

How to use your facial homecare products

Step one - Eye Make-up Removal with our Gentle Eye Make-up Remover

On two cotton discs, apply a 5 pence piece size to each.

Press the pads together and then place a pad over each eye, hold for 5 seconds to dissolve the make-up, then gently wipe outwards over the eyelids and downwards over the lashes.

Open the eyes and wipe outwards along the bottom lashes.

Repeat until all make-up is gone.

To see our Step one product tutorial on YouTube please [click here](#)

Step two - How to cleanser and tone: Cleansing Milk (am and pm)

Using 4 pumps of milk in the palms of your hand, apply to face and neck.

Work over the skin in circular movements.

With a clean flannel or damp cotton discs and tepid water remove the product. Remember to do this twice – once to remove the make-up and secondly to clean the skin (for extremely heavy make-up, repeat until it is completely removed).

Toner/Tonic (am and pm)

Using a cotton disc and 10-12 pumps, wipe over the face and neck in upward movements. This finishes the cleaning process and it is imperative that you do this after cleansing.

To see our Step two product tutorial on YouTube please [click here](#)

Alternately, the skin can be cleansed with a **Facial Wash/Facial Foam** (am and pm).

Take a 10 pence piece size of product in the palms of your hands and work over your moistened face and neck in circular movements. With a clean flannel and tepid water remove the product.

Do this twice (see cleansing milk) and tone afterwards.

For facial foam use 3 x pumps, remove with a clean flannel and tone afterwards.

NB: If using our Hydro Cleansing Cream there is no need to tone after removal.

Step three - Exfoliation – use weekly or as advised by your Therapist

Take a 10 pence piece size and apply evenly to the face and neck.

Removal is as directed depending on the product purchased.

To see our Step three product tutorial on YouTube please [click here](#)

Step four – Face Masks: use weekly or as advised by your Therapist

Take a 10 pence piece size and apply evenly to the face and neck (use more to include the décolleté).

Leave to act as directed by your choice of mask.

Remove with tepid water and a clean flannel and follow with toner/tonic.

Regenerating Collagen Gel, Immediate Hydration Mask and Protecting Comfort Balm may be left on while you sleep. Rinse and tone thoroughly upon waking.

To see our Step Four product tutorial on YouTube please [click here](#)

Step five - Serum/Concentrate (am and pm)

Take 1-2 pumps and apply evenly to the face, neck and eye area.

Gently tap the product into the skin.

Wait until the skin is dry before applying the next product.

In the case of Nourishing Regenerating Oil, use the amount advised by your Therapist and massage into the skin.

To see our Step five, six and seven product tutorial on YouTube please [click here](#)

Step six - Eye Gel/Eye Cream (am and pm)

Take a small amount of product (approximately half the size of your little fingernail), tap the product gently around the eyes including the lid.

Smooth around the eye using the 4th finger of each hand.

To see our Step five, six and seven product tutorial on YouTube please [click here](#)

Step Seven - Treatment Cream (am and pm)

With clean, dry fingers take approximately a 5 pence piece size of product and share between the fingertips on each hand.

Evenly distribute the cream over the face and neck (may include the décolleté) and gently massage into the skin. Please avoid the eye area.

More product may be used if necessary – you can always add more but it is difficult to take it away! Leave for a few minutes before make-up application.

Step Eight – To finish: Mineral Tinted Treatment Creams

Use a little less of your usual treatment cream.

After 1 minute apply your Mineral Tinted Cream, carefully blending the colour at the outer edges for a natural finish.

How to use your body homecare products

Shower Exfoliating Gel (1-2 times per week)

Apply to dry skin in a generous layer.

Leave for 2-5 minutes before showering.

Avoid use on the face and mucus membranes/nipples.

Beauty Hydrating Fluid (am and pm)

Massage gently into clean, dry skin until product is absorbed.

Bust Lifting Gel (am and pm)

Take a 50 pence piece size in the palm of your hands and apply to the bust, décolleté and neck.

Massage gently in upward movements avoiding the nipple. It can also be used on the upper arms.

Use more product if necessary (if breast-feeding ensure the nipple and surrounding area is cleansed properly to avoid ingestion of the product).

Self-Heating Slimming Spray (am and pm)

Spray 5 x pumps from knee to hip on the front thigh and the same on the outer and the back of the thighs, including the buttocks and spread evenly.

Apply to any areas where it is needed.

Allow to dry before dressing.

Wash hands thoroughly after application.

The feeling of heat and redness is normal and will last for 20 to 40 minutes.

Light Legs Slimming Gel (am and pm)

Take a 50 pence piece size and share between both palms.

Apply to problem areas and massage vigorously for 30-60 seconds.

Apply to all areas needed.

Beauty Hydrating Fluid may also be applied over each area.

Leave to dry before dressing.

Anti-Ageing Sculpting Cream (am and pm)

Apply to all the desired areas as needed and massage until the product is absorbed.

Stretch Mark Concentrate (am and pm)

Apply directly along the stretch marks and then massage in liberally.

Use for a minimum of 8 weeks twice daily.

For maintenance use once daily.

Post Depilation Specific Cream (am and pm for 28 consecutive days after waxing)

Apply to clean dry skin.

Approximately a 50 pence piece size is needed for ankle to knee on each leg.

Massage gently into the skin until the product is absorbed.

Hand and Nails Anti-Ageing Cream (use as required)

Take a 5 pence piece size of product and massage into the palms and back of hands working upwards towards the wrist. Pay attention to the nail cuticles.

Tan Pre-Cursor (am and pm)

Apply to the desired areas and massage in gently until the product is absorbed.

Use for 14 days before sun exposure for better tanning and 5-7 days upon completion of sun exposure to prolong colour.

For darker skins, it may be used at the end of each tanning day for the first 2-3 days of exposure.

SPF 30 Anti-Ageing Protection Treatment PA+++

Apply 30 minutes before sun exposure.

Re-apply every 2 hours or so and after each swimming session or after towel drying.