



Ultimate “Glow - Like - A - Pro” at-home skin ritual

Supplies you will need

- [Cloth Cotton Rounds](#)
- [Microfiber cloth](#)
- Steamer (optional)
- [Satin Turban](#)

Products you may need

- Herbal Skin Solutions [Neroli Nirvana \(Repair Oil\)](#)
- Herbal [Cream](#) or [Gel](#) Cleanser or [L-Mandelic](#) Cleanser
- Herbal Solutions [pH Balance & Brightening Toner](#) or [La Vie En Rose Replenishing Water](#)
- Herbal Skin Solutions [Exotic Exfoliating Enzyme Mask](#) or [Cacao Seed Softening Mask](#)
- Herbal Skin Solutions [Land & Sea Mineral Mask](#)
- Herbal Skin Solutions [EGF & Vitamin C+](#) serum cocktail
- Herbal Skin Solutions [Squalane Pro-Healing Plant Medicine Serum](#)
- Herbal Skin Solutions [Sun & Moon Eye Synergy Cream](#)
- Herbal Skin Solutions [Healing Cream with Arnica & CBD](#)
- AM - Herbal Skin Solutions [Mineral Primer SPF 35](#)
- PM - Herbal Skin Solutions [Blue Moon Sleeping Mask](#)

Internal Glow

- Herbal Skin Solutions liquid [Liposomal C](#)
- Herbal Skin Solutions [Biotin](#)
- Herbal Skin Solutions [Glucosamine Sulfate](#)
- Herbal Skin Solutions liquid [Liposomal Vitamin A](#)

External Glow

- [MySkinBuddy](#) or [Skin Pro Galvanic 3](#)
- [Saian Ultrasonic Skin Scrubber](#)
- [Facial cupping tools](#)
- [Cryo Globes](#)
- [Gua Sha](#)



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 a dry [microfiber cloth](#) or [cloth cotton rounds](#).

Cleanse

Using [Herbal Cream Cleanser](#) (normal/dry skin) or [Herbal Gel Cleanser](#) (combo/oily skin) or [L-Mandelic Gel Cleanser](#) (acneic/hyperpigmented skin) distribute 2 pumps to thoroughly cleanse the face, neck and decollete. Massage cleanser into skin using small, circular motions, avoiding around the delicate eye area. If the cleanser starts to dry, add water and continue working in circular motions. Remove any remaining cleanser with a lukewarm [microfiber cloth](#) or [cloth cotton rounds](#).

- *Pro tip: Pre-soak treatment towels in a bowl of water mixed with [Hydrating Mist with Chamomile & Lavender](#) or [La Vie En Rose Replenishing Facial Water](#) for the ultimate sensory experience.*

Deep Pore Cleansing Technology

- *Enhance your treatment by incorporating 5 minutes of [MySkinBuddy](#) (MSB) during the cleansing portion of the facial to loosen oils, dirt and sebum for a deeper pore cleanse using Ultrasonic Technology, while LED Red Light Therapy simultaneously reduces puffiness, stimulates healthy blood flow and promotes Collagen production! Once the cleanser has been applied across the clients face, neck and decollete, glide [MySkinBuddy](#) around the skin sweeping outward towards the hairline to facilitate lymphatic drainage for the preset 5 minutes.*
- *Elevate the cleansing experience by incorporating 3 minutes of [Saian Skin Pro Galvanic 3](#) on setting "Warm Cleanse" to provide adjustable output of ions and micro-shock pulses for a deeper pore cleanse using [Herbal Cream Cleanser](#) (normal/dry skin) or [Herbal Gel Cleanser](#) (combo/oily skin) or [L-Mandelic Gel Cleanser](#) (acneic/hyperpigmented skin). Use the provided stainless steel attachment to secure a damp 2x2 esthetic wipe to the stainless steel head. Distribute 2 pumps of preferred cleanser directly to your esthetic wipe and begin cleansing across the face and neck in circular motions. Add water to the skin if the cleanser starts to lose its glide. Remove any remaining cleanser with a lukewarm [microfiber cloth](#) or [cloth cotton rounds](#).*

Tone

After cleansing, rebalance skin pH with Herbal Skin Solutions [pH Balance & Brightening Toner](#) 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.*

Enzyme Exfoliation

Option #1 - [Cacao Seed Softening Mask](#):

The nature of the gentle enzyme in this mask helps strike the perfect balance for those with dull, dry, and sensitive skin who need both light exfoliation alongside the restoration of the skin's barrier to build an overall healthier and more luminous glow as well as create smoother skin texture.

Apply a smooth, thick layer of Cacao Seed Softening Mask to freshly cleansed face, neck and decollete (avoiding around the eye area) with a fan brush 2-3 times per week (or as directed by your Skincare Professional.) This gentle mask can be left on for up to 20 minutes or as soon as it begins to dry.



Option #2 - [Exotic Exfoliating Mask](#):

This Kaolin clay based mask includes Hibiscus Flower and Bamboo Stem fiber extracts and can be used as a sitting mask or as a manual scrub. This formulation does include gentle acids such as Glycolic and Lactic which may cause a tingly sensation for the first few minutes upon application. If irritation is present or continues to build, remove the product with a cool [microfiber cloth](#) or sponges and follow with a few spritz of [pH Balance & Brightening Toner](#) and [Healing Cream](#). This product is not recommended for those with active, inflamed acne. Pregnant or lactating people should consult with a physician prior to using this product.

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.) Leave on for up to 10 minutes (or once dry) or softly massage into the skin with damp/wet fingertips for 1-2 minutes. Spritz 2-3 mists of [Hydrating Mist](#) or [La Vie En Rose Replenishing Facial Water](#) over the Exotic Exfoliating Mask for an easy, nonabrasive glide when being used as a physical scrub.

Combined Modalities for Enhanced Product Penetration:

- Option #1 - Enhance your enzyme exfoliation by incorporating [MySkinBuddy](#) handheld facial tool in Mode #2 to further enhance product penetration. Choose between Red (anti-aging), Green (brightening) or Blue (acne) LED lights for added benefits. Move across the skin gently in small circular or sweeping motions working out towards the hairline for the preset 5 minutes.
- Option #2 - Use [Saian Pro Galvanic 3](#) Mode "Lifting" (without warmth) or Warm Nutrition (with warmth) to further penetrate enzymes and accelerate the cellular renewal process. Move across the skin gently in small circular or sweeping motions working out towards the hairline for the preset 3 minutes.

Pore Cleanse

After 20 minutes, or once your mask begins to dry, remove the mask using [Saian Ultrasonic Skin Scrubber](#) for a deep pore cleanse. Use gentle pressure for light extractions, concentrating around the nose, cheeks, chin and other areas of congestion. Keep the skin damp at all times by spritzing 2-3 mists of [pH Balance Toner](#), [Hydrating Mist](#) or [La Vie En Rose Replenishing Facial Water](#) for easy glide across the skin. Position the Skin Scrubber spatula 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.)

Follow with spritzing 2-3 mists of pH Balance toner directly onto skin and swipe a cotton round across the face, neck and decollete to remove any residual grit from the mask.

High Frequency

For Acneic skin or those prone to breakouts, you may incorporate a quick pass of [High Frequency](#) to kill P. Acne bacteria and calm redness post-extractions.

Masking

After exfoliating & extractions, apply a generous layer of [Land and Sea Mineral Mask](#) to face, neck and decollete for maintaining healthy skin, preventing or clearing acne, and strengthening compromised skin barriers. Massage gently into the skin for up to 2 minutes. 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 [microfiber cloth](#) into the skin and immediately follow with Herbal Skin Solutions [Healing Cream](#) or [Neroli Nirvana](#) to calm the skin and reduce redness.



Enhancements for increased penetration

- 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 or use [Saian Pro Galvanic 3](#) Mode “Lifting” (without warmth) or Warm Nutrition (with warmth) for the preset 3 minutes. If the mask starts to dry before infusion is complete, spritz the face with 2-3 mists of pH Balance Toner or La Vie en Rose Replenishing Water for an easier glide.
- Use [facial cupping tools](#) over your mask to lift, sculpt and depuff the skin using the mask as a glide. Add a couple drops of [Neroli Nirvana](#) to the skin for increased glide if necessary. ([Click here to watch our full Facial Cupping tutorial on Youtube!](#))

Rinse mask off after 15-20 minutes or when the mask starts to dry with a damp [microfiber cloth](#).

Spray 2-3 mists of [pH Balance & Brightening Toner](#) onto a cotton round and swipe across your face, neck and décolleté to remove any residual product that may be left on the skin from the mask.

Serums

Apply a finishing serum that has ingredients to specifically target the skin concerns you are working to address based on your skin type & condition.

Suggested Serums (in order to be applied)

- ❑ Age Management/Prevention & Skin Rejuvenation - [EGF Cellular Activator](#) & [Vitamin C+](#) cocktail
- ❑ Uneven Skin Tone/Hyperpigmentation/Melasma - [Vitamin C+ Enhancement Serum](#)
- ❑ Acneic Skin/Breakout Prone - [EGF Cellular Activator](#), [Squalane Pro-Healing Plant Medicine Serum](#)
- ❑ Redness/Rosacea/Sensitized Skin - [EGF Cellular Activator](#), [Squalane Pro-Healing Plant Medicine Serum](#), [High Molecular Weight Hyaluronic Acid Serum](#)
- ❑ Serums can also be cocktailled together or layered in this order ([EGF Cellular Activator](#), [Vitamin C+ Enhancement Serum](#), [Squalane Pro-Healing Plant Medicine Serum](#),

Use [MySkinBuddy](#) Mode #2 with chosen LED light (Red for Anti-Aging, Blue for Acne/Breakouts or Green for Brightening) or [Saian Pro Galvanic](#) mode “Lifting” or “Warm Nutrition” 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!*

Final Touches

Incorporate 2-3 minutes of calming facial massage using our stainless steel [Cryo Globes](#) or [Gua Sha](#) for contouring, cooling and depuffing the skin.



Hydrate & Protect

AM- For daytime facials, finish by gently massaging a dime-sized amount of Herbal Skin Solutions [Healing Cream with Arnica & CBD](#) (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 [Mineral Primer SPF 35](#) thoroughly over 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 [Mineral Primer SPF 35](#) for a dewy skin finish!*

PM- 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.*

Post-Facial Tips For Your Best Glow

- Change to a freshly washed pillow case, preferably fragrance-free, to avoid post-facial breakouts.
- Thoroughly cleanse all makeup brushes and use new disposable sponges.
- Use a new [Microfiber Cloth](#) or [Cloth Cotton Rounds](#) when cleansing your face AM and PM.
- Consider investing in [MySkinBuddy](#) to enhance your skincare routine!
- Apply [Mineral Primer SPF 35](#) daily and reapply as often as suggested by the manufacturer.
- Avoid touching your face often and sanitize commonly used items regularly including cell phones and laptops.

Internal Glow

[Liposomal C](#) - 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 or as directed by your medical healthcare provider.



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 or as directed by your medical healthcare provider.

Liposomal delivery system works more efficiently than pill form methods of delivery. The liposome has hydrophilic and hydrophobic components offering a fat and water portion which allows the [Vitamin A](#) to be absorbed through the fat and water soluble path-ways for optimal absorption by the body. Liposomal Retinol (Internal Vitamin A) benefits include: Keeps bones strong, promotes clear skin, maintains vision and moistens eyes, and strengthens immune health.

- 1/2 dropper full is a full serving - 1 serving per day

Click [here](#) to register or log into Herbal Skin Solutions free Product Knowledge e-course to learn more about all devices and products mentioned in this protocol, including contraindications to be aware of.