



FACIAL PROTOCOLS

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SERVICE NOTES

Times of service noted are approximate and can easily be adjusted based on your experience and specific modalities.

Please refer to the LIVE BOTANICAL SKIN CARE MAP to learn about what products to use for various skin types and helping your client choose a develop a home ritual.

SKIN CARE FORMULA PHILOSOPHY

Harmonic infusion of traditional herbalist based approaches and results driven scientific advancements. Where the core focus is promoting skin barrier homeostasis. A gentle approach that encourages a healthy skin biome, acid mantle and lipid barrier.

BIOME -

- Very mild essential oil dilutions from 0-1.5%. All but our Skin Repair Balm is less than .5% and about half of our facial care items contain 0%. We find minimizing the concentration of distilled essential oils better protects the delicate skin biome. Since almost all essential oils are antimicrobial in nature, too much can interfere with healthy bacteria on the skin.
- Proper preservation that's tested for stability and safety. Not having adequate preservation can cause harm if microbials, mold or yeast is present. Harsh or not properly formulated preservation can cause skin sensitivity and harm the skin biome. We use a combination of prebiotic and hurdle technology that provide additional benefits to the skin. Effectiveness is coupled with using packaging that limits air, light and outside contaminants for water based products.

ACID MANTLE -

- Blends that are balanced to slightly acidic pH (4-5.5) to support the acid mantle's ability to ward off infection, including acne causing bacteria. This also strengthens the biome defences.
- Low percentage of chemical exfoliants to minimize concerns around sunburn sensitivity which weakens the skin defences and opens the lipid barrier to oxidation. We've incorporated the recommended dilution as defined by the Scientific Committee on Cosmetic Products and Non-Food Products intended for Consumers (SCCNFP) for minimizing UV damage while maintaining efficacy.

LIPID BARRIER -

- Mild surfactants to not disturb the organization of the lipid matrix, reducing the likelihood of long term sensitivity. Helping to clean and remove dirt and makeup without removing natural oils in the skin.
- No harsh emulsifiers for leave on products. Instead we use gentle binders to help hold water and oil together without lipid deteriorating fillers. Currently are moisturizers are deconstructed where adding a humectant hydrating product with an emollient and occlusive facial oil you are able to create a gentle moisturizer that feeds the skin as well as prevent transdermal water loss.

30 MINUTE FACIAL

1. BEGIN - Start with your typical communication & grounding needs. [3 Minutes]
2. CLEANSE - Choose: [3 minutes]
 - a. **Nourishing Cleansing Oil** - Apply to dry skin and massage for 1 minute. Moisten the skin with water and continue to massage for 30 seconds. Remove with warm towel.
 - b. **Gentle Cleansing Gel** - Apply to moistened skin for 30-60 seconds and remove with warm towel.
3. WARM COMPRESS - to prepare the skin for exfoliation and mask. Meanwhile, start mixing the mask while towel is on. Scoop ½ tsp of mask and ½ tsp of warm water to your bowl and let infuse (you don't need to stir yet). Greenhouse Glow (dry skin) or Glowing Honey Mask (normal to oily). [2 minutes]
4. EXFOLIATION - **Illuminating Exfoliation Serum** - Apply a thick layer (2-3 pumps), do not remove. (Extractions could be done here if that is part of your practice. Wait about 1 minute once serum is applied, follow with Clarifying Elixir if you do.) [1 Minute, add more time if you do extractions.]
5. HYDRATE - Mist 3-5 pumps of **Radiance Elixir** (normal to dry skin) or **Clarifying Elixir** (oily skin). [1 Minute]
6. MASK - **Greenhouse Glow** (dry skin) or **Glowing Honey** (normal to oily) - Finish preparing the mask, stir the mixture until it is uniform. Brush on and let sit for 5 minutes. Remove with warm towel or sponges. [10 Minutes]
 - a. Use this time to provide a neck or hand massage. Using: **Moon Cycle** (soreness, balance hormones), **Respite Balm** (sore, stiff muscle & joints, congestion), **Ultra Rich Body Oil** (dry skin), **Refining Body Oil** (mild exfoliation) or **Universal Oil** (for scalp, sensitive to essential oils).
7. HYDRATE - Mist 3-5 pumps of **Radiance Elixir** (normal to dry skin) or **Clarifying Elixir** (oily skin). [1 Minute]
8. NOURISH - On damp skin, blend **Hyaluronic Acid (HA) Serum** with a few drops of facial oil of choice (listed from lightest to richest): **Clearing Oil**, **Brightening Oil Serum**, **Whipped Oil**, **Calming Oil** or **Universal Oil**. Provide additional facial massage during serum & oil layering to create a custom moisturizer. [7 Minutes]
 - a. For oily skin, we like to sandwich the **Clearing Oil** between the **HA Serum**. Apply HA Serum to damp skin, apply a very thin layer of Clearing Oil, last add another layer of HA Serum. We find this creates a matte effect.
 - b. For normal to dry, mix 2 pumps of **HA Serum** with a tiny scoop of **Whipped Oil** or 3-5 drops of **Calming Oil**, **Universal Oil** or **Brightening Oil** to create a micro-emulsion and apply like a typical moisturizer.
 - c. For extra dry, another layer of facial oil to lock in the hydration better.
 - d. For the eye area we like to use the **Brightening Oil Serum**.
9. LIP & SUNCARE - Finalize the treatment using your favorite lip & suncare. [1 Minute]
10. FINISH - End with your typical communication & closing needs. [1 Minute]

60 MINUTE FACIAL

1. BEGIN - Start with your typical communication & grounding needs. [3 Minutes]
2. PRE-CLEANSE - **Nourishing Cleansing Oil** Apply to dry skin and massage for 2 minutes. Moisten the skin with water and continue to massage for 30 seconds. Remove with warm towel. [3 Minutes]
3. CLEANSE - **Gentle Cleansing Gel** to further remove impurities and impart mild hydration and refinement. Apply to moistened skin for 30-60 seconds and remove. [2 Minutes]
4. WARM COMPRESS to help prepare the skin for exfoliation. [1 Minute]
5. EXFOLIATION - **Illuminating Exfoliation Serum** - Apply thick layer (2-3 pumps), do not remove. (Extractions could be done here if that is part of your practice. Wait about 1 minute once serum is applied, follow with Clarifying Elixir if you do.) [1 Minute, add more time if you do extractions.]
6. HYDRATE - Mist 3-5 pumps of **Radiance Elixir** (normal to dry skin) or **Clarifying Elixir** (oily skin). [1 Minute]
7. FACIAL/LYMPHATIC MASSAGE - **Renewing Concentrate** (normal to dry) or **Whipped Oil** (combo) or **Skin Repair Balm & Universal Oil** (oily, inflamed). [15 Minutes]
8. WARM COMPRESS to help prepare the skin for the mask. While the towel is on, scoop ½ tsp of mask and ½ tsp of warm water to your bowl and let infuse (you don't need to stir yet). Greenhouse Glow (dry skin) or Glowing Honey Mask (normal to oily). [3 Minutes]
9. HYDRATE - Mist 3-5 pumps of **Radiance Elixir** (normal to dry skin) or **Clarifying Elixir** (oily skin). [1 Minute]
10. MASK - **Greenhouse Glow** (dry skin) or **Glowing Honey** (normal to oily) - Finish preparing the mask, stir the mixture until it is uniform. Brush on and let sit for 10 minutes and remove with warm towel or sponges. [15 Minutes]

Use this time to provide a neck or hand massage. Using: **Moon Cycle** (soreness, balance hormones), **Respite Balm** (sore, stiff muscle & joints, congestion), **Ultra Rich Body Oil** (dry skin), **Refining Body Oil** (mild exfoliation) or **Universal Oil** (for scalp, sensitive to essential oils).
11. HYDRATE - Mist 3-5 pumps of **Radiance Elixir** (normal to dry skin) or **Clarifying Elixir** (oily skin). [1 Minute]

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12. NOURISH - On damp skin, blend **Hyaluronic Acid (HA) Serum** with a few drops of facial oil of choice (from lightest to richest): **Clearing Oil, Brightening Oil Serum, Whipped Oil, Calming Oil** or **Universal Oil**. Provide additional facial massage during serum & oil layering to create a custom moisturizer. [8 Minutes]
- a. For oily skin, we like to sandwich the **Clearing Oil** between the **HA Serum**. Apply HA Serum to damp skin, apply a very thin layer of Clearing Oil, last add another layer of HA Serum. We find this creates a matte effect.
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 - c. For extra dry, another layer of facial oil to lock in the hydration better.
 - d. For the eye area we like to use the **Brightening Oil Serum**.
13. LIP & SUNCARE - Finalize the treatment using your favorite Lip & Suncare. [1 Minute]
14. Finish with your typical communication & grounding needs. [1 Minute]