



## Herbal Skin Solutions Complete Facial Protocol

### Products you will need

- Herbal Skin Solutions Neroli Nirvana (Repair Oil)
- Herbal Cream or Gel Cleanser
- Herbal Solutions pH Balancing Toner
- Herbal Skin Solutions Hydrating Mist
- Herbal Skin Solutions Exotic Exfoliating Enzyme Mask
- Herbal Skin Solutions Sun & Moon Eye Synergy Cream
- Saian Sheet Mask
- AM - SPF of choice
- PM-Herbal Skin Solutions Blue Moon Retinol Overnight Sleeping Mask
- Herbal Skin Solutions Healing Cream with CBD & Arnica

### Internal Glow

- Herbal Skin Solutions Liposomal C
- Herbal Skin Solutions Biotin
- Herbal Skin Solutions Glucosamine

### External Glow

- MySkinBuddy
- Ultrasonic Skin Scrubber

1. Pre-cleanse skin with Neroli Nirvana to attract excess oils, loosen SPF & makeup and remove environmental toxins from pores. Apply 4-6 drops of oil onto your fingertips and gently massage into the face, neck and decollete for 2-3 minutes using gentle circular motions working outward towards the hairline. It can even be used around the delicate eye area to remove makeup and mascara! Remove any excess oil with dry cotton rounds or a microfiber cloth.

2. Using Herbal Skin Solutions Herbal Cream Cleanser (normal/dry skin) or Herbal Gel Cleanser (combo/oily skin) apply 2 pumps to thoroughly cleanse the face, neck and decollete. Massage cleanser into skin using small circular movements gently with your fingertips, avoiding around the eye area for up to 2 minutes. Remove any remaining cleanser by patting skin with damp facial sponges or a microfiber cloth.

- *Pro Tip: To enhance your cleansing experience, incorporate the MySkinBuddy handheld facial tool on Mode #1 for a warm cleanse using Ultrasonic technology to loosen oils, dirt and sebum for a deeper pore cleanse while LED Red Light Therapy reduces puffiness, stimulates healthy blood flow and promotes Collagen production!*

3. After cleansing, rebalance skin pH with Herbal Skin Solutions pH Balance Toner (normal to combo/oily skin) or Hydrating Mist w/ Lavender & Chamomile (normal to mature/dry skin) by spritzing 2-3 mists directly onto face, neck and decollete. Gently pat around the face using fingertips until the toner has absorbed.



- *Pro Tip: If using MySkinBuddy, spritz 2-3 mists of toner directly onto a cotton round and place over the MySkinBuddy stainless steel head. Lock cotton round into place with your MySkinBuddy toner attachment. Use Mode #2 with chosen LED color to thoroughly cleanse around face, neck and decollete.*

4. Apply an even layer of Exotic Exfoliating Mask across the face, neck and decollete (avoiding around the eye area) with a fan brush *1-2 times per week*. This Kaolin Clay formulated mask can be worn for up to 10 minutes (or once dry) or softly massage into the skin with damp/wet fingertips for 1-2 minutes. Pro Tip: Spritz 2-3 mists of pH Balance Toner or Hydrating Mist for an easy, nonabrasive glide!

- *Pro Tip: Use MySkinBuddy handheld facial tool in Mode #2 to accelerate the cellular renewal process by enhancing product penetration. Choose from Red (anti-aging), Green (brightening) or Blue (acne) LED lights for added benefits. Softly remove the mask using a damp lukewarm microfiber cloth or disposable sponges. Follow with spritzing 2-3 mists of pH Balance toner or Hydrating Mist directly onto skin and swipe a cotton round across the face, neck and decollete to remove any residual grit from the mask.*

**The active ingredients in this enzyme can give a tingly sensation for approximately the first 5 minutes. If irritation is present or continues to build, remove the mask immediately with cool cloth or sponges. Skin flushing may be experienced upon mask removal but typically subsides quickly upon application of serums, sheet mask and Healing Cream (see below) This mask is not recommended for those with inflamed acne.**

- *Pro Tip: For a deeper pore cleanse, incorporate Saian Ultrasonic Skin Scrubber post exfoliation for ease of light extractions, concentrating around the nose, cheeks, chin and other areas of congestion. Keep the skin damp at all times for easy glide with the blade at a 45 degree angle, working inward towards the middle of the face. Do not break the skin open or apply excessive force to prevent skin infections, scarring and broken capillaries. (Please see your local Licensed Esthetician for professional extractions.)*

5. After Toning, apply your Saian Hydrating Sheet Mask with Hyaluronic Acid to calm any redness and rehydrate skin post exfoliation. Remove your mask after 10 minutes or as soon as it begins to dry. Massage remaining serum with fingertips into the face, neck and decollete.

- *Pro Tip: Incorporate jade rollers, Gua Sha or MySkinBuddy Mode #2 over your sheet mask to enhance serum penetration and provide a nice cryo-cooling effect to the skin!*

6. Cocktail 2 drops each of Herbal Skin Solutions EGF Cellular Activator and Vitamin C+ Enhancement serum and gently massage face, neck and decollete using fingertips in light circular motions, avoiding around the eye area. Let serums absorb into skin before applying moisturizer and SPF

- *Pro Tip: Use MySkinBuddy Mode #2 with Red, Green or Blue LED lights to further infuse your topical serums for a long lasting epidermal glow!*



7. Treat the delicate eye area with Herbal Skin Solutions Sun & Moon Eye Synergy Cream to hydrate, nourish and reduce puffiness around the eyes. Using your ring finger, gently tap 1-2 pumps around the orbital rim and under the brow bone starting from the inner eye working outward.

**Caution: Do not get product in the eyes. Avoid applying over the eyelid or close to the lower lash line to prevent irritation. - If contact with the eye occurs, flush the area immediately with cool water or sterile saline & reach out to a medical care professional if needed.**

- *Pro Tip - Use MySkinBuddy Mode #1 over Sun & Moon Eye Synergy Cream for a warming, wake-me-up eye treatment that reduces puffiness, brightens the under eye area and provides a tightening eye lift when sweeping outward over the brows!*

8: AM: Gently massage a dime-sized amount of Herbal Skin Solutions Healing Cream with CBD & Arnica (mature/dry skin) or 2-3 drops of Neroli Nirvana (combo/oily skin) to face, neck and decollete. Let absorb before applying a tablespoon amount of your favorite physical broad spectrum SPF 30+. Once your sunscreen has dried, you may follow with a tinted moisturizer or mineral powder.

- *Pro Tip: Cocktail 2-3 drops of Neroli Nirvana to your favorite tinted moisturizer or SPF for a dewy skin finish!*

PM: After applying eye cream and once serums have absorbed, distribute 2 pumps of Herbal Skin Solutions Blue Moon Overnight Sleeping Mask evenly across face, neck and decollete, avoiding around the eye area. This nourishing Retinol mask is gentle enough to use every evening in most cases, however if your skin experiences any irritation, start with 1-2 nights per week for a few weeks and work up to 3-5 nights per week as it is comfortable to do so. Note you may experience skin flaking when using this product. Keep skin moisturized with Vitamin C+ Enhancement serum & Neroli Nirvana as needed.

- *Pro Tip: Be sure to cleanse your face, neck and decollete the morning following Blue Moon Overnight Mask with tepid water and Herbal Cream (normal/dry skin) or Herbal Gel Cleanser (combo/oily skin) before applying serums, SPF and makeup as Retinol does sensitize the skin when exposed to the sun, even in small doses.*



For optimized internal cellular support, we encourage a daily dose of the powerful essential nutrient Vitamin C in our liquid liposomal delivery system allowing optimal absorption to aid in collagen synthesis and combating oxidative environmental stress to support the glow from within. This antioxidant-rich blend supports a healthy immune system by helping to form red blood vessels and protect against free radical damage.

***Liposomal Recipes***

- ***Add a teaspoon to your favorite smoothie/smoothie bowl***
- ***Add a teaspoon to your favorite iced or hot tea***
- ***Add to any no bake protein ball recipe***

Internal Biotin has been advocated for the treatment of hair loss. Biotin is a water-soluble vitamin and an essential enzyme that carries nutrients throughout the body that promote healthy hair, skin and nails! (Biotin is not recommended for those prone to acne.)

- Take 2 capsules daily with a meal

Internal Glucosamine Sulfate is an amino sugar typically formed naturally in the body from glucose. It is the initiating point for the synthesis of glycosaminoglycans (GAGs), including Hyaluronic Acid. It is known to support the body's connective tissue and joint functions by elevating natural Hyaluronic Acid production. Studies have also shown Glucosamine to speed healing in wounds and controlled injuries post-treatment. (Contains shrimp & crab)

- Take one capsule with meals, 3 times daily.