cleanser after completing Cleanse 1. Perform the same steps found in Cleanse 1. Once completed remove with lukewarm water. “NO Hot Towels”.
- ▶ **TONER:** Use the appropriate toner for the client’s skin. It is better to use a cotton round, a dry 2x2 or 4x4 gauze. Once applied use fingertips to gently blend into the skin. Blend until the toner is absorbed.
- ▶ **PERFORM:** Using an exfoliation professional product or mechanical modalities. The below recommendations are not included in the Purely Basic Skincare Kit.

## MECHANICAL EXFOLIATION

- MICRODERMABRASION
- SONIC SKIN SCRUBBER
- DERMAPLANING

Perform 1-2 passes. The above exfoliations may be used separately or in combination for an advanced skin treatment.

Caution: Review the following before using the above.

1. Skin sensitivity
2. Hormonal challenges
3. Topical/Systemic Medications

## PHYSICAL EXFOLIATION

- PAPAYA ENZYME COMPLEX
- MARINE ALGAE
- NATURAL MICROBEADS, DIATOMACEOUS EARTH
- NATURAL GRAINS
- ALUMINUM CRYSTALS

Apply directly on a dry skin. However when using the natural grains or aluminum oxides mix with a gentle milk cleanser for a cream exfoliant.

Caution: Review the following before using the above.

1. Skin sensitivity
2. Hormonal challenges
3. Topical/Systemic Medications

## CHEMICAL EXFOLIATION

- BHA (Salicylic Acid)
- AHA (Citric, Lactic, Mandelic, Glycolic, and so on...)
- Blended acid complex

Perform the cosmetic acid peels per the skincare company instructions.

Caution: Review the following before using the above.

1. Skin sensitivity
2. Hormonal challenges
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▶ **TONER:** Use a soothing, desensitizing, calming toner for a skin cool-down after the mechanical exfoliation. Apply a generous amount on a dry gauze or cotton pad to the face, neck, décolletage. Blend will using light massage movements with fingertips until toner is absorbed.

▶ **SERUM:** Apply a generous amount of a **Moisture Booster + hyaluronic acid** to rehydrate the skin (face, neck and décolletage).

Or may apply **Vita C Peptide Serum + LSS™ delivery** to brighten and strengthen capillaries, reduce pigment variation, and improve skin immunity responses.

NOTE: Include serums as eye, lip, and neck serums for added skin correction.

▶ **MOISTURIZER:** Nourish the skin by applying an anti-inflammatory moisturizer along with moisture and lipid ingredients to maintain the skin's balance.

- Vital Recovery Concentrate botanical lipids
- Antibac Essentials lysozyme protection
- Ultra Performing Complex ACE complex
- Moisture Complex nourishing peptides

NOTE: May use above moisturizers and an eye cream. Starting from the outside orbital moving towards the nose and around.

**ADD 5 DROPS OF:**

Nourishing Oil botanical extracts to use as a massage medium or to repair the skin after certain performance treatment modalities.

▶ **HYDRATING MASK:** Apply an even application to the face, neck, and décolletage. Try Skin for Life's Revitalizing Mint Mask, CryoAlgae, or Charcoal Mask. Leave on the skin for 5-minutes before removing. Maximum time is 10 minutes before removal.

Remove with a room temperature moistened towel.

- ▶ **TONER:** Use Instant Soothing or Salicylic Toner to desensitize and calm the skin as a cool-down after the mask application. Apply a generous amount on a dry gauze or cotton pad to the face, neck, décolletage. Blend well using light massage movements with fingertips until toner is absorbed.
- ▶ **SERUM:** Apply a generous amount of a Vita C Peptide Serum to rehydrate, improve skin integrity, and build proteins within the layers of the skin. Blend well.
- ▶ **MOISTURIZER:** Nourish the skin by applying Vital Recovery Concentrate, Antibac Essentials, Ultra Performing Complex, or Mositure Complex after the serum application.
- ▶ **PHYSICAL SUNSCREEN:** Apply a generous amount to face, neck, and décolletage of SOL Defense Natural Tint physical sunscreen. Blend well. Ask the client to reapply every hour if outside 5-minutes or more.

## **60-75 minute treatment**