

THE 9LIST™

HOW TO INCLUDE SKIN ICING INTO YOUR BEAUTY ROUTINE with Alina Mahrle, Co-Founder of AMEÖN | THE 9LIST TRAINING COURSE SUMMARY

Thank you for watching **HOW TO INCLUDE SKIN ICING INTO YOUR BEAUTY ROUTINE** with Alina Mehrle of [AMEÖN](#), a training course managed by **THE 9LIST**. AMEÖN is focused on beauty products that allow for enriched and nourished skin. This summary can be looked at while you're watching the video or after it so that you can get the takeaways that were shared by Alina as well as to assist you when you make your purchase! If you want to watch the video again, [click here](#).

- **3 KEY POINTS TO NOTE ABOUT HOW TO INCLUDE SKIN ICING INTO YOUR BEAUTY ROUTINE**
 - **WHAT IS SKIN ICING**
 - The practice of Skin Icing has existed for centuries and across a number of cultures.
 - When using AMEÖN's [Radiance Set](#), remove 1 **Glow Manifesto Ice Cube** from the freezer or beauty fridge. They come with a bag that the ice can be placed in and you can use it twice.
 - Apply AMEÖN's **Glow Manifesto Ice Cube** in a sculpting manner across your face so that as your veins constrict and dilate, the nutrients will pull deeper into your skin.
 - **SKIN ICING + SERUM**
 - After applying the **Glow Manifesto Ice Cube** on your face, you can take the remainder in the bag and place back in your freezer/beauty fridge to use a second and final time.
 - Allow your face to fully absorb the nutrients that have been placed on your face.
 - When it is absorbed, you'll want to apply the **Aurora Glow Serum** to your face.
 - **SKIN ICING + SERUM + MOISTURIZER**
 - It's important to allow the **Aurora Glow Serum** to also have a few moments to absorb into your face.
 - If there is extra serum on your face, apply it to your neck, collarbone and hands.

- Finally, you can apply the **Holy Cream Diamond Moisturizer** to lock in your nutrients.

● 3 KEY THINGS TO HIGHLIGHT THAT YOU LEARNED FROM HOW TO INCLUDE SKIN ICING INTO YOUR BEAUTY ROUTINE

○ WHY ALINA CREATED AMEÑ

- Alina battled breast cancer and through the process of chemo, she realized that her skin was affected from the treatments.
- She wanted to create a system of beauty products that placed nutrients back into our skin to achieve a healthy glow.
- Her products are available on her website or if you book an appointment at her **Retreat Room** a speakeasy style beauty destination at [Equinox Rockefeller Center](#).

○ SKIN ICING AS A PRACTICE

- Skin Icing has been around for a number of years and many cultures had their methods in going through this process for better skin.
- By allowing the skin to have nutrients supplied in a frozen state, the skin is able to receive the formulation deep into its layers.
- While engaging in Skin Icing, it's a great time to use facial tools to continue to work your face and to touch your energy points.

○ TIPS + TECHNIQUES IN APPLYING SKIN ICING

- To ensure that your face is able to absorb and make the best use of Skin Icing, make sure to apply the Ice Cubes in a sculptin motion to penetrate the layers.
- It's important to allow each step time to absorb into your skin and not to layer on top of each other without being able to allow the nutrients to seep in.
- This is a great time to take the time needed whether you're starting your day or ending it. Don't rush the process!

● ABOUT AMEÑ

- Sometimes fate leads you down surprising, unknown paths to your life's mission.

My path to the world of skincare and wellness was not an easy one. As a creative person, design and visual art are my passion and have always been a big part of my life. I'm blessed and grateful to be a founding partner of the coolest interior design studio in New York - Asthetique. I had my future as a designer mapped out.

- Then, at the age of thirty, a breast cancer diagnosis changed my life. Breast cancer, chemo, a double mastectomy, fear and doubt break you down but they also give you an opportunity to build yourself back up.
- Eight sessions of chemo (and living in New York City) left my skin fragile and dehydrated. It was such a challenge to bring my skin back to life that I realized I had to launch a skincare brand. We spent 2 years developing 5 core products that nourish and heal damaged skin.
- With my breast cancer in remission, I owe this second chance at life to my family's love and the achievements of modern medicine. I firmly believe that creating great skincare products requires striking the proper balance between nature and the achievements of modern science.
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- **FOR MORE INFORMATION**



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- Website | ameonskin.com
- SOCIAL | IG [@ameon.skin](https://www.instagram.com/ameon.skin) + TikTok [@ameon.skin](https://www.tiktok.com/@ameon.skin)
- **EARN A THE 9LIST CERTIFICATE (COMING SOON)**
- **LINK TO OPTIONAL QUIZ VIA GOOGLE DOCS**
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