

Stay-At-Home Spa Day Ritual Kit

Supplies Needed:

- Bathtub
- Spa Day Sampler Bag
- Amazonian Rejuvenation Tea
- Bowl of pH Balanced Water
- Optional: Favorite Candle, Essential Oils, Smudge Bundles & crystals

Bath Time Soak

- The ritual of soaking in an herbal bath is a beautiful way to cultivate self-love. Add your Bath Time blend of epsom salts and dried herbal Lavender, Hibiscus, and Chamomile flowers. You may choose to pour the bath blend directly into your tub or into an empty tea bag to steep it (without worrying about the flowers clogging your drain). Light your favorite candle or diffuse calming essential oils to invoke serenity. Soak and enjoy for as long as you please.

Self-care Facial kit

Step 1.) Neroli Repair Oil pre-cleanse

- Distribute the bottle of Neroli Repair Oil into the palm of your hand. Rub both palms together and cup your palms around your nose. Take 3 deep breaths, inhaling through your nose and out through your nose. Take a moment to enjoy the luxurious scent of Neroli's lightly sweet citrus aroma. Gently press oiled palms onto a dry face and neck to distribute the product. Using fingertips, massage oil into the skin for a minimum of 2 minutes in small circular motions, to loosen sunscreen, makeup residue, excess oils and dirt while softening the skin before your cleanse. Remove with provided disposable sponge(s)

Facial chart courtesy of Dermascope.com





Step 2.) Hydrating B5 Herbal Cleanser

- Apply cleanser with fingertips onto damp skin, working around the face and neck in light, circular, upward motions for 30-60 seconds. If it starts to dry, add a few drops of water on to your fingertips to further emulsify your creamy cleanser. Rinse face and neck thoroughly with warm water and the provided disposable sponge(s).

Step 3.) Enzyme Exfoliation

- **Using your fingertips (Disposable tongue depressors?)** apply a thin layer of enzyme evenly across the face and neck, avoiding around the eye areas and over the lips. Packed with anti-inflammatory and antioxidant rich ingredients, this enzyme will hydrate skin and slough away dead skin cells, leaving the skin refreshed. The included ingredient, honeysuckle, makes for a heavenly aroma that's present, but not overpowering. Leave on for up to 20 minutes and remove excess product thoroughly with lukewarm water.

Step 4.) Hydrating Toner Mist with Chamomile & Lavender

- To balance ones qi/ energy with the plants & botanicals infused into this delicate mist which invokes a feeling of peace while balancing the skin's pH level. Mist 3-4 times across face, neck and decollete while deeply inhaling through the nose and exhaling out the nose for a blissful, aromatic, sense of serenity. Let skin dry almost completely before applying your serum.

Step 5.) Vitamin C + Enhancement Serum

- This antioxidant-rich, collagen promoting serum is clinically proven to reduce the appearance of pigmentation, fine lines and wrinkles while improving enlarged pores, scarring and rosacea. Apply sample serum over face and neck with fingertips after cleansing and toning. This hydrating blend of Vitamins C & E, Ferulic Acid, Hyaluronic Acid & other natural brighteners give all skin types a more youthful glow.

Step 6.) AnteAge 1 & 2 Step System

- Created to work cohesively, this Serum and Accelerator duo contain Conditioned Human Bone Marrow Stem Cell Cytokine proteins, also known as the "command and control" for regenerative skin healing and healthy cell to cell communication. Apply both sample steps at the same time by cocktailing the two and apply to face and neck in light, circular, upward motions.

[Check out our latest blog post on Balancing your Qi and Immunity For A Nervous System Boost](#)

Fear and stress have been proven to weaken the immune system by *psychologists in the field of "psychoneuroimmunology,"* which is why it's critical for all people, and especially those empathic by nature, to protect themselves energetically and physically during times of crisis. Self care is not selfish. If you need a permission slip to "treat yo self" may this be it! Filling yourself up allows you to serve others from the overflow of abundance.

The light in us, honors the light in you.
Namaste,



HERBAL SKIN
SOLUTIONS