



Essential Facial

50 Minutes

Customized for all skin types.

Indulge in the ultimate sensory experience with the TOMA Essential Facial, a blissful journey that harmonizes mind, body, and skin. Designed to restore balance and radiance, this facial combines the power of luxurious botanicals and expert techniques to leave a sense of renewal and revitalization.

TOMA Products

- Bergamot Essential Oil blend
- Cleanser of choice (Rejuvenating Cleanser or Balancing Cleanser)
- Exfoliating Fruit Scrub
- Replenishing Mist
- Desincrustation Solution
- Mask of choice (Cooling Cucumber, Time Defense, Hydrating Antioxidant or Healing Clay)
- Sculpting Treatment Oil
- Peptide Eye Cream
- Serums (Cellular C Serum and Healing Enzyme Serum)
- Bioactive Regenerating Oil
- Moisturizer of choice (Tonifying Protective Lotion and Sensing Repair Cream)
- SPF of choice
- Lip balm of choice

Supplies and Equipment

- 5-6 Damp Hand Towels
- 6-8 4x4 Wipes
- TOMA Sonic Dermabrasion (SD) tool
- Fan brush
- High Frequency Tool
- Disposable Wooden Sticks
- 1 Small bowl for blending products
- 2 Bowls for cool and warm water
- 1 Pillow Case or Hair band
- 1 Dry Hand Towel
- 4-6 Eye Pads (cotton rounds)

Shen Men Acupuncture Point





Essential Facial Steps

Experience Block

Detailed Protocol

Opening Ritual	<ol style="list-style-type: none"> 1. Greet the client and review goals for the facial. 2. Wrap head/hair with a folded pillow case or use a headband to pull hair away from the face. 3. Perform the opening ritual with TOMA Bergamot Blend on 2 fingers pressing on shen men then rub hands together and tent over nose.
Cleansing Ritual	<ol style="list-style-type: none"> 1. Pre-cleanse chest, neck and face with TOMA Rejuvenating Cleanser. 2. Using a warm towel (test heat first) wrap face from chin to forehead. Do box compressions on the face activate the parasympathetic nervous system and encourage relaxation. 3. Move the towel down to drape décolleté and do compressions to relax shoulders, then remove cleanser from face, chest, and neck and discard towel.
Skin Analysis	<ol style="list-style-type: none"> 1. Apply damp eye pads to eyes and perform a skin analysis. Inform the guest of what you will be doing during the facial (save these eye pads to re-use during mask treatment under the 4x4's). 2. Second cleanse with skin-type appropriate cleanser (Rejuvenating Cleanser or Balancing Cleanser) on the face only. 3. Remove the cleanser with a warm damp towel. 4. Spray chest, neck and face with Replenishing Mist.
Exfoliation	<ol style="list-style-type: none"> 1. Gently Massage quarter size amount of <i>TOMA Exfoliating Fruit Scrub</i> onto face. 2. Leave on face while mixing 1-2 droppersful of <i>TOMA Desincrustation Solution</i> and a few sprays of <i>TOMA Replenishing Mist</i>. Blend with fan brush 3. Apply solution with a fan brush and wrap a warm, wet towel around the face. Let sit for 1 minute and remove towel. 4. Remove <i>TOMA Exfoliating Fruit Scrub</i> and <i>TOMA Desincrustation Solution</i> with <i>TOMA Sonic Dermabrasion (SD) tool</i>. Add water to the areas as needed, Make 1 pass over the entire face at a 45 degree angle with a light touch. 5. Remove any remaining scrub/solution with a warm damp towel. 6. Pat the face dry with 4x4's. 7. Perform necessary extractions using SD and/or manual extraction. 8. Perform high frequency as needed on extracted areas.



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<p>Massage and Mask</p>	<ol style="list-style-type: none"> 1. Apply a quarter size (choice of) TOMA mask with a disposable wooden stick. Options are <i>TOMA's Cooling Cucumber, Time Defense, Hydrating Antioxidant or Healing Clay masks.</i> 2. Place damp eye-pads over eyes (eye pillow may be added). 3. Perform shoulder and décolleté massage with 1 dropperful of TOMA Sculpting Treatment Oil. 4. Remove the mask with damp 4x4's and a warm damp towel.
<p>Closing Ritual</p>	<ol style="list-style-type: none"> 1. Mist face and décolleté with 2-3 sprays of <i>TOMA Replenishing Mist.</i> 2. Tap a lentil sized drop of <i>TOMA Peptide Eye Cream</i> under eyes and around lips. 3. Spot treat blemishes with <i>TOMA Healing Enzyme.</i> 4. Press pea sized drop of <i>TOMA Cellular C Serum</i> on face. 5. Perform a relaxing facial massage with 5-7 drops of <i>TOMA Bioactive Regenerating Oil.</i> 6. Press dime sized drop of appropriate TOMA moisturizer (<i>Tonifying Protective Lotion or Sensing Repair Cream</i>). 7. Apply SPF and lip balm. 8. Spritz a few times with <i>TOMA Replenishing Mist</i> to end the service..