



Herbal Skin Solutions 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 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.

Supplies You Will Need

- Gloves
- Warm towels or disposable sponges
- Bowl of water
- Steamer
- Disposable hair net
- Optional - My Skin Buddy, Ultrasonic Skin Scrubber, LED Light Therapy, High Frequency, Oxygen-Infusion, Dermaplane or Microdermabrasion supplies

Products You Will Need

- Herbal Skin Solutions Neroli Nirvana (Repair Oil)
- Herbal Cream or Gel 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
- Saian Sheet Mask
- AM - SPF of choice
- PM-Herbal Skin Solutions Blue Moon Retinol Overnight Sleeping Mask
- AnteAGE Serum & Accelerator system
- Liposomal C



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

2. Using Herbal Skin Solutions Herbal Cream Cleanser (normal/dry skin) or Herbal Gel Cleanser (combo/oily skin), 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 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 such as Microdermabrasion, Dermaplaning / oil-planing and Derma Filing may be administered. For enhanced results, you may also provide oxygen infusion, microcurrent or hydra-dermabrasion (assuming these treatments are considered within your scope of practice per your State Board of Regulation)

4. Exotic Exfoliating Mask - May be applied to the face and neck before or after physical exfoliation such as Dermaplane or Microdermabrasion or used on it's own as a gentle enzyme exfoliant. 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. Steam may be added for further efficacy. Remove with a warm towel, disposable sponge, or Saian Ultrasonic Skin Scrubber 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, deep cleanse 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.

5. Optional - For Acneic or breakout prone skin types you may consider incorporating a quick pass of High Frequency, Oxygen-Infusion or blue LED light therapy to kill P. Acne bacteria under the skin. For Skin Rejuvenation & Age Management, consider Microcurrent or red LED light therapy (as long as the client as no contraindications to these modalities)

6. After exfoliating & extractions, apply Saian Sheet Mask. 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.*

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

Suggested Serums

- Age Management/ Skin Rejuvenation - Vitamin C+ Enhancement Serum, EGF Cellular Activator
- Uneven Skin Tone/Hyperpigmentation/Melasma - Vitamin C+ Enhancement Serum
- Acneic Skin/Breakout Prone - EGF Cellular Activator, Neroli Nirvana
- Redness/Rosacea/Sensitized Skin - EGF Cellular Activator, Neroli Nirvana
- Serums can also be cocktailed together or layered in this order (EGF Cellular Activator, Vitamin C+ Enhancement Serum, Neroli Nirvana)

8. 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:



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- *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.*