

THE BEFORE & AFTER “FIRM SKIN” FACIAL PROTOCOL

For Dry, Mature Skin Types

Allow 60–75 minutes.

- 1) **Cleansing:**
 - Firm Skin Acai Cleanser – for normal to combination skins
 - Blueberry Soy Exfoliating Cleanser – for normal to dry skins
- 2) **Toning:**
 - Neroli Age Corrective Hydrating Mist – for all skins
 - Lime Refresh Tonique – for all skins

3) **Exfoliation:**

FOR ALL SKINS INCLUDING SENSITIVE AND REACTIVE: **New For Enhanced Results.** Apply the **Firm Skin Acai Exfoliating Peel** with dropper onto a cotton round or dispense directly into your hands. Apply in circular motions covering the face and neck, avoiding the eye area. Do not rinse as there is no need to neutralize.

OR

Mix equal parts of the **Strawberry Rhubarb Dermafoliant** and the **Firm Skin Acai Cleanser**. Apply gently in circular motions for 2–5 minutes and then rinse off.

FOR NON-SENSITIVE, DRY OR DEHYDRATED SKINS: Pretreat (optional): **For enhanced results**, apply the **Firm Skin Acai Exfoliating Peel** as above as a degreasing step.

Refer to the **Arctic Berry Peel & Peptide Illuminating System** Protocol to apply the **Arctic Berry Enzyme Exfoliant** and **Arctic Berry Pro Advanced Peel Activator** to the skin. Neutralize with the **Soothing Chamomile Tonique** by spraying into the palms of hands and massaging the tonique into the skin until absorbed, or by saturating two cotton rounds and then apply by compressing lightly to the skin. Continue until tingling sensation has subsided. Rest skin for 1 minute.

ADD-ON EYE TREATMENT: Use Step 1, **Naseberry Eye Exfoliant** as per instructions.

ADD-ON LIP TREATMENT: Use Step 1, **Citrus Enzyme Lip Exfoliator** as per instructions.

4) **Extractions:** as needed

5) **LED Light Therapy:** Refer to Éminence LED Treatment Protocol.

6) **Masque to be used after extractions in facial massage or as a leave-on masque:**

FOR ALL SKINS INCLUDING OILY: Apply the **Firm Skin Acai Masque** – for all skins including oily

FOR NORMAL TO DRY SKINS: Apply the **Coconut Cream Masque**.

ADD-ON BOOSTER TREATMENT: Mix 1–3 drops of the **Firm Skin Acai Booster** into masque, apply and leave on for 10 minutes.

ADD-ON HAND & FOOT TREATMENT: Apply the **Coconut Firming Body Lotion**, massage in and leave on.

ADD-ON EYE TREATMENT: Use Step 2, **Cucumber Eye Gel**.



ADD-ON LIP TREATMENT: Use Step 2, **Lip Comfort Plumping Masque**. Make sure to extend the application onto the fine vertical lines around the mouth area as well as onto the marionette expression lines.

7) **Massage:**

FOR ALL SKINS (AVOID MASSAGING ACNEIC AREAS): Apply the **Citron Age-Defying Massage Soufflé** diluted with water or tea if desired using movement that will separate lines and wrinkles from each other. After a minute or two, apply the **Guava & Bamboo Age-Defying Moisturizer** or the **Naseberry Treatment Cream** and massage them together for 5–10 minutes using the same movement. Rinse off.

ADD-ON EYE TREATMENT: Use Step 4, **Raspberry Eye Masque**.

- 8) Serum:**
- **Bamboo Firming Fluid** – for normal to dry skins, especially mature
 - **Firm Skin Acai Booster-Serum** – for all skins, firming and lifting
 - **Strawberry Rhubarb Hyaluronic Serum** – deeply hydrating for all skins

9) **Moisturizing:**

FOR NORMAL SKINS: Apply the **Firm Skin Acai Moisturizer**.

FOR NORMAL TO DRY SKINS: Apply the **Coconut Age Corrective Moisturizer**.

- 10) Finishing Eye Care:** Apply a thin layer of the **Neroli Age Corrective Eye Serum** to the eye area with light blending movements until absorbed. Leave on. Apply an additional layer of eye cream over top if desired:

- **Bearberry Eye Repair Cream** – for all skins including sensitive, lightening, nourishing, anti-wrinkle
- **Herbal Eye Contour Cream** – for all skins, firming, protecting, nourishing
- **Raspberry Eye Masque** – for extra hydration and anti-aging

11) **Sun Defense:**

FOR OILY TO NORMAL SKINS: Apply the **Persimmon & Cantaloupe Day Cream SPF 32**.

FOR NORMAL TO DRY SKINS: Apply the **Tropical Vanilla Day Cream SPF 32**.

FOR ALL SKINS: Apply **Mineral (Sun) Defense 30** as per instructions to finish and protect your client's skin.

- 12) Citrus Lip Balm:** Apply Step 3 of the lip treatment to protect and finish your client's lips.

- 13) Organic Beauty Application:** Apply the appropriate Organic Beauty products according to your client's skin type/color for a fresh and natural glow.



THE BEFORE & AFTER “BRIGHT SKIN” FACIAL PROTOCOL

For Hyperpigmented/Uneven Skin Types

Allow 60–75 minutes.

- 1) **Cleansing:**
 - Stone Crop Gel Wash – for normal to combination skins
 - Bright Skin Cleanser – for normal to dry skins
- 2) **Toning:**
 - Stone Crop Hydrating Mist – for all skins

3) **Exfoliation:**

FOR ALL SKINS INCLUDING HYPERPIGMENTED: **New For Enhanced Results.** Apply the **Bright Skin Licorice Root Exfoliating Peel** with dropper onto a cotton round or dispense directly into your hands. Apply in circular motions covering the face and neck, avoiding the eye area. Do not rinse as there is no need to neutralize.

OR

FOR ALL SKINS INCLUDING SENSITIVE AND REACTIVE: Mix equal parts of the **Strawberry Rhubarb Dermafoliant** and the **Bright Skin Cleanser**. Apply gently using a circular motion for 2–5 minutes and then rinse off.

FOR NON-SENSITIVE, DRY OR DEHYDRATED SKINS: Pretreat (optional): **For enhanced results**, apply the **Bright Skin Licorice Root Exfoliating Peel** as above as a degreasing step.

Use the **Yam & Pumpkin Enzyme Peel 5%** (a patch test is recommended prior to treatment). Advise the client that they may feel a tingle and perhaps perform a scalp massage or another distraction technique. Ensure that the skin is dry. Then apply a thin layer of product over the face and neck with a fan brush or fingers. Lightly massage the product with fingertips and leave on for 5–7 minutes. Remove with towels soaked in cool water. Follow immediately with the **Soothing Chamomile Tonique** sprayed on a cotton pad and then thoroughly rinse skin with cool water soaked towels.

ADD-ON EYE TREATMENT: Use Step 1, **Naseberry Eye Exfoliant** as per instructions.

ADD-ON LIP TREATMENT: Use Step 1, **Citrus Enzyme Lip Exfoliator** as per instructions.

- 4) **Extractions:** as needed
- 5) **LED Light Therapy:** Refer to Éminence LED Treatment Protocol.
- 6) **Masque to be used after extractions in facial massage or as a leave-on masque:**

FOR ALL SKINS INCLUDING OILY: Apply the **Stone Crop Masque**.

FOR NORMAL TO DRY SKINS: Apply the **Bright Skin Masque**.

ADD-ON BOOSTER TREATMENT: Mix 1–3 drops of the **Bright Skin Licorice Root Booster** into masque, apply and leave on for 10 minutes.

ADD-ON HAND & FOOT TREATMENT: Apply the **Coconut Firming Body Lotion**, massage in and leave on.

ADD-ON EYE TREATMENT: Use Step 2, **Cucumber Eye Gel**.

ADD-ON LIP TREATMENT: Use Step 2, **Lip Comfort Plumping Masque**. Make sure to extend the application onto the fine vertical lines around the mouth area as well as onto the marionette expression lines.



7) **Massage:**

FOR ALL SKINS (AVOID MASSAGING ACNEIC AREAS): Apply the **Pear & Green Apple Massage Soufflé** diluted with water or tea if desired.

FOR DRY TO NORMAL SKINS: Apply a thin layer of the **Monoï Age Corrective Night Cream for Face & Neck** or **Citron Age-Defying Massage Soufflé**, dipping the hands in tea or other liquid for extra slip.

ADD-ON EYE TREATMENT: Use Step 4, **Raspberry Eye Masque**.

- 8) **Serum:**
- **Bright Skin Licorice Root Booster-Serum** – for uneven, pigmented and dehydrated skins
For additional treatment, apply 1–2 drops of the **Couperose-C Serum** or **Stone Crop Serum** prior to the **Bright Skin Licorice Root Booster-Serum** and leave on.
 - **Eight Greens Youth Serum** – lifting, treat hormonal breakouts and the signs of aging

9) **Moisturizing:**

FOR OILY TO NORMAL SKINS: Apply the **Stone Crop Hydrating Gel**.

FOR NORMAL TO COMBINATION SKIN: Apply the **Bright Skin Moisturizer SPF 30**.

- 10) **Finishing Eye Care:** Apply a thin layer of the **Neroli Age Corrective Eye Serum** or the **Cucumber Eye Gel** to the eye area with light blending movements until absorbed. Leave on. Apply an additional thin layer of eye cream over top if desired.

- **Bearberry Eye Repair Cream** – for all skins including sensitive, lightening, nourishing, anti-wrinkle

11) **Sun Defense:**

FOR ALL SKINS: Apply **Mineral (Sun) Defense 30** as per instructions to finish and protect your client's skin.

- 12) **Citrus Lip Balm:** Apply Step 3 of the lip treatment to protect and finish your client's lips.

- 13) **Organic Beauty Application:** Apply the appropriate Organic Beauty products according to your client's skin type/color for a fresh and natural glow.



THE BEFORE & AFTER “CALM SKIN” FACIAL PROTOCOL

For Sensitive/Rosacea Skin Types

Allow 60–75 minutes.

- 1) **Cleansing:**
 - Calm Skin Chamomile Cleanser – for normal to dry skins including sensitive
 - Lemon Grass Cleanser – for normal to combination skins including sensitive
- 2) **Toning:**
 - Hawthorn Tonique – for all skins
 - Sweet Red Rose Tonique – for normal to dry skins

3) **Exfoliation:**

FOR ALL SKINS INCLUDING SENSITIVE AND REACTIVE: **New For Enhanced Results.** Apply the **Calm Skin Chamomile Exfoliating Peel** with dropper onto a cotton round or dispense directly into your hands. Apply in circular motions covering the face and neck, avoiding the eye area. Do not rinse as there is no need to neutralize.

OR

FOR ALL SKINS INCLUDING SENSITIVE AND REACTIVE: Mix equal parts of the **Radish Seed Refining Peel** with water and apply. Leave on for 7–10 minutes, and then rinse off.

FOR ALL SKINS: Pretreat (optional): **For enhanced results**, apply the **Calm Skin Chamomile Exfoliating Peel** as above as a degreasing step. Apply the **Pineapple Enzyme Pro Peel 10%**. Leave on for 7–10 minutes and then rinse off.

ADD-ON EYE TREATMENT: Use Step 1, **Naseberry Eye Exfoliant** as per instructions.

ADD-ON LIP TREATMENT: Use Step 1, **Citrus Enzyme Lip Exfoliator** as per instructions.

4) **Extractions:** as needed

5) **LED Light Therapy:** Refer to Éminence LED Treatment Protocol.

6) **Masque to be used after extractions in facial massage or as a leave-on masque:**

FOR ALL SKINS: Apply the **Calm Skin Arnica Masque**.

FOR OILY TO NORMAL SKINS: Apply the **Pink Grapefruit Clarifying Masque**.

FOR NORMAL TO DRY SKINS INCLUDING SENSITIVE: Apply the **Yellow Sweet Clover Anti-Redness Masque**.

ADD-ON BOOSTER TREATMENT: Mix 1–3 drops of the **Calm Skin Arnica Booster** into masque, apply and leave on for 10 minutes.

ADD-ON HAND & FOOT TREATMENT: Apply the **Coconut Firming Body Lotion**, massage in and leave on.

ADD-ON EYE TREATMENT: Use Step 2, **Cucumber Eye Gel**.

ADD-ON LIP TREATMENT: Use Step 2, **Lip Comfort Plumping Masque**. Make sure to extend the application onto the fine vertical lines around the mouth area as well as onto the marionette expression lines.



7) **Massage:**

FOR ALL SKINS (AVOID MASSAGING ACNEIC AREAS): Apply the **Pear & Green Apple Massage Soufflé**, **Linden Calendula Treatment Cream**, or the **Apricot Calendula Nourishing Cream** diluted with water or tea if desired. For added slip or moisture, add a few drops of the **Calendula Oil** or **Yarrow Oil**. Rinse off.

ADD-ON EYE TREATMENT: Use Step 4, **Raspberry Eye Masque**.

- 8) **Serum:**
- **Calm Skin Arnica Booster-Serum** – for sensitive, rosacea prone and reactive skins
 - **Couperose-C Serum** – for all skins especially couperose
 - **Cornflower Recovery Serum** – for all skins types, age-defying and balancing

9) **Moisturizing:**

FOR OILY TO NORMAL SKINS: Apply the **Rosehip Whip Moisturizer**.

FOR NORMAL TO COMBINATION SKINS: Apply the **Apricot Calendula Nourishing Cream**.

FOR NORMAL TO DRY SKINS: Apply the **Calm Skin Chamomile Moisturizer**.

- 10) **Finishing Eye Care:** Apply a thin layer of the appropriate eye cream to the eye area with light blending movements until absorbed. Leave on.

- **Cucumber Eye Gel** – for relief of puffy stressed eyes, light hydration
- **Bearberry Eye Repair Cream** – for all skins including sensitive, lightening, nourishing, anti-wrinkle
- **Herbal Eye Contour Cream** – for all skins, firming, protecting, nourishing
- **Raspberry Eye Masque** – for extra hydration and anti-aging

11) **Sun Defense:**

FOR OILY TO NORMAL SKINS: Apply the **Persimmon & Cantaloupe Day Cream SPF 32**.

FOR NORMAL TO DRY SKINS: Apply the **Tropical Vanilla Day Cream SPF 32**.

FOR ALL SKINS: Apply **Mineral (Sun) Defense 30** as per instructions to finish and protect your client's skin.

- 12) **Citrus Lip Balm:** Apply Step 3 of the lip treatment to protect and finish your client's lips.

- 13) **Organic Beauty Application:** Apply the appropriate Organic Beauty products according to your client's skin type/color for a fresh and natural glow.



THE BEFORE & AFTER “CLEAR SKIN” FACIAL PROTOCOL

For Oily, Acne Skin Types

Allow 60–75 minutes.

- 1) Cleansing:**
 - Clear Skin Probiotic Cleanser – for oily to normal skins
 - Mineral Cleansing Concentrate – for oily to normal skins
- 2) Toning:**
 - Lime Refresh Tonique – for all skins
 - Rosehip Tonique – for oily skins

3) Exfoliation:

FOR ALL SKINS INCLUDING SENSITIVE AND REACTIVE: **New For Enhanced Results.** Apply the **Clear Skin Willow Bark Exfoliating Peel** with dropper onto a cotton round or dispense directly into your hands. Apply in circular motions covering the face and neck, avoiding the eye area. Do not rinse as there is no need to neutralize.

OR

FOR ALL SKINS INCLUDING SENSITIVE AND REACTIVE: Mix equal parts of the **Strawberry Rhubarb Dermafoliant** and the **Clear Skin Probiotic Cleanser**. Apply gently in circular motions for 2–5 minutes and then rinse off.

FOR NON-SENSITIVE, DRY OR DEHYDRATED SKINS: Pretreat (optional): **For enhanced results**, apply the **Clear Skin Willow Bark Exfoliating Peel** as above as a degreasing step.

This stimulating treatment contains paprika. Mix equal parts of the **Rosehip & Maize Exfoliating Masque** and the **Hungarian Herbal Mud Treatment**. Apply a thin layer to the skin, leave on for 5 minutes and then rinse off.

ADD–ON EYE TREATMENT: Use Step 1, **Naseberry Eye Exfoliant** as per instructions.

ADD–ON LIP TREATMENT: Use Step 1, **Citrus Enzyme Lip Exfoliator** as per instructions.

- 4) Extractions:** as needed
- 5) LED Light Therapy:** Refer to Éminence LED Treatment Protocol.
- 6) Masque to be used after extractions in facial massage or as a leave-on masque:**

FOR ALL SKINS INCLUDING OILY: Apply the **Clear Skin Probiotic Masque**.

FOR OILY TO NORMAL SKINS: Apply the **Pink Grapefruit Clarifying Masque**.

ADD–ON BOOSTER TREATMENT: Mix 1–3 drops of the **Clear Skin Willow Bark Booster** into masque, apply and leave on for 10 minutes.

ADD–ON HAND & FOOT TREATMENT: Apply the **Coconut Firming Body Lotion**, massage in and leave on.

ADD–ON EYE TREATMENT: Use Step 2, **Cucumber Eye Gel**.



ADD-ON LIP TREATMENT: Use Step 2, **Lip Comfort Plumping Masque**. Make sure to extend the application onto the fine vertical lines around the mouth area as well as onto the marionette expression lines.

7) Massage:

FOR ALL SKINS (AVOID MASSAGING ACNEIC AREAS): Apply the **Citron Age Defying Massage Soufflé** diluted with water or tea if desired.

ADD-ON EYE TREATMENT: Use Step 4, **Raspberry Eye Masque**.

- 8) Serum:**
- **Clear Skin Willow Bark Booster-Serum** – for problem and acne prone skins
 - **Couperose-C Serum** – for all skins especially rosacea and couperose
 - **Herbal Spot Serum** – for soothing and calming acne, redness and swelling

9) Moisturizing:

FOR OILY TO NORMAL SKINS: Apply the **Clear Skin Probiotic Moisturizer**.

FOR NORMAL TO COMBINATION SKINS: Apply the **Echinacea Recovery Cream**.

- 10) Finishing Eye Care:** Apply a thin layer of the appropriate eye cream to the eye area with light blending movements until absorbed. Leave on.

- **Cucumber Eye Gel** – for relief of puffy stressed eyes, light hydration
- **Bearberry Eye Repair Cream** – for all skins including sensitive, lightening, nourishing, anti-wrinkle

11) Sun Defense:

FOR OILY TO NORMAL SKINS: Apply the **Persimmon & Cantaloupe Day Cream SPF 32**.

FOR NORMAL TO DRY SKINS: Apply the **Tropical Vanilla Day Cream SPF 32**.

FOR ALL SKINS: Apply **Mineral (Sun) Defense 30** as per instructions to finish and protect your client's skin.

- 12) Citrus Lip Balm:** Apply Step 3 of the lip treatment to protect and finish your client's lips.

- 13) Organic Beauty Application:** Apply the appropriate Organic Beauty products according to your client's skin type/color for a fresh and natural glow.

