



## Sensitive Skin

### Indications

- Extreme Redness
- Sensitivity
- Irritation
- Inflammation

### Products Required

- Micellar Make Up Remover
- Clear Cleanse
- Ultra Soothing Cleanser
- Microfine Exfoliant
- Chamomile Hydrolat
- Hydrating Serum
- Aromatic Serum #2
- Nourishing Serum
- Delicate Massage Oil
- Soothing Mask
- Anti-Stress Massage Oil
- Ultra Soothing Toner
- Refining Eye Gel
- Ultra Soothing Cream

## Cooling Facial for Hypersensitive Skin

**This facial is for anyone experiencing extreme redness, sensitivity, irritation, heat and overall inflammation. Ideal for anyone needing to rebuild their lipid barrier, calm irritation and balance microcirculation.**  
**60 min Level 2**

### Treatment Protocol

1. **Micellar Eye and Lip Makeup Remover:** Apply some product to damp cotton pads and remove eye and lip makeup.
2. **Clear Cleanse:** Apply product to the face and then add water to emulsify. Work in and then remove with cool towels.
3. Use a magnifying lamp to analyze skin and record your findings.
4. **Ultra Soothing Cleanser:** Apply product to the skin with water to emulsify and work into skin. Remove with cool towels.
5. **Microfine Exfoliant:** Add some **Chamomile Hydrolat** in with the Microfine Exfoliant. Work into the skin and let the product sit to allow the enzymes to work. Remove with cool towels.
6. Spritz **Chamomile Hydrolat** onto the skin and work in with **Hydrating Serum**. Make sure product has fully absorbed in before applying **Aromatic Serum**.
7. Apply **Nourishing Serum** to face and neck and a press and roll motion
8. **Aromatic Serum #2:** Apply 6-10 drops of serum in a press and roll motion onto the face, neck and décolleté. Perform a facial lymphatic drainage.
9. **Delicate Massage Oil:** Apply massage oil to the face, neck and shoulders. This step is optional as warmth from hands may increase erythema on face.
10. **Soothing Mask:** Apply evenly over the face and neck. Perform a hand and arm massage with **Anti-Stress Massage Oil**
11. Remove masque and use 4x4 gauze dampened by **Chamomile Hydrolat** to remove any excess masque still on the skin. Electrical machines could be used with the **Hydrating Serum** at this point.
12. Apply **Hydrating Serum** to face and neck in a press and roll motion.
13. Spritz with **Ultra Soothing Toner**.
14. Re-apply **Aromatic Serum #2** in a press and roll motion over the face.
15. Apply **Refining Eye Gel** with finger pads around eyes and temples.
16. Apply **Ultra Soothing Cream** to finish.
17. If during the day apply SPF