

# YOUR MINI SKIN CARE RITUAL IS: Radiance

YOUR CUSTOMIZED STEP-BY-STEP GUIDE  
TO THE PERFECT SKIN CARE RITUAL FOR  
GLOWING SKIN



**FACE YOGA METHOD**  
CHANGE YOUR FACE, CHANGE YOUR LIFE



## WHY THIS IS YOUR PERFECT RITUAL:

One of the keys to beautiful skin is in how you apply your moisturizer. Proper moisturizing of the skin has many benefits. Combine your nature-derived [Whipped Oxygen Moisturizing Cream](#) with this perfect application technique, and you'll have the perfect skin care ritual for improving the quality of your skin.

## FREQUENCY:

Your ritual can be done up to twice per day, with a suggested minimum of once per day.

## EXPECTED BENEFITS:

- Brighten your skin
- Reduce redness, inflammation, and swelling
- Reduce hyperpigmentation, sun or age spots
- Hydrate and plump dull, dry skin
- Works with your body to naturally improve the absorption of water in the air
- Minimize the appearance of wrinkles, fine lines, stretch marks, and dark undereye circles
- Create a weightless finish and satin-like skin all day







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# STEP ONE:

## Three steps to Perfectly Apply Moisturizer

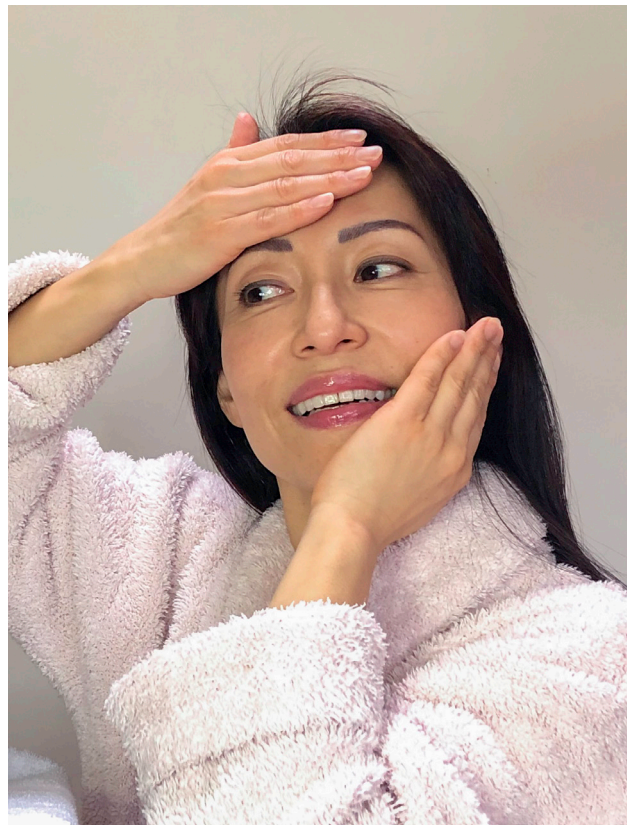
### HOW TO USE

- 1** Apply your [Whipped Oxygen Moisturizing Cream](#) to your palms. Gently rub them together to warm up the moisturizer to body temperature.
- 2** Begin applying to the larger areas of your face like your forehead, cheeks, and chin.
- 3** Gently push the Whipped Oxygen Moisturizing Cream in. Do this about 5 times in one area, then move to another area of your face.

*Repeat this process at least 3 times.*

### TIPS:

- \* Apply any remaining moisturizer to the delicate areas around your eyes and mouth. Using your ring finger, press in the moisturizer very gently.
- \* Avoid rubbing the moisturizer onto your skin. Your skin's surface is delicate and you don't want to damage it.
- \* Avoid sliding your fingers down your skin; a downward sliding movement is the kiss of death!
- \* Always work in an upward motion, to prevent sagging and wrinkles.



# STEP TWO:

## Lock-In Weightless Moisture

  
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To maximize the wrinkle-vanishing and collagen-boosting effects and improve your skin's hydration, be sure to follow your skin care ritual with the [100% Pure Oxygen Plasma](#). This is the perfect way to speed up the wonderful benefits of your ritual while nourishing your skin after this perfect daily skin care treatment.



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