Step-by-Step Instructions

Professional-level care, clearly guided. Please read through once before beginning.

What's Included

- **Peeling masque** — to peel off dead skin
- **Scrub** — to take away peeled dead skin and prepare for blackhead extraction
- **Pre-facial masque** — to loosen pores
- **Peel-off masque** — to draw out blackheads
- **Peel-off Black masque** — to draw out blackheads from the nose
- **After-facial masque** — deep moisturizing action
- **Serum** — cellular anti-aging action
- **Collagen treatment** — 2 anti-aging collagen face sheets and 4 under-eye patches
- **Plastic masque** — to be used for collagen treatment

Before You Begin

- Set aside 2–2.5 hours of uninterrupted time (collagen step takes at least 1 hour)
- Read through all steps once before starting
- Begin with clean, dry skin
- Have a clean towel and access to hot water ready
- Have your night moisturizer ready for the final step

Facial Instructions

1

Cleanse Your Face

Wash your face with a cleanser. **Dry your face off completely.**

2

Apply Peeling Masque

Apply a **VERY thin layer** of Peeling masque on a clean, very dry face.

⚠ **Hands must be dry too** when applying the masque.

Leave on for **20 minutes**

3

Rub Off Dead Skin

With circular motions, **QUICKLY and VIGOROUSLY** rub off dead skin cells for 1–2 minutes.

⚠ **DRY HANDS ONLY. No water.**

4

Apply Scrub

On top of the Peeling masque, apply Scrub. Keep rubbing off for another minute.

Then wash it all off with a lot of warm water.

5

Pre-Facial Masque

Put on Pre-facial masque mixture.

Leave on for **20 minutes**

Rub vigorously for 10–20 seconds.

Prepare a hot towel by dipping it in a hot mixture of **500 ml hot water**, **1 tablespoon sea salt**, and **1 tablespoon baking soda**. Apply the hot towel to your face for 5–7 minutes. Replace with a fresh hot one (re-dipped in the same mixture) if it cools down.

Wash it off with hot water.

6

Peel-Off Masque

On a **dry face**, apply a **thick layer** of Peel-off masque on areas with blackheads and bumps.

On the nose: apply a thick layer of **Peel-off Black masque** to draw out blackheads from the nose.

Leave on for **25–30 minutes**, until completely dry

Then **gently, but with a very fast motion**, peel it off. (Gently but fast!)

Clean your face with warm water.

7

After-Facial Masque

Apply After-facial masque.

Leave on for **20 minutes**

Wash off with warm water.

8

Serum & Massage

Apply Serum. Massage your neck and face for 10 minutes for smoother, more contoured skin:

- Start at the base of the neck on the sides
- Work in **upward and outward motions**. Never pull down.
- Massage in circular motions upward, towards the jaw, up the sides of the face, and very gently around the eyes
- Keep your skin well-lubricated so your hands glide easily across the face

☆ Collagen Treatment

Anti-Aging Collagen Step

Take your time with this step — it requires at least one hour

9

Apply Collagen Treatment

Place eye patches under each eye.

Place face sheets on the entire face, including over the under-eye area with patches.

Secure everything with the Plastic masque.

Keep on for **at least one hour**

Then take off the Collagen and rub in the rest of the Serum.

10

Final Step — Night Moisturizer

Put on your night moisturizer.