



AT HOME FACIAL RITUAL

EAA Philosophy: Our philosophy emphasizes the transformative power of organic, plant-based ingredients in skincare. We prioritize nourishing the skin with nature's bounty, steering clear of harsh chemicals that often exacerbate skin issues. At EAA, we advocate for the benefits of healthy, natural ingredients over synthetic alternatives.

INTERNAL CARE

Remember, good skin starts internally. Your skin reflects your overall health.

- Ensure you're getting good nutrition and staying hydrated for radiant, healthy skin.
- Collagen, a major skin protein, is vital for skin health. Gotu Kola, Gingko Biloba, and Vitamin C supplements can aid collagen production.
- Coenzyme Q10 supports cellular energy and collagen production.

TOPICAL TREATMENT

1. Preparation: Create a steam bath for the face by placing a few drops of essential oil in the bottom of a large, heat proof bowl (we suggest a combination of lavender, tea tree, rose or geranium). You can even add a few of your favorite dried herbs (try lavender, lemon slices, fennel seeds or rosemary sprigs). Pour in boiling water to create the steam. Take caution to avoid burns. Create a tent over your head with a large bath towel. Close your eyes and breathe deeply. Hold your face over the steam for up to 10 minutes.

2. Deep Cleanse & Exfoliation: Skin cell turnover slows down after the age of 30. We recommend using RADIANCE daily for the removal of dead skin cells that can contribute to a dull, dry appearance of the skin. The exfoliation step is a very effective way to brighten the skin, healing and detoxifying. Take this step to prepare your skin for gua sha massage.

Create a paste with RADIANCE and LUSTER, adding a small amount of water as needed. Apply the exfoliation to the skin and rub gently in circular motions. Rinse well.

Beauty is Deeper than Skin Deep: Before commencing your self-care ritual session, take a moment to connect with yourself on a deeper level. Take a few cleansing breaths to center yourself and set positive intentions for this moment.

Find a Healing Space: Seek out a space in your home that is comfortable and prepare everything you need to relax and take care of yourself. Consider feeding all the senses: Put on your favorite music, use soft towels, breathe in the scents of the experience.

3. Cleanse and Nourish: Use LUSTER to cleanse the face and neck.

Start with a gentle cleanse, combining LUSTER and NECTAR, gently massaging in circular motions for deep cleansing and nourishment. Allow the ingredients to penetrate deeply into the skin. Employ massage techniques to stimulate circulation and lymph drainage, promoting a healthy complexion.

4. Deep Moisturizing Mask: Indulge yourself with a luxurious mask using LUMINOUS, enhanced with a couple of sprays of HYDRATE for added hydration (scoop the desired amount of LUMINOUS mask from the jar, adding 3-5 sprays of HYDRATE and blending to combine). Apply the mask starting at the top of the face and using long, firm strokes down to the chin. Cover all areas of the face, patting the mask into the skin.

While the mask works its magic, pamper yourself with a hand or foot massages to increase relaxation and circulation. Rinse off after 10-20 minutes. Remove your mask using a towel soaked in warm water, rinsing as needed and applying smooth and loving strokes.

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GUA SHA MASSAGE

Incorporating the Gua Sha tool into your skincare routine can help promote circulation, reduce puffiness, and enhance the absorption of skincare products, leaving your skin looking and feeling revitalized. Enjoy the relaxing and rejuvenating benefits of this ancient skincare practice.

- Apply a few sprays of HYDRATE to your face and neck to ensure your skin is well-hydrated before using the Gua Sha tool. This will help the tool glide smoothly over your skin.
- Next, apply a few drops of NECTAR facial serum onto your face and neck. This will provide lubrication for the Gua Sha tool and enhance its effects.
- Hold the Gua Sha tool at a slight angle against your skin, starting from the center of your face and moving outwards towards the hairline.
- Using gentle but firm pressure, glide the tool along the contours of your face and neck in upward and outward motions. Focus on areas with tension or congestion, such as the jawline, cheeks, and forehead.
- Repeat each stroke 5-10 times, being careful not to apply too much pressure to avoid bruising or irritation.
- Pay extra attention to areas where fine lines, wrinkles, or puffiness are present, as the Gua Sha tool can help improve circulation and lymphatic drainage in these areas.
- You can also use the Gua Sha tool to gently massage your neck and décolletage area for added relaxation and rejuvenation.
- Once you've completed the Gua Sha massage, gently pat any remaining oil or serum into your skin.

5. **Moisturize and Nourish:** Complete the session with a customized daily moisturizer blend, combining LUSH with HYDRATE for nourishment and protection. Apply LUSH to the face with a gentle pressing motion, incorporating HYDRATE if desired.

For concentrated tissue repair and nourishment, apply NECTAR to areas with fine lines, either alone or with LUSH.

Additional Skincare Tips:

- *Internal Hydration: Stay hydrated throughout the day.*
- *Nutrition: Maintain a balanced diet rich in vitamins and antioxidants.*
- *Self-Care: Practice daily facial massage to promote blood circulation and collagen production.*
- *Sun Exposure: Moderate sun exposure is beneficial. Supplement Vitamin D-3 if needed.*

6. **Cleanse Your Gua Sha Tool:** After each use, clean your Gua Sha tool with warm, soapy water and a soft cloth to remove any residue. Allow it to air dry completely before storing it in a cool, dry place.

Remember, healthy skin reflects the care you provide it with simple, quality, plant-based ingredients. Enjoy your self-care routine and the benefits of nourished, radiant skin.

Thank you for entrusting us with your skincare journey.

Be your beauty and let your one-of-a-kind shine!

