



## How to give yourself an organic facial

### The Organic Facial Spa Ritual

*A step by step guide on how to give yourself or someone else an organic facial.*

#### Step 1 – Cleanse

What you need: - 2 x cleansing cloths or cleansing pads

-Cotton pads

-A bowl of warm water (ceramic or glass)

*Gently press the face with a warm (never hot), soft cleansing cloths to open pores and soften the surface of the skin cells. Apply one or two pumps of cleanser to the palm of your hand and massage gently into the face and neck.*

*Remove gently with water and cotton pads. If wearing make-up, a second cleanse is necessary. (First one to remove makeup, the second to cleanse the skin). (180 applications per bottle @ 3 pumps per application)*

#### Step 2 – Exfoliate

What you need: - A bowl of warm water

- A steamed towel (steam towel in rice cooker and soak in lemon myrtle shampoo/ hand soap, or soak under hot, running water and squeeze)

*Squeeze a small amount of exfoliant onto fingertips and GENTLY massage onto damp skin using a small circular motion, paying particular attention to T-zone if necessary. (25 applications @ 1 teaspoon per application)*

#### Step 3 - Mask

What you need: - Small ceramic/ glass bowl

- Fan brush/ artistic brush/ pastry brush

- Cleansing cloths

- Bowl of warm water

*Using the ceramic or glass bowl, make a smooth paste by mixing 1 tsp of purified water with 1 heaped tsp of mask powder. Stir to form a smooth paste and smooth a generous amount of mask onto the face and neck using the fan/ artistic brush. Lie down with your feet up and relax for 10-15 minutes, until mask is **almost** dry. Rinse off with plenty of tepid water and use the cleansing pads to wipe off the mask. (20 applications @ 1 teaspoon per application.)*

#### Step 4 - Skin Brightener

What you need: - 2 x cotton buds

- Cotton pads

*Apply the skin brightener to a cotton pad and wipe gently over the face and neck. Soak two cotton buds together so you can concentrate on darker areas, sunspots and freckles. (200 applications @ 3 pumps per application. )*

#### Step 5 – Skin Conditioner

What you need: - Only your hands

*On clean moist skin, massage 2 to 3 pumps of conditioner gently onto face, throat and décolleté. Leave for a few seconds to absorb into skin before moisturising.(200 applications @ 3 pumps per application )*

#### Step 6 – Treatment Gels

What you need: - Only your hands

*Apply 1 to 2 pumps of the **Purifying Blemish Gel** or **Soothing Couperose Gel** the fingertip and pat into affected areas. (150 applications @ 1 pump per application )*

#### Step 7 – Ambrosia Essence – ultra rejuvenation treatment

What you need: - Only your hands

*Apply 5 drops of the Ambrosia Essence to the whole face and massage gently into the skin. (90 applications @ 5 drops per application.)*

#### Step 8 – Moisturise

What you need: - Only your hands

*Apply one to two pumps of your moisturiser to the palm of your hand and warm to skin temperature. Pat and press gently onto your face, throat and décolleté. (130 applications @ 2 pumps per application)*

#### Step 9 – Serums

What you need: - Only your hands

*To use the **Firming Eye and Neck Serum**, pump a few drops into the palm of the hand, then using one finger, pat and smooth around the total eye area (from outer to inner eye), then gently pat and press remainder of concentrate onto throat and décolleté.*

*To use the **Rejuvenessence Facial Serum**, pump a few drops into the palm of the hand, warm to skin temperature, then gently pat and press onto your face, throat and décolleté. Only use this if the skin is extra dry. (200 applications @ 1 pump per application.)*

#### Step 10 – Hydrate

*Holding the bottle at arm's length, spray a gentle mist around the face to cleanse the aura, calm the soul and rehydrate the complexion. (100 applications @ 3 pumps per application)*

## About the 10-Steps of the Organic Facial Spa



### Cleanse

*Cleansing removes the top layer of dead cells, oil, perspiration and pollution. If your skin is not cleansed properly it becomes dull and flaky and the oil glands block up with dirt and cellular waste, causing breakouts and congestion.*

### Exfoliate

*A build up of dead skin cells causes a rough and dull appearance. Removing the top layers of dehydrated cells oxygenates the skin and speeds up the rate of cell growth, promoting a youthful, glowing skin.*

### Mask

*Clay-based masks will actually draw toxins from within the skin. Clay firms, tones and refines the skin, promoting a smooth, supple, and clear complexion. Clay re-mineralises and rebalances the skin, assisting with tissue regeneration. Masks must be followed by a Skin Conditioner and Moisturiser to prevent dehydration.*

### Skin Brightener

*The extremely mild alpha-hydroxy acids from natural fermentation in the Probiotic Skin Brightener are known to restore and protect the skin's acid mantle, lighten and brighten the complexion, improve photodamaged skin, exfoliate dead skin cells for a smoother, less-wrinkled appearance, help break down impurities, whilst bringing moisture, clarity and vitality to the skin.*

### Skin Conditioner

*Skin Conditioning is a vital step in the Miessence skincare regime! Conditioning has a twofold purpose: firstly, to feed the skin with nutrients in the water-soluble botanicals, organic herbs, vitamins and essential oils, and secondly, to provide a hydration base for the moisturiser to lock in.*

### Treatment Gels

*Treatments are intense concentrations of botanical extracts for special skin needs.*

*Soothing Couperose Gel is a strengthening treatment for sensitive skin with ultra-soothing organic plant extracts for broken capillaries and facial redness.*

*Purifying Blemish Gel is a potent and powerful blend of healing and calming organic herbs and flowers for blemishes, pimples and irritations.*

### Ambrosia Essence

*Ambrosia Essence is an extremely potent combination of eight highly effective herbal and flower extracts to rejuvenate, restore and renew the skin. Its ingredients are renowned for their ability to stimulate the production of new skin cells, which makes it an effective treatment for acne scars, dry and weathered skin and mature, devitalised skin.*

### Moisturise

*This step creates a protective barrier against free radicals and moisture loss (one of the main causes of wrinkles). The special ingredients in our unique organic base has demonstrated significant and lasting effects on skin hydration and smoothness, and has been shown to actively restore and strengthen damaged skin.*

### Serums

*Serums lock in moisture and intensively nourish the skin.*

*Rejuvenessence Facial Serum protects the skin and helps regenerate and revitalise the complexion, especially in*

*extreme heat, cold or windy conditions.*

*Firming Eye and Neck Serum* smoothes, tones and firms around the eyes and neck, diminishing the appearance of crow's feet, visible fine lines and wrinkles.

## Hydrate

*Saturated with water-soluble botanicals present in the petals, rosewater has many uses. Spray over make-up for a dewy complexion. Perfect for rehydrating and invigorating your skin. Perfect for air-conditioned environments, such as offices and aircraft.*