





S A P E L O

Sapelo Restorative Facial

50 minutes

SUGGESTED MENU DESCRIPTIONS

Delicate complexions, flourish and glow with Sapelo's Restorative Facial.

This delightfully impressive alternative to harsh treatments, nurtures fatigued skin with a flood of moisture and a bit of gentle encouragement. A precisely-timed double mask employs natural bio-active ingredients to stimulate collagen renewal and restore your complexion's radiance. The active enzyme step prepares the skin by dissolving fatigued surface cells and increasing skin's receptivity and serving as the perfect prelude to our skin-drenching Milk & Honey Mask. This infusion of natural healing ingredients reveals skin that is soft, nourished and radiates health.

The Sapelo Restorative Facial brings about skin renewal through gentle encouragement...and a bit of radical relaxation!

With a precisely-timed double mask, fatigued skin is coaxed toward a cascade of renewal that is perfectly in sync with the skin's own mechanisms of healing. All to reveal skin that is soft, nourished and glowing with pure radiance.

The Sapelo Restorative Facial takes its cue from the gentle shifts found in nature.

Just as renewal occurs in the natural world, your skin will experience a transformation that is coaxed, not demanded. Sapelo's bio-active ingredients encourage this shift by providing abundant nourishment of cells to rebuild the skin's natural barrier mechanisms and support the skin's own production of collagen, for a calm and luminous result.

BEST FOR

- All skin types including Sensitive Skin

BENEFITS

- Promotes a plump, firm and hydrated complexion
- Swaddles skin to impart a beautiful, natural glow
- A healthy yet gentle pathway to skin rejuvenation

CONTRAINDICATIONS:

- If guest is using Retin-A, Renova, Adapalene or any intensive prescribed exfoliating product, it is recommended that they discontinue use 1 week prior to facial.
- Do not use the **Bamboo Peach Polish** on sunburned, irritated or broken skin.

PRODUCTS

- **Sapelo Sea Lavender Mist**
- **Sapelo Seaweed Cleanser**
- **Sapelo Bamboo Peach Polish**
- **Sapelo Milk & Honey Mask**
- **Sapelo Enzyme Mask**
- **Sapelo Renewing Eye Serum**
- **Sapelo Rejuvenating Cream**

SUPPLIES

- Esthetic 4x4s
- Cotton rounds
- Hot towel x5
- Headband or hair wrap
- Mask brushes (2-4)
- Small cups
- Spatulas

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2 MIN

1. WELCOME RITUAL

- As you explain the benefits of this facial, fasten the client's head band and gently introduce your touch.
- Follow the Calming Welcome Ritual using 2 pumps of **Sea Lavender Mist**. Inform the guest that they will feel a light mist as you direct the spray above the client's face, moving from hairline to upper chest. This allows mist to fall gently upon the skin



3 MIN

2. MAKEUP REMOVAL

- Mist 4 cotton rounds with **Sea Lavender Mist**. Place one pair of rounds over the guest's eyes to begin softening mascara.
- Using a fan brush whip 2 pumps (approx. ¼ tsp.) of the **Seaweed Cleanser** with 2 pumps of **Sea Lavender Mist** into a frothy texture. Apply a very small amount to the other pair of cotton rounds and use all 4 rounds to remove eye makeup and lip color.



6 MIN

3. CLEANSING & COMPRESSING

- Apply the remaining whipped **Seaweed Cleanser** to the face with a brush (using 2 brushes is optional for application). Perform a thorough cleansing massage of the face neck and upper chest.
- Remove cleanser with 4x4's first. Ready the compress for the **Sapelo Comforting Compress Ritual** and mist the face again with the **Sea Lavender Mist** and following immediately with the compress so that the aroma lingers.
- Gently press and hold the cloth to the client's face and work a few key pressure points to help the guest relax.
- Following the use of the facial compress on the face and upper chest,
- Compress the face one more time before returning it to the bowl. You will use it to remove the **Bamboo and Peach Facial Polish**.



1-2
MIN

4. SKIN ASSESSMENT

- Perform a skin assessment, sharing how this facial will help with areas of concern.



5 MIN

5. EXFOLIATE

- Using approx. 1/8 tsp, exfoliate the skin with **Bamboo & Peach Facial Polish** by massaging the product methodically over the skin and paying special attention to lined areas, such as around the lips, the nasal labial fold and the crows feet. Take care not to get granules too close to the eye while exfoliating or during removal.
- Ready a compress for thorough product removal. Removal of the product with 4x4s first, is optional.
- Gently press and hold the cloth to the client's face and repeat use as in Step 3.

NOTE: To re-warm the compress fold side with granules toward the center before immersing and using on the upper chest.

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50 minutes



6-8
MIN

6. ENZYME MASK I

- Create a blend of **Sapelo Softening Emollient** and **Restoring Eye Serum** to treat the lips during steaming and apply to the lips with a spatula or small brush.
- Begin steam on the face to activate enzymes as you apply a thin layer of **Enzyme Mask** to face and neck and massage lightly into skin.
- Allow mask 5-7 minutes to process.



10 MIN

6. EXTRACTIONS

- Remove Enzyme Mask with warm moist 4x4s. Blot skin to dry and perform extractions of comedones and/or milia as needed/permitted.
- Complete by misting with 2 pumps of **Sea Lavender Mist**.



10 MIN

7. MILK & HONEY MASK II

- Apply a small amount of the **Sapelo Renewing Serum** to the skin.
- Using 1/4 tsp, apply a medium layer of the **Milk and Honey Mask** to the face, neck and upper chest and shoulders, using 1 or 2 brushes.
- Allow mask to remain on the skin for up to 10 minutes.
- While mask is on, perform extended upper chest, neck and shoulder massage with the mask until it is absorbed. At this time, you can also perform a hand and arm massage with **Milk and Honey Body Lotion**.
- Remove any mask that has not been absorbed into the skin, using cool, moist 4x4s.



30 SEC

8. HYDRA-CONDITION

- Mist 2 pumps of **Sea Lavender Mist** to face and neck.



1 MIN

9. TREATMENT SERUM

- Apply a pea size amount of **Renewing Serum** to face and neck and upper chest by pressing into the skin. (Optional: 1 pump **Spring Tide Serum**.)



2 MIN

10. MOISTURIZER | EYE | LIP

- Gently press a small amount **Sapelo Restoring Eye Serum** to the eye contour area.
- Apply a pea size amount of **Sapelo Rejuvenating Cream** to face and neck.
- Follow with an application of the SPF of your choice
- Finish with an application of the blend of **Sapelo Softening Emollient** and **Restoring Eye Serum** to the lips with a spatula or small brush.



2 MIN

11. SAPELO CLOSING RITUAL

- Mist the guest's face one last time with 2 pumps **Sea Lavender Mist**.
- Present guest with their prescribed Sapelo homecare ritual.

Sapelo Comforting Compress Ritual



The **Sapelo Comforting Compress Ritual** helps to open the pores and soften the skin, preparing it for exfoliation. It also makes the client feel swaddled in warmth and aroma, so take your time with this process.

To prepare the facial compresses, fill a bowl with very warm water. If you are using additional aroma, add a couple of drops of your selected essence to the bowl. Immerse the cloth and wring out the excess water.

1. With compress prepared, mist the guest's face with 2 pumps of **Sea Lavender Mist** from hairline to upper chest.
2. Immediately apply the compress by placing it on the forehead and over the eyes. Slowly apply gentle pressure to the forehead.
3. Begin wrapping the clients face by anchoring the cloth on the forehead. This allows the compress to feel snug as it envelopes the contour of the lower jaw.
4. Cover the lips as well and be certain to leave the area just under the nose uncovered so that the client can breathe freely.
5. Begin the compressions...at the neck...the jaw...the cheeks...and at the forehead.
6. Apply gentle pressure to the point on either side of the nose. When you do this, apply your pressure upwards and slightly from the side so as not to pull down on the cloth, at the tip of the nose.
7. As you unwrap the cloth, layer it on the forehead and give the forehead one last firm compression. Then lighten your pressure as you lift slightly up and toward the hairline. Take the cloth with you as you perform this wiping motion. Rewet the cloth and repeat this step a second time.
8. The next series of compressions will be along the neck and décolleté.
9. Re-wet the muslin cloth and place it on the décolleté. Perform gentle compression starting that the center of the décolleté and moving out to the shoulders.
10. Bring the compress up to warm the trapezius muscles and apply gentle pressure. When you do this, be certain that you are not pulling the cloth tightly across the throat.
11. Next, adjust the cloth so that it covers and warms the neck while applying a very gentle compression.
12. Remove the cloth and repeat the process.

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Product Usage Guide

1. WELCOME RITUAL

- 2 pumps **Sea Lavender Mist**

2. MAKEUP REMOVAL

- 4 pumps **Sea Lavender Mist**
- 2 pumps (approx. ¼ tsp.) **Seaweed Cleanser**
- 2 pumps **Sea Lavender Mist**

3. CLEANSING & COMPRESSING

- 2 pumps **Sea Lavender Mist**

4. SKIN ASSESSMENT

5. EXFOLIATE

- 1/8 tsp, **Bamboo Peach Polish**

6. ENZYME MASK I

- 1 pump **Sapelo Softening Emollient**
- 2 pumps **Restoring Eye Serum**
- 6 pumps **Enzyme Mask**

6. EXTRACTIONS

- 2 pumps **Sea Lavender Mist.**

7. MILK & HONEY MASK II

- 1 pump **Sapelo Renewing Serum**
- 1/4 tsp **Milk and Honey Mask**
- 2-3 pumps **Milk and Honey Body Lotion**

8. HYDRA-CONDITION

- 2 pumps **Sea Lavender Mist**

9. TREATMENT SERUM

- 1 pump (.015 oz.) **Renewing Serum**
- Optional: 1 pump **Spring Tide Serum**

10. MOISTURIZER | EYE | LIP

- .015 oz. **Sapelo Restoring Eye Serum**
- .015 oz. **Sapelo Rejuvenating Cream**
- SPF of choice

11. SAPELO CLOSING RITUAL

- 2 pumps of **Sea Lavender Mist**

Sea Lavender Mist 2 pumps X 6 - Steps: 1/2 (6 pumps)/3/6/8/11 = 16 pumps total

Seaweed Cleanser - Step: 2 = 2 pumps (approx. ¼ tsp.)

Bamboo Peach Polish Step: 5 = (approx. 1/8 tsp.)

Sapelo Softening Emollient - Step: 6 & 10 = 1 pump total (.008 oz. per use)

Restoring Eye Serum - Step: 6 & 10 x2 = 3 pumps total (.015 oz. per use)

Enzyme Mask - Step: 6 = per pump / 6 pumps (.208 ml /.007 oz)

Sapelo Renewing Serum - Step 7: 1 pump (.015 oz. per use)

Milk and Honey Mask - Step 7: 1/4 tsp

Milk and Honey Body Lotion - Step 7: (0.83 ml /.028 oz) per pump

Sapelo Rejuvenating Cream - Step 10: (.015 oz. per use)