

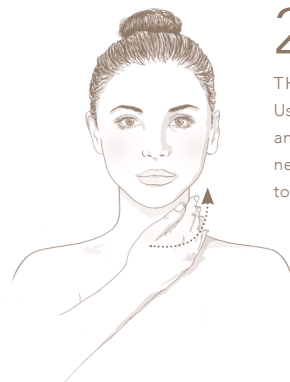
Start by covering the face and neck in two or three drops of Velettà Rejuvenating Oil or a thin film of Velettà Nourishing Moisturiser.



1

**THE NECK SWEEP**

Using your opposite hand, sweep firmly from your collarbone upwards to your jawbone. The movement is to be repeated using alternating hands.



2

**THE NECK HUG**

Using your opposite hand, sweep firmly in an outwards motion from the center of your neck around to the back. The movement is to be repeated using alternating hands.



3

**THE JAW STRETCH**

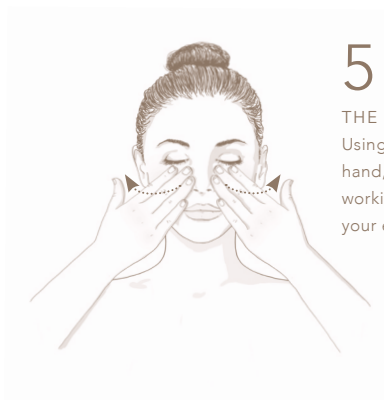
Using 3 fingers stretch along your jawline from your chin outwards to your ears. The movement is to be repeated using alternating hands.



**4.1** THE THUMB LIFT – STEP 1  
Run your thumbs upwards from your jaw pressing 'in & up'.



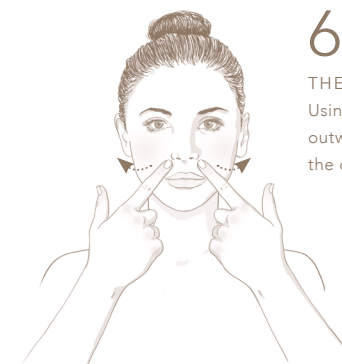
**4.2** THE THUMB LIFT – STEP 2  
Run your thumbs up and over your cheeks, to your hairline, walking your fingers above your thumbs.



5

**THE CHEEK SMOOTH**

Using 4 fingers and your palms on each hand, smooth across and outwards, working from your nose outwards towards your ears.



6

**THE SMILE LINE FLICK**

Using your pointer fingers, press down and flick outwards and up along your smile line. Work from the corner of your nose to the corner of your mouth.



7

**BYE BYE BAGS**

Using your middle fingers, gently sweep outwards from the inner corners of your eyes to your temples.



8

**THE BROW PINCH**

With your thumbs underneath, press and pinch along your brow line, working from the inside out.



9

**THE FROWN LIFT**

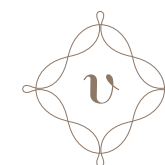
Using your 3 middle fingers, press and sweep upwards from between your eyebrows to your hairline, using alternating hands.



10

**THE FOREHEAD SWEEP**

Using your whole hand, sweep across your forehead from one temple to the other. The movement is to be repeated using alternating hands.



velettà  
LUXURIOUS, NATURAL  
SKINCARE

Step-by-step  
uplifting and enlivening  
facial massage

**AIM**

To add a meditative, relaxing element to your skincare ritual, while benefiting your skin's appearance (see below).

**BENEFITS**

Massaging facial skin increases collagen production and gives your skin a natural, healthy glow. Gentle massage also helps the muscles relax and allows the stress and fluid held in our facial tissue to drain away. Finally, massaged skin is energised, increasing the effectiveness of the Velettà products you have applied.

**TIPS**

Be gentle and always work in an upward motion, from the inside out.

The steps should be repeated 2-4 times for a quick, stimulating uplift each day and between 8-10 times for a more intensive weekly treat.