

## MASQUE & MEDITATION SPA

*This is a different treatment to do to showcase our masques and teach ladies how to enhance their skin care with a masque*



### WHAT TO BRING

**Cleanser**

**Toner**

**Moisturiser**

**Eye Cream**

**Scrub**

**Masque**

You can select any of our scrubs or masques to use depending the clients skin.

### HOW TO DO IT

**Step 1** – Cleanse the clients skin with the program that suits them. Work it into the skin with wet fingers and talk about how they need to do this every day to remove dirt, oils & makeup. This product is best done in the shower to help them do it.

**Step 2** – Select a scrub from our ranges and with light circular motions, work that into the skin avoiding the eyes and lips. Do it for less than a minute and then wash off. The client will notice the difference straight away and this is when you use the Grapes, Raisins, Cornflakes from your flipchart to explain how the scrub maintains smooth skin by removing the cornflakes and unblocking the pores.

**Step 3** – Apply a masque in an even consistency over the face and keeping around the bone area of the eyes and around the mouth. The Hydrating masques are good to use if you have a more mature group and the Mineral Masque is excellent for the oiler skins. The Peeling masque takes a bit of practice to work with so test it on yourself first.

**Step 4** – Give the client 2 of the Nutri Spa eye pads to place on their eyes and have the clients either lay down on the floor or relax back in their chairs (depending on room). If they are on the floor get them to place a pillow under their legs to relax the back. Then with the masque & eye pads on, take them through a guided relaxation treatment session for about 10 mins whilst the masque dries and does it's thing.

**Step 5** – Bring the clients back into the room and have them remove their eye pads and wash off the masque. Get them to feel their skin and tell you how it feels. Then put some toner onto a cotton pad and have them wipe that all of their face. Explain that the toner restores the PH balance to Neutral on their skin (cleanser makes it go acidic) and that it's a delivery mechanism for the moisturizer.

**Step 6** – Apply about a 5c piece of moisturizer to the back of their hands and have them massage that in all over their face, avoiding the eye area, and neck. Remind them that they need to do the neck to avoid having a great face but showing their age on the neck. Advise them that they can use a Night Crème as well as Day Crème if they need a little bit more moisture.

**Step 7** – Apply a small amount of eye cream to their ring finger, then press between the other finger and pat around the bone of the eye. Explain that the eye cream is what keeps the skin around the eyes firmer for longer and can reduce the lines that have already started to appear. Also let them know that the skin around the eyes is 50% thinner than the rest of the face and you have no oil glands around that area so you age their first. This should be used as part of your daily routine.

#### NOTES :

Let the ladies know that the scrub and masque is a once a week treatment that should normally be done on alternate days. If they have an oiler skin type they may want to masque twice a week to control the oil or use a hydrating masque if they are dryer. Get them to keep the scrubs in the shower as it's easier to do there and will prompt them to do it. These 2 products are designed to help maintain a more refined & smoother skin.

Don't forget to talk about how the Ultra Care treatments can then further enhance their skin and target the concern areas.