

# Face Ritual

⌚ TIME: 10 minutes

🧰 REQUIRED: Konjac Sponge, Serum, Gua Sha.

Rather than to conceal, Japan's face rituals aim to prevent. What's important is from 'within'. Inspired by the rituals and wisdom of Japan's whole-body approach to wellness, Shikohin creates natural products designed to rejuvenate you.



**Purify, Enrich, Stimulate**

Simple yet effective.

Let your beauty radiate from the inside out.

Scan to unlock the magic of Face Ritual.

## 01 PURIFYING Konjac Sponge

Always remove makeup before using.  
Recommended and safe to use every day.

Crafted from the root fiber of a vegetable called "mannan", our plant-based konjac sponge is the secret to maintaining beautiful and delicate skin. Its light, supple touch will help to remove impurities from pores without even using soap. Obtain clean, healthy skin the NATURAL way!



### 01. SOAK IN WATER

Soak the dry konjac sponge in warm water until it softens and expands to full size. You can help by gently rubbing.



### 03. DRAIN EXCESS WATER

After each use, wash with clean water and press down using both palms to squeeze all of the excess water out.



### 02. MESSAGE GENTLY

Lather up soap or cleansing foam, and gently clean your wash by moving the sponge in a circular motion.



### 04. ALWAYS DRY

Be sure to dry in a well-ventilated area, and then store in a dry, cool and fresh place. As it is an additive-free product.

- Recommended to replace every 4 weeks
- Do not use the product in its hard state before softening.
- Do not use with any products containing enzymes. Enzymes will damage the fibers, therefore damage the product.
- When draining, avoid twisting or squeezing too hard, as this will damage the fibers.
- Avoid storing in humid places, such as the bathroom, as mold may grow.
- Recommended to sterilize in hot water for better, longer-lasting condition.

## 02 ENLIGHTENING Night Serum

Recommended to use every night. Gently apply 2 drops of the rich milky serum at night to reveal a fresher, softer and more luminous skin every morning, just like after a good night's rest!

With high concentration of CBD, the Enlightening Shikohin Night Serum works to combat the signs of aging and fatigue as it targets dullness, uneven skin texture, fine lines, wrinkles and dryness, leaving skin feeling smooth and relaxed with moisture while you sleep. Enriched

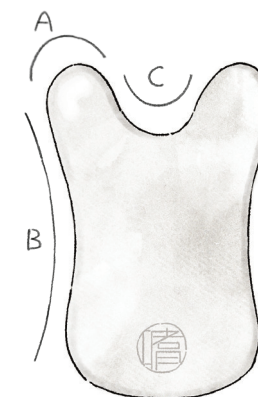
with super-moisturising Japanese Tremella Mushrooms - even more effective than Hyaluronic Acid- with high antioxidants and anti-inflammatory properties, the Enlightening Shikohin Night Serum offers a brand new glowing to the skin every morning.

## 03 STIMULATING Ceramic Gua Sha

Recommended to use a few times a week. Either morning or evening after cleansing the face. First apply our Night Serum and glide Gua Sha onto areas of concern.

### PREP - Using B

Promote blood circulation around the face. From the top of your neck, go down and outwards towards the end of your collarbone.



### 01. FACE CONTOURING

Using C

Gently pull up along the jawline, from your chin to below the ears



### 02. CHEEK

Using B

Gently glide and lift from the crease of your nose to the ears.



### 03. UNDER EYES

Using A

Lightly draw small spirals starting from the inner corner of your eye, to under the cheekbone, and out to the start of your ear.



### 4. FOREHEAD

Using B

Glide in a radial pattern from the center of your eyebrows towards your hairline.

- Repeat each stroke 5-10 times. Always stroke in one direction.
- Start from one side of the face, then go to the other side.
- Avoid applying too much pressure.