

# ESPA Inner Beauty Facial

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*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 Tonic and Balancing Herbal Spa-Fresh Tonic
- Bowl of warm water
- 5 pairs of mitts
- Steamer

## Sensory Test

- Spa-Fresh
- Treatment Oils x2 most appropriate for their skin

## Treatment Procedure

- Eye and lip cleanse (see procedure)
- 1st cleanse with appropriate Cleanser
- Skin analysis with SkinVision™
- 2nd cleanse with exfoliation / Optimal Skin Pro-Cleanser. Use steam and perform extractions if needed
- 3rd cleanse with appropriate Cleanser
- Spa-Fresh Tonic on cotton pads
- Eye protection movements with appropriate Eye Moisturiser
- Face massage (see procedure)
- Apply appropriate mask and apply Soothing Eye Lotion pads to eyes
- Apply Nourishing Lip Treatment to lips and around the lip line
- Scalp massage or hand and arm massage with Pink Hair and Scalp Mud (optional)
- Remove mask

- Spa-Fresh Tonic on cotton pads and Mist
- Apply Tri-Active™ Lift & Firm Intensive Eye Serum (if appropriate)
- Apply appropriate Face Serum or Optimal Skin Instant Facial
- Apply appropriate Eye Moisturiser
- Apply appropriate Face Moisturiser (2-3 drops of Optimal Skin Rejuvenating Night Booster can be added to Moisturiser if appropriate)
- Optimal Skin Pro-Defence SPF15 (if required)
- Apply Pomelo Lip Balm or Nourishing Lip Treatment as appropriate
- Optimal Body Tri-Serum to the arms (if required)