

# 60-MINUTE SCULPTING FACIAL

A customized treatment facial for a sensitive, combination/dry skin with surface dryness, a few blackheads and levels that are lacking hydration and tone.

## SKIN ANALYSIS

Once your client is comfortable on the table, start by examining their skin so you can customize your treatment plan to what they need that day. Tell them what you see on their skin and how you're going to improve it over the course of their treatment.

## PREP

### Cleanse

- Cleanse thoroughly with the **Step 1 Facial Cleanser** and remove with a warm, wet washcloth or disposable sponges.
- Use the **Eye Makeup Remover** on a gauze pad over the eyes.

### Exfoliation

- Mix the **Exfoliating Mask** with the **Purifying Mask**, work into the skin and remove with warm towels.

## TREATMENT

### Massage

- Massage the **h Skin Healing Gel** all over the face, then apply the **i Eye Repair Gel** and work in around the eyes.
- Follow with the **q Flavonoid Complex** and massage for a couple more minutes.
- Apply the **Hydrating Mask** over the top and massage for a further 15 minutes.
- Remove everything with warm towels.

### Extractions

- Wear gloves and use tissues such as Puffs or Kleenex. Be thorough and make sure you get everything out to avoid marking the skin.

### Specialty Treatment

- Apply the **Fruit Complex #1** all over the face and under the jawline, avoiding the delicate eye area. Leave on for a couple of minutes then remove with cool water.

### Icing

- Apply a generous layer of **h Skin Healing Gel** all over the face, then spot-treat any deep extractions with the **Herbal Mask**.
- Gently massage the skin with cryo sticks. Keep them moving for 3–5 minutes until the entire face has been iced, finishing with the mask. Remove the mask with warm towels.

## Mask

- Use a tongue depressor to mix 2 scoops of the **Pearl Silk Mask** with 4 scoops of water in a rubber bowl. (Add 1 extra scoop of powder and 2 of water if also including the neck.)
- Rest a gauze pad moistened with a little **h Skin Healing Gel** over each eye, then apply the mask all over the face and add dry gauze on top to help mold it into the skin.
- After 10 minutes, peel off the mask and remove any residue with sponges.

## Finishing Products

- Mix the **Retinoid Formula** together with the **q Flavonoid Complex** and the **h Skin Healing Gel**. Massage in, then apply the **y Light Moisturizer** on top.
- Apply the **i Eye Repair Gel** all around the eye area.
- Apply the **s Facial Sun Block (SPF 40) Tinted** if it is daytime, and spot-treat the same deep extraction areas with **La Bella Donna Loose Mineral Foundation SPF 50**.

## EDUCATION

As a skincare professional, ask your client questions about their diet and lifestyle based on what you observed during skin analysis. Remind them why being consistent with their homecare regimen is so important and tell them when you need to see them for their next appointment.

## HEMOCARE REGIMEN

### AM Regimen

- **Step 1 Cleanser**
- **x-cell Vitamin C Complex**
- **i Eye Repair Gel**
- **b Skin Moisturizer**
- **s Facial Sun Block (SPF 40) Tinted**

### PM Regimen

- **Step 1 Cleanser**
- **q Flavonoid Complex**
- **g AHA Cream**, OR alternate between the **a Retinyl Serum** and the **n Night Cream**

### Boosting Treatment Every 10 Days

- **c Skin Care Formula**
- **x-cell Vitamin C Complex**

### Bonus Item

Apply the **Hydrating Mask** on days that the skin could be feeling dry and irritated.