

Facial Treatments

PRODUCTS NEEDED

- Lotus Touch Essential Oils and Blends
- Facial Table
- 2 Sea Sponges
- Product warmer
- 1 Product bowl
- Draping towels
- Room Diffuser

PREPARATION

- Prepare your table with proper sheets, blankets and drapes.
- Have a headband or cap available to protect client's hair.
- Lay out robe or drape if needed.
- Make sure your facial equipment is working properly and near the table.
- Have your steamer filled with distilled water and ready.
- Lay out products in order of use for easy access.

PROCEDURE

- Step 1** Chose an appropriate Lotus Touch Essential Oil Blend for the diffuser to enhance the environment
- Step 2** Prepare compress and place over face. To customize the compress:
Use 6 drops of Lotus Touch Essential Oil in 1-2 quarts of warm water.
For normal or sensitive skin, use Lavender. For mature or dry skin, use Bergamot or Geranium, or Essential Oil Specialty Blend for skin type: dry, normal or oily.
- Step 3** Cleanse face with choice of Lotus Touch Essential Oil Blend (3 drops) mixed with 1 oz. of mild facial cleanser.

Normal/Dry

Stress Management Blend

Oily

Prevention Blend

- Step 4** Use the same blend to exfoliate the skin with your choice of exfoliating scrub.
- Step 5** Cover client's eyes with eye pads soaked in lavender water.
- Step 6** Mist the entire face with Lavender mist.
- Step 7** Add 5 drops of your choice of blends to 1 quart of water for facial steam (or add directly to your steamer oil wick, not in steamer water).
- Step 8** Rinse the face with water. Pat dry. Proceed with extractions.
- Step 9** Use the appropriate blend with Lotus Touch Seaweed Gel Face and Body Wrap or French Green Clay Algae Face and Body Wrap. Leave on for 8-10 minutes, depending on skin type.

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To customize a Lotus Touch Mask: add 2-3 drops of one of the following to 1 tsp. of mask:

<p><u>Normal/Dry</u> Relaxation Blend Rosemary Geranium Clary Sage Specialty Blend Normal</p>	<p><u>Sensitive</u> Rejuvenation Blend Geranium Ylang Ylang Lavender Specialty Blend Soothing</p>
<p><u>Problem</u> Prevention Blend Tea Tree Rosemary Chamomile</p>	<p><u>Oily</u> Stress Management Blend Chamomile Lavender Sandalwood Speciality Blend Oily</p>

Step 10 To tone and disinfect, spray face with Lotus Touch Essential Lavender Oil water. Add your choice of oils with toner.

To Customize Toner: Add one of the following to 2 ounces of toner:

<p><u>Normal/Dry</u> Geranium (2 drops) Stress Management Blend (5 drops) (If there are signs of acne, add 5 drops of Prevention Blend)</p>	<p><u>Oily</u> Rejuvenation (5 drops)</p>
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Step 11 Rinse face with compress. Pat dry. To customize, use 6 drops of Lotus Touch Rosemary Essential Oil for normal to dry, or Harmony Blend for oily skin.

Step 12 Moisturize with your choice of Lotus Touch Cream, Lotion or Oils. (1 teaspoon)

To Customize Creams Lotions or Oils: Add 3 drops essential oil.

<p><u>Normal/Dry</u> Relaxation Blend Stress Management Blend</p>	<p><u>Oily</u> Harmony Blend</p>
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Step 13 Massage Lotus Touch Stress Management Blend into neck, back and shoulders.

Step 14 Recommend at-home care products. Re-book.

TIMING

5 minutes preparation, 40 minute treatment, 10 minutes hand and feet massage if desired, 5 minutes clean up. Total 60 minutes.

CONTRAINDICATIONS

- Pregnancy (Essential Oils)
- Known allergies to iodine or seaweed