



ESPA

ESPA Active Nutrients Glow from Within
Facial Training Manual

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Active Nutrients

Glow from Within Facial — 60 minutes

This invigorating treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood for skin that glows with vitality.

Packed with nutrient-rich active ingredients to brighten and refresh dull, lethargic complexions, the massage movements in this facial are guided by the body's meridian lines to stimulate the lymphatic and circulatory systems and help boost the flow of blood and nutrients to the skin.

While your scalp and hair are nourished with a fortifying, deep conditioning mask, a traditional Rose Quartz Gua Sha releases tension and enhances the depth and intensity of the massage as the quartz tool sweeps over your neck and décolleté, hugging the contours of your jaw, cheeks, temple and forehead before finishing with your arms and hands. Featuring a combination of deep cleansing, steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed and your face has a luminosity that leaves you looking lit from within.



What is Gua Sha

Gua Sha, pronounced gwa sha, is an ancient massage technique developed by Traditional Chinese Medicine. It began as a treatment mainly on the body to improve blood circulation, move lymphatic stagnation and release muscle tension.

A much gentler version was created for the face that involves a light gliding motion to tone, lift, and smooth the skin.

Gua means press/scrape and Sha means flush/redness/rash.

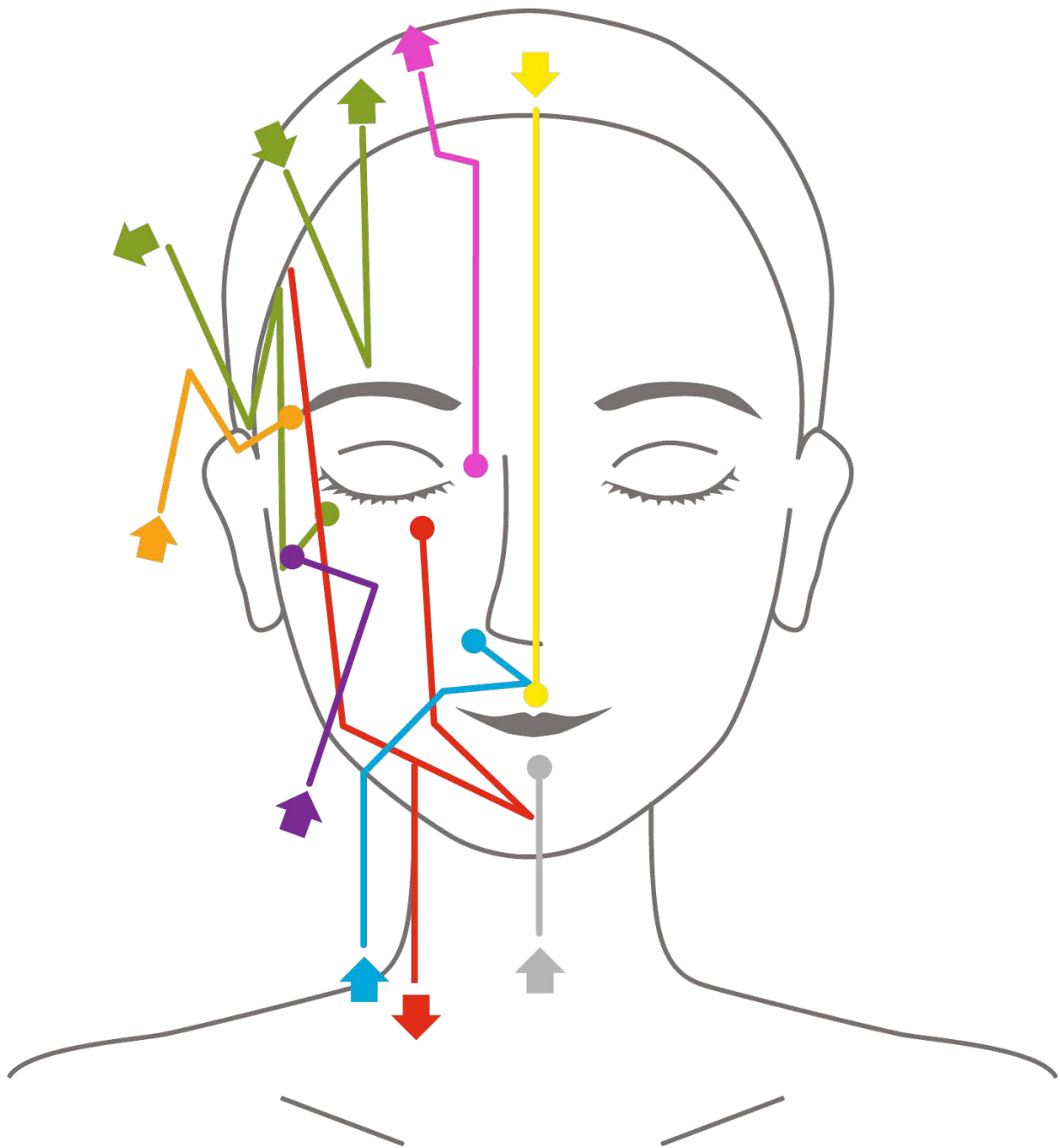
Massage tools of various shapes made of crystal, such as rose quartz or jade, are used with light pressure in an upward and outward movement. The aim is to soften tense muscles, encourage lymphatic drainage and boost blood flow and circulation bringing fresh blood and nutrients to the skin for a healthy glow that allows the skin to function better.



Gua sha benefits are more than skin deep

In Oriental medicine the face is considered to reflect the main organs and imbalances in the body. This means that changes in skin tone and skin features, like lines and spots are more than just a coincidence but are perhaps an indication of some imbalance of the organs in the body.

The face is crisscrossed with channels (meridians). The stomach, bladder and gallbladder start on the face and lead down through the body to the feet whilst the Ren and Du channels, the small intestines, the large intestines and the triple burner, head upwards and end at the face. Most of the points along these channels on the face give a local effect on the facial area but it also means organs such as the stomach, bladder, spleen, heart and kidneys also receive great benefit. This enables them to function at optimal capacity. It also helps the skin return to its most radiant state as circulation is increased, sending nutrients to areas that may have been starved because of a blockage.



- Du or Governing Channel —●—
- Bladder —●—
- Triple Burner —●—
- Gallbladder —●—
- Stomach —●—
- Small Intestines —●—
- Large Intestines —●—
- Ren Channel —●—



Foreo Luna 2 professional

The LUNA 2 professional integrates the most sophisticated and powerful cleansing system of all FOREO devices with its Dual T-Sonic™ technology (alternating 2-point transdermal sonic pulses). Two motors, that are double the power with each generating up to 8,000 pulsations per minute for even deeper cleansing, lifting away 99.5% of dirt and oil as well as makeup residue. Dead skin cells are also lifted away, diminishing the appearance of pores and improving the absorption of the ESPA skincare products.

Cleansing Surface

Anti-Ageing Massage Surface



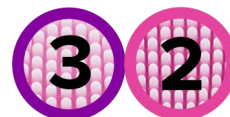
3-Button Interface

Waterproof Charging Port

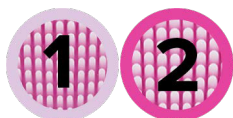
The unique gradation of thinner to thicker touch points cleanses all skin types, as well as different areas of the face.



sensitive skin, focus on the thin touch point.



oily skin, focus on the thick and the medium touch point at the top of the brush



normal skin, focus on the medium and thin touch points



combination, switch between the three zones as the skin requires. Using the thicker touch point for the oilier T-zone and the thinner touch points for the more sensitive areas

Mode Selection

- Press the centre button once to turn on the LUNA™ 2 professional. When activated, it will be in cleansing mode.
- Press the centre button again to put the device on Standby (on Standby, the indicator will emit a steady glow and the pulsations will stop to allow you to prepare the skin).
- Press the center button a third time to activate the device.
- Press the center button once more to deactivate.
- The intensities of the LUNA™2 professional's Cleansing are adjustable for comfort in 12 intensities to suit everyone's comfort and efficacy requirements using the +/- buttons.
- Cleansing with the LUNA™ 2 professional should be comfortable – if any discomfort is experienced, discontinue use immediately.

Cleansing Mode

The LUNA™ 2 professional's cleansing mode removes 99.5% of oil, dirt, makeup and dead skin.

Apply appropriate ESPA cleanser and Refining Skin Polish or Optimal Skin ProCleanser. Wet the LUNA™ 2 professional and turn on the device by pressing the center button once, this will activate the Cleansing Mode.

Cleanse the following zones using upward circular movements. Start on the right side of the face. Working décolleté, neck, chin, jawline, cheeks, massage the nose by gliding up and down the side and forehead.

Repeat to the left side working from the forehead down the face

Use two pair of mitts to remove cleanser and exfoliation.

How to clean the LUNA™ 2 professional

Always clean the LUNA™ 2 professional thoroughly after use. Wash the brush surface with water and anti-bacterial soap, then rinse with warm water. Pat dry with a lint-free cloth or towel.

NOTE: never use cleaning products containing alcohol, petrol or acetone, as they may irritate the skin.

Charging

The FOREO device is rechargeable with its included charging cable. One hour of charging delivers a full charge which provides up to 450 uses.

- Insert the DC connector into the LUNA™ 2 professional's charging port.
- Connect the USB cable into the charging point. LUNA™ 2 professional's LED indicator will flash repeatedly to indicate the battery is charging. When it is fully charged (after approximately 1 hour), the LED Indicator will emit a steady glow.
- When the battery is running low, the LED indicator on the LUNA™ 2 professional will omit a blinking white light.

CAUTION: Do NOT use the FOREO device while charging and do NOT charge for more than 24 hours. Only use the FOREO-provided charging cable.

IMPORTANT FOR OPTIMUM SAFETY:

- Cleansing with the LUNA™ 2 professional should be comfortable – if any discomfort is experienced, discontinue use immediately.
- Exercise particular care when cleansing the under-eye regions and do not bring the device into contact with the eyelids or the eyes themselves.
- Avoid leaving the LUNA™ 2 professional in direct sunlight and never expose it to extreme heat or boiling water.
- Never use the device or charging cable if they are damaged, and only use the charging cable supplied by FOREO with the device.
- Discontinue use if the product appears damaged in any way. This product contains no serviceable parts.

Active Nutrients

Glow from Within Facial — 60 minutes

Preparation

- 2 sets of damp cotton wool for Bio-Active Eye Cleanser and 2 sets of damp cotton wool with Soothing Eye Lotion
- 2 sets of dry cotton wool pads soaked with Hydrating Floral Spa-Fresh and Balancing Herbal Spa-Fresh Tonic
- Bowl of warm water
- 1 warm turban or hand towel to wrap head
- 4 pairs of mitts
- 1 wet muslin cloth (in cabbie)
- SkinVision™ Lamp
- Steamer
- Foreo Luna 2 professional
- 2 rose quartz gua shas

Sensory test

- Spa-Fresh
- Optimal Skin Pro-Serum

Treatment procedure

- Eye and lip cleanse (see procedure)
- 1st cleanse with Yuzu & Ginger Cleansing Sorbet
- Skin analysis with SkinVision™
- 2nd cleanse with exfoliation using Optimal Skin Pro-Cleanser and the Foreo Luna 2 professional and steam
- Spa-Fresh with cotton pads
- Apply Pink Hair & Scalp Mud to Scalp and wrap in warm turban
- Apply Overnight Glow Enzyme Peel to face only
- Apply Optimal Skin Pro-Serum to neck and décolleté and perform gua sha massage (see procedure)
- Remove mask from the face with warm muslin cloth
- Apply appropriate Eye Moisturiser x 3 circles

- Apply Optimal Skin Pro-Serum to face and perform gua sha massage (see procedure)
- Apply Clean & Green Detox Mask and apply Soothing Eye Lotion pads to eyes
- Apply Nourishing Lip Treatment to lips and around the lip line
- Apply Optimal Body Tri-Serum to the hand and arm and perform gua sha massage (see procedure) Repeat to the left hand and arm.
- Remove mask
- Spa-Fresh with cotton pads and Mist
- Apply Tri-Active™ Lift & Firm Intensive Eye Serum (if appropriate)
- Apply Optimal Skin Instant Facial
- Apply appropriate Eye Moisturiser
- Apply Optimal Skin Pro-Moisturiser with Optimal Skin Rejuvenating Booster (optional)
- Apply Optimal Skin Pro-Defence Daily Shield SPF15 (if required)
- Apply Pomelo Lip Balm or Nourishing Lip Treatment as appropriate
- Remove hair wrap





Gua Sha massage procedures

Neck & Décolleté (1 x Gua Sha)

- Apply Optimal Skin Pro-Serum to neck & décolleté using effleurage movement
- Elevate head and slide either side of Erector Spinae with small double curves x 3
- Turn head to left
- Lift & wave at occipital ridge with large inward curve x 3*
- Sweep neck in 3 sections (back to front) with large inward curve x 3 (pressure should become lighter towards the front of the neck)
- Slide under jaw towards the ear with a gentle lift at ear
- Work freestyle for 2 mins into the Trapezius on right side
- Slide flat side of gua sha across décolleté and up to left side of occipital (allowing the head to roll)
- Repeat to other side from *
- Guide the gua sha flat across the décolleté to the right clavicle
- *Slow clavicle drain to right side using the index and middle fingers and gua sha x 1 finish with press to front of shoulder
- Large outward curve push away from the clavicle on the right side and repeat to the left side*
- Clockwise circles on heart with gua sha x 3

Face (2 x Gua Sha)

- Apply Optimal Skin Pro-Serum to face with effleurage
- Drain under jaw line simultaneously with large inward curve x 3 (rotate on final drain)
- Support at chin with small double curves of one gua sha and drain jawline with small double curve of second gua sha x 3 repeat to other side
- Drain jawline simultaneously with small double curves x 1 (rotate)
- Drain chin & lip area to ear simultaneously with large inward curve x 3 (rotate on final drain)
- Repeat above movement from corner of nose under zygomatic to ear simultaneously x 3 (rotate on final drain)
- Repeat above movement over cheeks from nose to ear simultaneously x 3 (rotate on final drain)
- Hold gua sha flat over eyes simultaneously
- Slide out under eyes to temple and lift x 3 (rotate on final drain)
- Hold at start of brow with small double curves of one gua sha, with the longer of small double curves drain under the brow x 3 Repeat to other brow
- Small double curves flat to drain over the brows simultaneously x 1
- Support at temple with large inward curve and use the large inward curve of other gua sha to slide from one side of forehead to the other x 3 repeat to other side

- From center of forehead, simultaneous drain with large inward curve x 1
- Alternate lift to forehead working one side to the other using large inward curves
- Lift and hold under the beginning of each brow with small double curves of one gua sha, use other gua sha to drain to the hairline x 1
- Press along hairline using small double curves, down either side to ear – flatten gua sha and slide down side of face, neck to décolleté
- Use large outward curve to perform a deep slide out to axilla

Hand & Arm (1 x Gua Sha)

- Apply Tri-Serum with effleurage
- Drain top of forearm with large inward curve, wrist to elbow x 3
- Pressures with small outward curve up middle of arm, wrist to elbow x 1
- Large inward curve drain to inner arm, wrist to elbow x 3
- Sweep down the palm to the base of the fingers x 3
- Small outward curve twist to palm of hand
- Use small double curves to drain back of fingers from small finger to thumb, follow around thumb and repeat to front of fingers
- Drain metacarpals with small outward curve
- Press gua sha flat on top of wrist, slide around into palm, slide through to finger tips and off





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