



Sia Signature Facial

This is a great introduction to the Sia Botanics line as well as skin care services in general. This treatment is gentle and relaxing but effective for improving overall skin appearance. Easy to follow and easy to remember. When you aren't sure what course of treatment to do for your client you can always come back to Sia's Signature Facial.

TIME: 1 hr to 1hr & 15 minutes

Skin Types: All skin types

Backbar products needed:

Prickly Pear Cleanser

Prickly Pear Toner

Blueberry Scrub

Pumpkin Enzyme Treatment 5% glycolic (can use 10% here)

Vitamin Boost Tonic Pads

Desert Aloe & Jojoba Moisture Mask

Instant Eye Repair

Prickly Pear Seed Serum

Prickly Pear Daily Moisturizer Spf 30

Supplies Needed:

7 warm towels

1 roto brush or manual brush

Steamer

3 fan brushes

4 facial sponges

eye pads made from 100% cotton

Step 1: Clean all impurities off skin with your first application of Prickly Pear Cleanser. Turn on steamer right before applying cleanser. Using cleanser manipulate into circular and lifting motion to help stimulate blood flow. Use deep cleansing techniques. Use 1 warm towel to remove.

Step 2: Cover eyes and turn on light to look at skin for analysis. Check t-zone area for enlarged pores, redness, broken capillaries. Does the skin look tight in chin, cheek, or forehead area? Look for pigmentation issues such as melasma, hyper pigmentation and acne scarring.

Step 3: Turn off light to create a more serene environment and move forward with second application of Prickly Pear Cleanse. Remove with 2nd warm towel.

Step 4: Apply with a fan brush a layer of Blueberry Scrub apply steam on top. Using roto brush or manual brush rub into a circular motion for up to 2 minutes. Do not apply on undereye area. Do NOT take off!

Step 5: Apply a layer of Pumpkin Enzyme Treatment over Blueberry Treatment with second fan brush. Apply across entire face EXCEPT under eyes, eyelids, and lips. May keep under steam for a stronger exfoliation. If client is sensitive or has rosacea remove steam. Leave products on for 5 minutes.

Step 6: Remove steam and using circular motion massage pumpkin enzyme treatment for 30-60 seconds. Remove with 3rd warm towel.

Step 7: Put on eyepads and taking your Q-tips, finger guards, or cotton gently perform extractions. Gently remove blackheads and really make sure to get on curves of nose, under the lip area and in between the brows.

Step 8: Use 1 pad of Vitamin Boost Tonic Pads to swipe across skin to bring the PH balance back to a stable state. *Can us Prickly Pear Toner for this if pads are unavailable.*

Step 9: Perform deep cleansing massage to face and neck. Remove with 4th warm towel.

Step 10: Tone with Prickly Pear Toner

Step 11: Apply Desert Aloe & Jojoba Mask with fan brush let sit for 7 minutes.

- while mask is sitting massage with one of Sia's body products onto arms and chest area, including shoulders. Spend 2 1/2 minutes on each arm and then 2 minutes on shoulders. Remove with 2 warm towels one for each arm.

Step 12: Remove mask with cool sponges.

Step 13: Tone with Prickly Pear toner.

Step 14: Apply 1/2 to 1 pump of Prickly Pear Seed Serum lightly manipulate into skin.

Step 15: Using ring fingers apply Instant Eye Repair Serum to under eye area and underneath the brow area.

Step 16: Follow with 1/2-1 pump of Moisturizer.

Step 17: Fill out a Sia Prescription Pad and discuss with client the products they should be using at home, other lifestyle changes that would help their skin and let them know that for optimal skin they should come back in 4 to 6 weeks for another facial.

*Note you have one extra warm towel in case you need it for any other part of Sia's Signature Facial