



Ultimate Pro-Glow At-Home Facial

Products you may 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 Land & Sea Mineral Mask
- Herbal Skin Solutions Sun & Moon Eye Synergy Cream
- Saian Sheet Mask
- Herbal Skin Solutions Healing Cream
- AM - SPF of choice
- PM-Herbal Skin Solutions Blue Moon Retinol Overnight Sleeping Mask

Internal Glow

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

External Glow

- MySkinBuddy
- Ultrasonic Skin Scrubber



Pre-Cleanse

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.

Cleanse

Using Herbal Skin Solutions Herbal Cream Cleanser (for normal/dry skin types) or Herbal Gel Cleanser (combo/oily skin types), 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. If the cleanser starts to dry, add water to fingertips and continue working in circular motions. Remove any remaining cleanser by gently swiping skin with damp facial sponges or a microfiber cloth and pat dry with a clean facial 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! Once you have applied your cleanser all over, glide MySkinBuddy around the face, neck and decollete for the using gentle circular motions or sweeping from the inside of the face and working out towards the hairline (this can also help facilitate lymphatic drainage!) for the preset 5 minutes.*

Tone

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 to tone, spritz 2-3 mists of toner directly onto a dry 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 (red for anti-aging, blue for breakouts/acne, green for brightening) to thoroughly tone face, neck and decollete.*



Exfoliate

Apply an even layer of Exotic Exfoliating Mask to damp skin across the face, neck and decollete (avoiding around the eye area) with a fan brush *1-2 times per week (or as directed by your Skincare Professional)*. This Kaolin Clay formulated mask can be worn for up to 10 minutes (or once dry) or softly massaged into the skin with damp/wet fingertips for 1-2 minutes. Softly remove the mask using a damp lukewarm microfiber cloth or wet 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.

- *Pro Tip: Spritz 2-3 mists of pH Balance Toner or Hydrating Mist over the Exotic Exfoliating Mask for an easy, nonabrasive glide when being used as a physical scrub.*
- *Pro Tip: Use MySkinBuddy handheld facial tool in Mode #2 to accelerate the cellular renewal process by enhancing product penetration of your mask. Choose between Red (anti-aging), Green (brightening) or Blue (acne) LED lights for added benefits.*

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 with toner 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.)*



Masking

Option #1 for Mature, Dry Skin Types

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. You can also store this sheet mask in the fridge so it's cool upon application.

- *Pro Tip: Incorporate our [Nephrite White Jade Gua Sha Facial stone](#) on top of Saian Sheet Mask to perform a relaxing facial massage following the contours of the face for benefits such as lifting, toning, enhanced blood flow circulation and reducing skin puffiness.*
- *Pro Tip #2: Use MySkinBuddy Mode #2 for the preset 5 minutes over your sheet mask by gently gliding MySkinBuddy from the center of the face sweeping outward towards the hairline which can enhance serum penetration and provide a nice cryo-cooling effect to the skin.*

Option #2 ideal for maintaining healthy skin, preventing or clearing acne, and strengthening compromised skin barriers.

After exfoliating & toning, apply Land & Sea Mineral Mask evenly across face, neck and decollete. Massage gently into skin with fingertips for up to 2 minutes. Rinse off after 15-20 minutes or when the mask starts to dry with damp disposable sponges or a microfiber cloth. A light tingling sensation may be felt for the first few minutes of masking. If the sensation does not neutralize or if it becomes increasingly stronger with wear, remove the mask immediately with cool water, and proceed with cooling down the skin by patting a cool washcloth into the skin and immediately follow with Herbal Skin Solutions Healing Cream or Neroli Nirvana to calm the skin and reduce redness.

- *Pro Tip: Incorporate MySkinBuddy Mode #2 with chosen LED (Red for Anti-Aging, Blue for Acne/Breakouts or Green for Brightening) to further enhance penetration of the Land and Sea Mineral Mask for the preset 5 minutes. If the mask starts to dry before MySkinBuddy Infusion is complete, spritz the face with 2-3 mists of pH Balance Toner or Hydrating Mist for an easier glide.*



Serums

After masking, 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 for 30-60 seconds, avoiding around the eye area. Let serums absorb into skin before applying moisturizer and/or SPF.

- *Pro Tip: Use MySkinBuddy Mode #2 with chosen LED light (Red for Anti-Aging, Blue for Acne/Breakouts or Green for Brightening) to further infuse your topical serums for a long lasting epidermal glow!*

Eye Care

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 pump 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 with Red LED 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!*

Hydrate & Protect

For daytime facials, finish by gently massaging a dime-sized amount of Herbal Skin Solutions Healing Cream with CBD & Arnica Moisturizer (mature/dry skin) or 2-3 drops of Neroli Nirvana facial oil (combo/oily skin) to face, neck and decollete. Let the product absorb fully before applying a teaspoon amount of your favorite physical broad spectrum SPF 30+ (don't forget your face, neck, decollete, ears, scalp, hands and any other areas directly exposed to the sun!) Once your sunscreen has dried, you may follow with a tinted moisturizer, mineral powder or makeup as usual.

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



For evening facials, after eye cream, 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 minor 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.*

Internal Glow

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.

How to Incorporate Liposomal-C into your daily routine

- Add a teaspoon to your favorite smoothie/smoothie bowl
- Add a teaspoon to your favorite iced or hot tea
- Add one teaspoon to a pH Balance Alkaline water and shake thoroughly
- 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.

(Caution: Contains shrimp & crab)

- Take one capsule with meals, 3 times daily.