

## OPEN FOR METHOD

**TOOLS**

- ♦ Your exceptional therapist expertise
- ♦ Cotton pads
- ♦ Bowl of water
- ♦ Warm compresses
- ♦ Spatula
- ♦ Mixing bowl



**ADDITIONAL FLAVOURS**

*\*Consult your product graph to help choose for your client's skin type.*

- ♦ Cleanser
- ♦ Toner
- ♦ Nutra Peel
- ♦ Face Oil
- ♦ Moisturiser/SPF



**FROM THE PANTRY**

- ♦ 2 x Room Sprays - Spark + Awaken
- ♦ Bio Juice
- ♦ Smudge Budge
- ♦ Perfect Paws
- ♦ Intusive Peel Mask
- ♦ Green Juice



## JUICY MIXOLOGIST'S INGREDIENTS + EQUIPMENT

A refreshing + hydrating experience

# JUICE BREAK

Prep & Consult: 15 mins  
Treatment time: 45 mins

## DIETARY ADVICE + METHOD NOTES

### CONTRAINDICATIONS

- Client is on Roaccutane or any skin thinning medications or treatments.
- Client has been in direct sun within 24 hours.
- Client has exfoliated their skin within 48 hours prior to facial.
- Client has a Rosacea flare-up or excessive redness or inflammation.
- Avoid areas if client has cold sores on or around the mouth.
- Client has wounds or broken skin.

### DO NOT

- ✗ Steam the skin or perform a facial massage.
- ✗ Use a physical exfoliant such as Revival.
- ✗ Add skin needling, dermaplaning or microdermabrasion to this facial.

### POST PEEL ADVICE

- ♦ Avoid AHA based skin care or exfoliation for 48 hours post treatment.
- ♦ No direct sun exposure for 48 hours after the treatment.
- ♦ Always prescribe Skin Juice home-care products to maintain results.

# SKIN JUICE.

## METHOD

### STEP 1 Consult

Your client is here to step out of their world, to feel bright again. They're placing their quick release and escape in your hands. It's time to make them feel comfortable, confident and energised.

Take your time to really delve into what your client and their skin needs so you can find the perfect refreshment match and hydration hit. A mixologist needs to know the skin dietary restrictions so be sure to check the contraindication and any allergies.

Now let's give them the vibrant escape from the ordinary they've been waiting for.

### STEP 2 Spark

Use your 'Spark' Aroma Mist to spray the treatment room and allow the aroma to fill the air. This is like an appetiser, creating ambience and building anticipation for the client's experience.

### STEP 3 Hand Refresher

Massage a splash of Bio Juice on to the back of the hands and lower arms.

### STEP 4 First Cleanse

Use your Smudge Budge to cleanse the skin, focusing on the eyes.

Massage approximately 2ml (a blueberry sized amount) of Smudge Budge over the face, eyes and décolletage. Add warm water to fingers and massage again to emulsify. Use a warm, damp compress to remove.

### STEP 5 Second Cleanse

Select a suitable Juice Cleanser to compliment your client's skin type. Warm 3ml of your chosen cleanser in your fingertips and massage over the face, neck and décolletage. Add warm water to fingers and massage again. Use a warm, damp compress to remove.

### STEP 6 Tone

Select a Skin Drink toner and apply to the face. Use fingertips for Bio Juice and cotton pads for Multi Juice. Allow to absorb.

### STEP 7 Exfoliate

Select the appropriate Nutra Peel for your client and dispense 2ml (6 pumps) of the Peel into a small bowl. Let the client know that the mask may tingle and to alert you if it becomes uncomfortable.

You may like to protect the eyes with damp cotton pads. Apply Peel to the face using fingers, starting with the t-zone, jawline, sides of the face then finishing with the cheeks. Continue down the neck to the décolletage if required. Avoid the eye and lip area.

Leave the Peel on the skin for 1-5 mins. Do not leave your client while the peel is on.

Using a warm (not hot) towel, gently remove the Peel.

### STEP 8 Tone

Using fingers, massage Bio Juice over the skin followed by 2 drops of a Skin Juice face oil.

### STEP 9 Mask

Prepare your Infusive Peel Mask.

Dispense 4 large scoops (80ml) of Infusive Peel Mask\* into your Skin Juice silicon bowl. Add room temperature water (approx. 100-130ml). Using your white spatula, work quickly to mix the Infusive Peel until a paste is formed.

\*This is a guide only. Refer to troubleshooting guide if you need help.

Starting at the forehead, apply the paste onto the face, including over the eye area and mouth if client is comfortable, ensuring the nostrils are left free. Leave a thickened edge of the mask for easy removal. Leave the mask on for 15mins.

### STEP 10 Awaken

Standing behind the client, take your 'Awaken' Aroma Mist and spray the treatment room, allowing the aroma to fill the air. This spray is like a zingy, vibrant and refreshing dessert, igniting your client's awareness and provoking their senses.

### STEP 11 Hand Massage

Apply Perfect Paws to the hands and arms and perform a massage.

### STEP 12 Mask Removal

Lift the edges from around the forehead and peel downwards. Remove any residue with damp cotton pads or sponges and use fingertips to massage 1 pump (approximately 3ml) of Bio Juice onto the skin.

### STEP 13 Tone

Using fingers, massage Bio Juice over the skin. Allow to absorb.

### STEP 14 Moisturise

Select a moisture product suitable for your client's skin and the time of day and apply to face and eye area.

### STEP 15 Completion

Use the remaining time to perform a scalp massage to complete the treatment and advise your client of post peel advice.

TIME  
STARTS  
NOW

AT  
10 MIN

AT  
15 MIN

AT  
40 MIN

AT  
45 MIN