



*Our 2-step ritual combines acupuncture point stimulation and a simple manual massage to help rejuvenate and maintain beautiful skin.*

# NATURAL FACELIFT RITUAL

**THIS IS JULIE'S SECRET WEAPON TO ACHIEVE HEALTHIER SKIN FROM THE INSIDE OUT.**

Our Natural Facelift Ritual is designed to be incorporated into your daily skincare regime alongside our organic skincare line. Our plant-powered products combine botanical extracts of vitamins, antioxidants, omegas, and therapeutic essential oils to help restore your skin. This daily practice of a complete facial self-care ritual will benefit your wellbeing and leave you feeling your best. The benefits of our two minute Facelift Ritual

help to encourage blood flow and cell regeneration to strengthen and support your body's natural function. Skin that feels dull and lifeless is rejuvenated and detoxified through stimulating acupuncture points, giving a brighter, less congested appearance. Our massage technique works to ease tension and support the tone and elasticity in all facial muscles, aiming to reduce fine lines and wrinkles and improve overall texture.

**FOR MORE INFORMATION + A VIDEO DEMONSTRATION VISIT:**  
***[provinceapothecary.com/naturalfaceliftritual](http://provinceapothecary.com/naturalfaceliftritual)***

After struggling with allergies and eczema all her life, Julie Clark began crafting natural, organic beauty products out of her kitchen to treat her own skin. An accredited Holistic Health Practitioner, Facialist and Aromatherapist, Julie aspires to create pure, effective products that benefit even the most sensitive complexions as part of a holistic approach to beauty and wellness.

Province Apothecary sources the highest quality organic ingredients from each Canadian province and hand-blends these ingredients in small batches to create skincare that will nourish + balance skin. Some favourite ingredients include: seaweed from Nova Scotia, maple syrup from Quebec, organic sunflower oil from Ontario, and glacial marine clay from British Columbia.

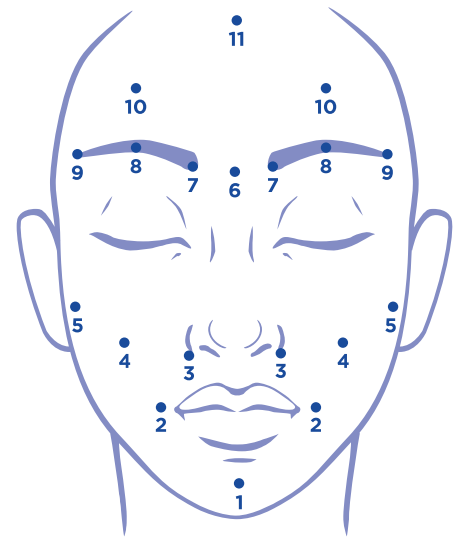
**RECOMMENDED BY NATUROPATHS**  
**[WWW.PROVINCEAPOTHEARY.COM](http://WWW.PROVINCEAPOTHEARY.COM)**



| STEP ONE |

# ACUPRESSURE POINTS

Stimulate points 1-11 on a clean and dry face. Press each point with index finger and hold for 3 seconds using medium pressure.

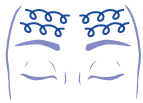


| STEP TWO |

# MASSAGE TECHNIQUE

Follow steps 1-12, using both hands simultaneously for each movement. Prepare skin by applying **Province Apothecary Toner + Face Serum**.

1 Using all fingertips, circle *entire forehead* with firm pressure.



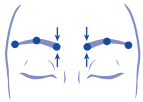
2 With two fingers and deeper pressure, draw semi-circles *between eyebrows and across forehead*.



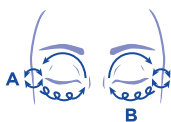
3 With two fingertips, circle *around eye socket* lifting the inner corner with a little more pressure. Repeat x 3.



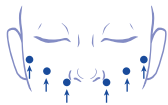
4 Pinch acupressure points 7-8-9 and hold for 5 seconds.



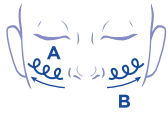
5 A) With light pressure draw 3 small circles *on outer corner of eyes*. Reverse direction.  
B) Using fingertips, draw small circles *along eye socket* toward inner corner, then complete full eye circle in one smooth movement. Repeat x 3.



6 With 2 fingertips and deeper pressure, *lift cheekbones* at acupressure points 3-4-5, holding each point for 5 seconds.



7 A) Using all fingertips, circle *under cheekbones* in deep circular movements.  
B) Lift and glide over same area towards ears.



8 A) Using two fingertips, massage *chin* with small movements.  
B) Continue with fingertips to draw semi-circle *around mouth*. Repeat x 3.



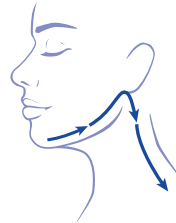
9 With two fingertips, circle *upper and lower lip line* in small circular movements.



10 Using all fingertips circle *along jawline*, starting at the chin and moving towards the ears.



11 With flat fingers, place right hand on chin and glide *along left jawline* towards earlobe, continuing down side of neck. Repeat x 3. Repeat on other side with other hand.



12 With full open palm place right hand, at *center of neck* and glide to *left side of neck* and down to *left shoulder*. Repeat x 3. Repeat on other side with other hand.

