



Herbal Skin Solutions Age-Management Facial Protocol

Pre-treatment Instruction

- ❑ All client's should understand and fill out and sign informed consent forms provided by the clinic or spa. Refer to "Patient Health History" sample form for more detailed information on client lifestyle and overall skincare concerns.
- ❑ Prior to treatment, it is suggested that the provider offer a full consultation of expectations, possible side effects, benefits, post-care instructions, and treatment plan goals with their client. This process is referred to as the informed consent. Possible contraindications and prescription medications should also be reviewed prior to treatment.
- ❑ Client should avoid direct sun exposure and tanning beds for at least 2 weeks pre and post treatment. Sunscreen of SPF 30+ UVA/UVB Broad spectrum is recommended daily
- ❑ **Client should avoid Retin-A, chemical peels, injections or fillers 2 weeks before treatment. AHA & BHA acids, topical acne creams and other skin sensitizing ingredients should be discontinued 3-5 days prior to their facial.**
- ❑ Take clear before photos in a designated area with consistent lighting at various angles and concentrating on areas of concern, such as uneven skin tone, enlarged pores, fine lines and wrinkles, etc.
- ❑ This treatment (and any other physical exfoliation) is contraindicated for active acne

Supplies You May Need

- Gloves
- Warm towels or disposable sponges
- Bowl of water
- Steamer
- Disposable hair net
- Dermaplane supplies
- CIT Pen & Nano Cartridge for add-on Eye and/or Lip treatment
- My Skin Buddy, Ultrasonic Skin Scrubber, Oxygen-Infusion, Microcurrent, LED Light Therapy

Products You Will Need **(all can be found wholesale for professionals at HerbalSkinSolutions.com)**

- Herbal Skin Solutions Neroli Nirvana (Repair Oil)
- Herbal Cream Cleanser
- Herbal Solutions pH Balancing Toner
- Herbal Skin Solutions Hydrating Mist
- Herbal Skin Solutions Exotic Exfoliating Enzyme Mask
- Herbal Skin Solutions Sun & Moon Eye Synergy Cream
- Herbal Skin Solutions Vitamin C+ Enhancement Serum
- Herbal Skin Solutions EGF Cellular Activator Serum
- AM - SPF of choice
- PM-Herbal Skin Solutions Blue Moon Retinol Overnight Sleeping Mask



- AnteAGE Serum & Accelerator system
- Herbal Skin Solutions Co-Branded Brightening Micro-Channeling Solution
- Saian Sheet Mask
- Saian or AnteAge Hyaluronic Acid
- Liposomal C Supplement

1. Pre-cleanse skin with Neroli Nirvana. Apply 2-3 drops over the face, neck and décolleté to loosen makeup, dirt and oils. Massage into skin for 2-3 minutes and remove with semi-dry sponges.

2. Using Herbal Skin Solutions Herbal Cream Cleanser, thoroughly cleanse the skin of all dirt, oil, makeup & debris. Remove with luke warm towels soaked in Hydrating Mist w/ Chamomile & Lavender or disposable sponges.

- *Enhance your clients experience by incorporating 5 minutes of My Skin Buddy red LED during the cleansing portion of their facial! Boost the experience further by using two MSB devices (one in each hand) on the first warming red LED setting/ cleanse mode.*

3. After cleansing, rebalance skin pH with Herbal Skin Solutions pH Balance Toner by spritzing 2-3 mists onto your cotton round and wiping over face and neck.

Optional - Exfoliating the skin will encourage cellular renewal and allow better absorption of topicals. Manual exfoliation Dermaplaning / oil-planing with Neroli Nirvana may be administered. For enhanced results, you may also provide your choice of oxygen infusion (brighten & heal), microcurrent (tighten and tone) or hydra-dermabrasion (deep pore cleanse) assuming these treatments are available to you and considered within your scope of practice per your State Board of Regulation.

4. Exotic Exfoliating Enzyme Mask - May be applied to the face and neck before or after physical exfoliation such as Dermaplane or used on it's own as a gentle enzyme exfoliant to increase cell turnover and brighten uneven skin tone. After applying evenly across the skin with the provided mask applicator, softly massage into the skin with damp/wet fingertips or use My Skin Buddy to accelerate the cellular renewal process (Mode 2 for infusion using Red (aging) or Green (hyperpigmentation) LED light. Steam may be added for further efficacy and better glide (steam not recommended for those diagnosed with Melasma or Rosacea skin conditions) Remove with a warm towel, disposable sponge, or incorporate Saian Ultrasonic Skin Scrubber for a deeper pore cleanse after 10-20 minutes or as soon as the mask begins to dry.

- *The active ingredients in this enzyme can give a tingly sensation for approximately the first 5 minutes. If any irritation persists, remove immediately and apply cool compresses.*

Pro Tip: After exfoliation, consider deep cleansing the pores by performing light extractions with Saian Ultrasonic Skin Scrubber on damp skin, with blade at a 45 degree angle working inward towards the middle of the face. For further benefits when using the skin scrubber, one may choose to dampen the skin with Hydrating Mist Toner or high quality water



Optional - For Skin Rejuvenation & Age Management, consider Microcurrent (tighten & tone) or red LED light therapy (anti-aging, reduce inflammation/redness) as long as the client has no contraindications to these modalities.

5. After exfoliating & extractions, apply Saian Sheet Mask to hydrate, plump and reduce redness. Remove after 10-15 minutes or as soon as it begins to dry. Massage remaining serum into the skin.

- *Incorporate jade rollers, cooling globes or My Skin Buddy over the mask to calm flushed, rosy skin.*

Pro Tip: Consider adding on a Nano Eye and/or Lip treatment within your facial to address specific concerns such as fine lines, textured skin, dehydrated skin, dark circles, crepey or hooded eyelids, lip plumping and lash and brow regrowth! We recommend using sterile saline for the safest solution. Other more beneficial solution choices include: Saian Hyaluronic Serum or AnteAGE Brightening Microchanneling vial around the delicate eye area (these can also be cocktailed together to brighten skin tone and plump/smooth lines & wrinkles) The disposable Nano silicone and surgical steel cartridges may be used up to the lash line on the lower and upper eyelids. Do NOT use over or around the eyelid or eye areas if the client has optical conditions and / or is wearing contact lenses or has other contraindications or sensitivities around the eye area. Keep CIT Pen depth to 0.25mm when working around the eye area for optimal client comfort. ONLY work in outward sweeping motions to avoid product from collecting in the tear ducts. Be very careful not to get serum or device too close to the eyes. If contact is made, one may consider rinsing thoroughly with cool water & contacting a medical care professional for further guidance.

6. Apply a finishing serum that has ingredients to specifically target the skin concern you are working to address based on your clients skin condition.

Suggested Serums

- Uneven Skin Tone/Hyperpigmentation/Melasma - Vitamin C+ Enhancement Serum
- Fine lines & wrinkles - EGF Cellular Activator
- Dry/Dehydrated Skin - Neroli Nirvana
- Serums can also be cocktailed together or layered in this order (EGF Cellular Activator, Vitamin C+ Enhancement Serum, Neroli Nirvana)

7. Treat eye area with Herbal Skin Solutions Sun & Moon Eye Synergy Cream. Apply 1-2 pumps around the orbital rim to hydrate, nourish, and brighten the under eye and eyelids. This product works exceptionally well for the neck & decollete as well.

Pro Tip: Consider gently tapping the Sun & Moon Eye Synergy Cream from the corners of the eyes outward to avoid product from building up in the tear ducts.

Caution: Do not get product in the eyes. - *If contact with the eye occurs, flush the area*



immediately with cool water or sterile saline & reach out to a medical care professional if needed.

9: Sun-Up

Apply favorite physical broad spectrum SPF. Optional to follow with a tinted moisturizer w/ SPF or mineral powder.

**Tip: Add a couple drops of Neroli Nirvana to your favorite tinted moisturizer or SPF for a dewy skin finish.*

Sun-Down

Option 1: Distribute 2 pumps of Herbal Skin Solutions Blue Moon Overnight Sleeping Mask evenly across face and neck, avoiding the eye area (Retinol)

Option 2: Apply 2 pumps each of AnteAGE Serum & Accelerator Duo to face and neck (Bone Marrow Stem Cell Conditioned Media)

Option 3: Opt to lock in your serum & moisturizer with 2-3 drops of Neroli Nirvana, patting oil evenly into the skin.

10: With eyes closed, spray 4-5 mists of Hydrating Mist with Chamomile & Lavender across the face and neck at the end of your routine to invoke serenity and bliss.

Pro Tips:

- *Clients can sleep in the Blue Moon Overnight Sleeping Mask cream and should cleanse the next morning with tepid water and Herbal Cream or Gel Cleanser before applying serums, SPF, and makeup.*
- *Consider Making Spa Water to enhance your client's experience & results with a dose of 1250mg of Liposomal C. For long-term results, we encourage the powerful dose of essential nutrient, Vitamin C, to be taken regularly in our liposomal delivery system that offers optimal absorption. Liposomal C aids collagen synthesis and combats oxidative stress, supporting the glow from within. The antioxidant rich blend supports a healthy immune system by helping to form red blood vessels and protect against free radicals.*
- *Advise clients to gently cleanse the skin morning and night with Herbal Skin Solutions Herbal Cream (normal/dry skin) or Gel Cleanser (combo/oily skin). My Skin Buddy may be incorporated into their at home routine for a deeper cleanse. Full-size products and My Skin Buddy tool can also be included in the price of your treatments when packaged in a series so clients can maintain their glow in between in-office treatments.*
- *Suggest daily use of Vitamin C internally to aid the cell function and*



Collagen Synthesis, such as Herbal Skin Solutions Liposomal-C supplement.

- *Taking Herbal Skin Solutions Glucosamine oral supplement enhances Hyaluronic Acid production in the skin ideal for wound healing and supple skin which also reduces scarring.*

Post Care

- If the client has pigmentation concerns a Tyrosinase inhibitor may be recommended prior to treatment and for daily home care to aid in results, such Herbal Skin Solutions Vitamin C+ Enhancement Serum
- Clients should completely avoid direct sun exposure and heat for at least 24 hours, wear & reapply spf continuously every day following as sun exposure can lead to PIH (post-inflammatory hyperpigmentation). Anything that could raise a client's internal core temperature is off limits (sauna, steam room, hot yoga, vigorous exercise, etc..) after an exfoliation treatment.
- Client should switch to a fresh, clean pillowcase post treatment washed in fragrance-free detergent
- Advise clients to wash makeup brushes and cell phones to rid of dirt, debris and bad bacteria which can cause breakouts.