time: directions:

1 Prep client: Face Mapping® skin analysis.

2 Cleanse the skin by applying 1–2 pumps of PreCleanse to dry gauze. Remove with warm fibrella wipes.

3 Mix an almond-sized amount of Intensive Moisture Cleanser or UltraCalming™ Cleanser with water. Add a small amount of Daily Microfoliant®. Remove with warm fibrella wipes.

   Modality Option: Use an ultrasonic brush or blade on exfoliation mode to accelerate skin resurfacing.

4 Spritz Multi-Active Toner and apply 4–6 drops of Phyto Replenish Oil. Perform the Dewy Skin DIY.
time: 1 MIN.


Product Option: Finish with SkinPerfect Primer SPF30.

6 Complete the Skin Fitness Plan with prescribed products and treatment advice.

Consumer Skin Tip:
To keep your dewy skin maintained, add a drop of Phyto Replenish Oil to your foundation or moisturiser.

1 + 2 prescription

<table>
<thead>
<tr>
<th>1 - Priority Product</th>
<th>2 - Secondary Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phyto Replenish Oil</td>
<td><strong>Daily Microfoliant</strong></td>
</tr>
<tr>
<td></td>
<td>Rice-based powder exfoliant to brighten and smooth.</td>
</tr>
<tr>
<td></td>
<td><strong>Multi-Active Toner</strong></td>
</tr>
<tr>
<td></td>
<td>Hydrating spray toner for all skin conditions.</td>
</tr>
</tbody>
</table>
time:  

1 MIN.

2 MIN.

2 MIN.

directions:

1 Prep client: Face Mapping® skin analysis.

2 Cleanse around eyes using 1-2 pumps of PreCleanse on damp fibrella wipes. For lash extensions, use a pea-sized amount of Special Cleansing Gel on damp cotton.

3 Exfoliate around eyes using Daily Resurfacer, or use ½ teaspoon Daily Microfoliant® mixed with water and remove with damp fibrella wipes.

   Modality Option: Use an ultrasonic brush or blade on exfoliation mode to accelerate skin resurfacing.

4 Spritz Antioxidant HydraMist or prescribed toner. Dispense an almond-sized amount of Stress Positive Eye Lift on the back of your hand. Use Cooling Eye Wands to apply product and perform the Eye Lift DIY.

(continued on back)
time:  

2 MIN.

5  For additional lifting, perform microcurrent using the lifting mode/program set to low.

   Modality Option: Use an ultrasonic blade on penetration mode if microcurrent is not available.

1 MIN.

6  Apply MultiVitamin Power Firm, Total Eye Care SPF15 or Intensive Eye Repair.

   Product Option: Finish with SkinPerfect Primer SPF30.

1 MIN.

7  Complete the Skin Fitness Plan with prescribed products and treatment advice.

---

**1 - Priority Product**

Stress Positive Eye Lift  
High-performance eye treatment and masque to reduce visible signs of stress.

---

**2 - Secondary Products**

Soothing Eye Make-Up Remover  
Oil-free foaming eye make-up remover.

Total Eye Care SPF15  
Brightening, Broad Spectrum eye cream for dark circles.
time: directions:

1 Prep client: Face Mapping® skin analysis.

2 Cleanse the skin by applying an almond-sized amount of PreCleanse Balm to dry skin and manipulating. Using a damp Fan Masque Brush, emulsify with water, continue to manipulate and perform the PreCleanse Balm How-To steps.

   Modality Option: Use an ultrasonic brush or blade on exfoliation mode to accelerate skin resurfacing.

3 Dispense pea-sized amount of prescribed cleanser into a cup and add water. Apply with Fan Masque Brush, manipulate and remove with warm fibrella wipes.

   Modality Option: Use an ultrasonic brush or blade on exfoliation mode to accelerate skin resurfacing.

4 Wipe the skin with Daily Resurfacer to exfoliate and leave on, or apply MultiVitamin Thermafoliant® with Fan Masque Brush. Work over with light circular movements. Remove with warm fibrella wipes.

   Modality Option: Use an ultrasonic brush or blade on exfoliation mode to accelerate skin resurfacing.

(continued on back)
time:                  directions:

5  Apply **Skin Hydrating Masque** with Fan Masque Brush. Remove with warm fibrella wipes.

   Modality Option: Use an ultrasonic blade on penetration mode.

6  Spritz **Multi-Active Toner** and apply a few drops of **Skin Hydrating Booster**.

7  Apply **Skin Smoothing Cream** mixed with **Solar Defense Booster SPF50**.

   Product Option: Finish with **SkinPerfect Primer SPF30** or **HydraBlur™ Primer**.

8  Complete the **Skin Fitness Plan** with prescribed products and treatment advice.

---

### Prescription

<table>
<thead>
<tr>
<th>1 - Priority Product</th>
<th>2 - Secondary Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>PreCleanse Balm</td>
<td>Special Cleansing Gel</td>
</tr>
<tr>
<td>Balm-to-oil that removes excess sebum,</td>
<td>Soap-free, foaming gel cleanser</td>
</tr>
<tr>
<td>make-up and impurities.</td>
<td>for all skin conditions.</td>
</tr>
<tr>
<td></td>
<td><strong>Daily Microfoliant®</strong></td>
</tr>
<tr>
<td></td>
<td>Rice-based powder exfoliant to</td>
</tr>
<tr>
<td></td>
<td>brighten and smooth.</td>
</tr>
</tbody>
</table>

---
time: directions:

1  Prep client: Face Mapping® skin analysis.

2  Cleanse the skin using 1-2 pumps of PreCleanse on dry gauze. Remove with damp fibrella wipes.

3  Mix ½ teaspoon Daily Microfoliant® with water and a small amount of Skin Resurfacing Cleanser. Apply over face including lips. Manipulate and remove with damp fibrella wipes.
   
   Modality Option: Use an ultrasonic brush or blade on exfoliation mode to accelerate skin resurfacing.

4  Dispense 1 pump of Nightly Lip Treatment on the back of your hand. Use a Cooling Eye Wand to apply product around lips and perform the Lip Smoothing DIY.
   
   Modality Option: Use an ultrasonic blade on penetration mode to enhance the treatment.

Firms, hydrates and restores the skin on and around the lip area. Perfect for date nights and Valentine’s Day!
time: directions:

5 Spritz **Antioxidant HydraMist** or prescribed toner. Apply 4-6 drops of Phyto Replenish Oil.

6 **Apply Dynamic Skin Recovery SPF50.**

   **Product Option:** Finish with **SkinPerfect Primer SPF30** or **HydraBlur™ Primer** and **Renewal Lip Complex.**

7 Complete the **Skin Fitness Plan** with prescribed products and treatment advice.

---

1 + 2 prescription

<table>
<thead>
<tr>
<th>1 - Priority Product</th>
<th>2 - Secondary Products</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nightly Lip Treatment</strong></td>
<td><strong>Skin Resurfacing Cleanser</strong></td>
</tr>
<tr>
<td>Anti-ageing lip and perioral treatment.</td>
<td>AGE-fighting exfoliating cleanser.</td>
</tr>
<tr>
<td></td>
<td><strong>Dynamic Skin Recovery SPF50</strong></td>
</tr>
<tr>
<td></td>
<td>AGE-fighting SPF moisturiser.</td>
</tr>
</tbody>
</table>
**Time:**

1 MIN.

**Directions:**


2. Cleanse the skin by applying 1-2 pumps of PreCleanse to dry gauze. Remove with warm fibrella wipes.

3. Apply prescribed cleanser mixed with water, manipulate and remove with damp fibrella wipes.

   **Modality Option:** Use ultrasonic brush or blade on exfoliation mode to accelerate skin resurfacing.

4. Apply ½ teaspoon Daily Superfoliant™ mixed with water. Perform the Skin Detox DIY. Remove with damp gauze then warm fibrella wipes.

   **Modality Option:** Use ultrasonic brush or blade on exfoliation mode to accelerate skin resurfacing.

(continued on back)
**Prescription**

<table>
<thead>
<tr>
<th>1 - Priority Product</th>
<th>2 - Secondary Products</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Daily Superfoliant™</strong>&lt;br&gt;Resurfacing, anti-pollution powder exfoliant.</td>
<td><strong>PreCleanse</strong>&lt;br&gt;Oil and make-up busting precleansing oil.</td>
</tr>
<tr>
<td><strong>Antioxidant HydraMist</strong>&lt;br&gt;Flash-firming antioxidant toning mist.</td>
<td><strong>Antioxidant HydraMist</strong>&lt;br&gt;Flash-firming antioxidant toning mist.</td>
</tr>
</tbody>
</table>

**Time:**

- **2 MIN.**
  - **5** Spritz **Antioxidant HydraMist** and apply 4-6 drops of **Phyto Replenish Oil**. Use **Barrier Repair** for sensitised skin. Apply **Dynamic Skin Recovery SPF50**.
  - **Product Option:** Finish with **SkinPerfect Primer SPF30**.

- **1 MIN.**
  - **6** Complete the **Skin Fitness Plan** with prescribed products and treatment advice.
sensitive skin rescue

Restore, hydrate and relieve skin sensitivity.

time: 10 minute
directions:

1  Prep client: **Face Mapping**® skin analysis.

2  Cleanse the skin by applying an almond-sized amount of **PreCleanse Balm** and manipulate then emulsify and remove with damp fibrella wipes.

3  Apply 1 pump of **UltraCalming™ Cleanser** add a small amount of water and lightly manipulate then remove with damp fibrella wipes.

4  Apply **Redness Relief Essence** and apply **Barrier Defense Booster** then perform pressure point movements.

5  Apply ½ tablespoon **Clinical Oatmeal Masque** with a few drops of **Calming Botanical Mixer**. Remove with warm fibrella wipes.

**Modality Option:** Use ultrasonic blade on penetration mode to enhance the treatment.

(continued on back)
time:  

2 MIN.

directions:  

6  Apply Redness Relief Essence then apply 4-6 drops of Barrier Defense Booster and follow with Calm Water Gel. Finish with Super Sensitive Shield SPF30 and/or SkinPerfect Primer SPF30.

7  Complete the Skin Fitness Plan with prescribed products and treatment advice.

1 + 2

prescription

<table>
<thead>
<tr>
<th>1 - Priority Product</th>
<th>2 - Secondary Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calm Water Gel</td>
<td>Barrier Defense Booster</td>
</tr>
<tr>
<td></td>
<td>Nourishing restorative oil.</td>
</tr>
<tr>
<td></td>
<td>UltraCalming™ Cleanser</td>
</tr>
<tr>
<td></td>
<td>Soothing facial cleanser for sensitive skin.</td>
</tr>
</tbody>
</table>
time: 1 MIN.  
directions:

1 Prep client: Face Mapping® skin analysis.

2 Cleanse the eyes using PreCleanse Balm or Special Cleansing Gel on damp cotton. Remove with warm fibrella wipes.

3 Cleanse the skin with PreCleanse Balm. Manipulate, emulsify and remove with damp fibrella wipes. Dispense 1 pump of prescribed Dermalogica cleanser, add a small amount of water and lightly manipulate. Remove with damp fibrella wipes.

   Modality Option: Use ultrasonic brush or blade on exfoliation mode for a deeper cleanse.

4 Spritz skin with Multi-Active Toner or Antioxidant HydraMist. For extra hydration, apply a few drops of Overnight Repair Serum or Phyto Replenish Oil to the skin.

(continued on back)
time:

1 MIN.  directions:

5  Apply **Nightly Lip Treatment** on and around the lips with cooling wand applicators. Apply **MultiVitamin Power Firm** around the eyes.

2 MIN.  

6  Apply **Sound Sleep Cocoon** and perform the **Sound Sleep Cocoon Essential Oil Activation Technique**.

1 MIN.  

7  Complete the **Skin Fitness Plan** with prescribed products and treatment advice.

---

**1 + 2 prescription**

<table>
<thead>
<tr>
<th>1 - Priority Product</th>
<th>2 - Secondary Products</th>
</tr>
</thead>
</table>
| **Sound Sleep Cocoon**  
*Transformative night gel-cream brightens tired skin.* | **Multi-Active Toner**  
*Hydrating spray toner for all skin conditions.* |
| | **Phyto Replenish Oil**  
*Hydrating facial oil for all-day dewy skin.* |
### Directions:

<table>
<thead>
<tr>
<th>Time</th>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 MIN.</td>
<td>1</td>
<td>Cleanse the skin by applying an almond-sized amount of <strong>PreCleanse Balm</strong>. Manipulate, then emulsify with water and remove with damp esthetic wipes.</td>
</tr>
<tr>
<td>3 MIN.</td>
<td>2</td>
<td>Mix 1-2 pumps of <strong>Skin Resurfacing Cleanser</strong> with water in a cup, then add 1 pump of <strong>Exfoliant Accelerator 35</strong> and apply with fan masque brush. Lightly manipulate then remove with damp esthetic wipes. <strong>Modality Option:</strong> Use ultrasonic brush or blade on exfoliation mode to accelerate skin resurfacing.</td>
</tr>
<tr>
<td>2 MIN.</td>
<td>3</td>
<td>Spritz with <strong>Antioxidant HydraMist</strong>, then apply a few drops of <strong>BioLumin-C Serum</strong>. Perform three Age Reversal Touch Therapy movements.</td>
</tr>
<tr>
<td>2 MIN.</td>
<td>4</td>
<td>Apply <strong>Dynamic Skin Recovery SPF50</strong> or <strong>Pure Light SPF50</strong>. Option to finish with <strong>SkinPerfect Primer SPF30</strong>.</td>
</tr>
</tbody>
</table>

(continued on back)
Complete the **Skin Fitness Plan** with prescribed products and treatment advice.

**1 - Priority Product**

- **BioLumin-C Serum**
  Vitamin C serum brightens, firms and defends skin.

**2 - Secondary Products**

- **Skin Resurfacing Cleanser**
  AGE-fighting exfoliating cleanser.

- **Dynamic Skin Recovery SPF50**
  AGE-fighting SPF moisturiser.
time: directions:

1  Cleanse the skin by applying 2 pumps of PreCleanse to damp esthetic wipes.

2  Mix Breakout Clearing Foaming Wash with water then add 1 pump of Multi-Active Scaling Gel and apply with a fan masque brush. Lightly manipulate with fingertips and remove with damp esthetic wipes.

   Modality Option: Use ultrasonic blade to accelerate skin resurfacing. Avoid inflamed acne.

3  Apply a thin layer of Blackhead Clearing Fizz Mask to areas of concern. Allow to set (fizz up) and then remove with damp esthetic wipes.
directions:

4 Spritz the skin with Breakout Clearing All Over Toner. Apply Breakout Clearing Booster directly onto areas of breakouts or a thin layer all over. Apply Oil Clearing Matte Moisturizer SPF15 or Skin Soothing Hydrating Lotion.

5 Complete the Skin Fitness Plan with prescribed products and treatment advice.

prescription

<table>
<thead>
<tr>
<th>1 - Priority Product</th>
<th>2 - Secondary Products</th>
</tr>
</thead>
</table>
| Breakout Clearing Booster  
Rapid clearing all-over/spot treatment. | Blackhead Clearing Fizz Mask  
Active fizzing pore clarifier. |
|                     | Breakout Clearing Foaming Wash  
Pore-clarifying cleanser. |
time: directions:

1 Cleanse the skin by applying 2 pumps of PreCleanse to damp esthetic wipes.

2 Mix 1 pump Special Cleansing Gel or prescribed cleanser with water in a cup and apply with fan masque brush. Lightly manipulate then remove with damp esthetic wipes.

   Pro Product Boost: Add 1 pump of Exfoliant Accelerator 35 to the cleanser.

   Modality Option: Use an ultrasonic brush or blade on exfoliation mode for a deep cleanse.

3 Dispense Skin Hydrating Booster and press onto skin prior to or mixed with Skin Hydrating Masque. Apply with a fan masque brush. Remove with damp esthetic wipes.

   Modality Option: Use an ultrasonic blade on penetration mode to optimise hydration.
48 hours of glowing skin (continued)

**time:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 MIN.</td>
<td></td>
</tr>
<tr>
<td>1 MIN.</td>
<td></td>
</tr>
</tbody>
</table>

**directions:**

4. Spritz **Multi-Active Toner** and apply **Skin Smoothing Cream**.

5. Apply **Solar Defense Booster SPF50** or prescribed **Daylight Defense**.

---

**1 - Priority Product**

**Skin Smoothing Cream**

48 hours of hydration with Active HydraMesh™ technology.

---

**2 - Secondary Products**

**Skin Hydrating Booster**

Oil-free mix in gel boosts hydration.

**Special Cleansing Gel**

Soap-free foaming gel cleanser for all skin conditions.
10 minute

directions:

1. Cleanse the skin by applying an almond sized amount of **PreCleanse Balm**. Manipulate, then emulsify with water and remove with damp aesthetic wipes.

   Modality Option: Use an ultrasonic blade or brush on exfoliation mode for a deep cleanse.

2. Mix 1 pump **Intensive Moisture Cleanser** with water in a cup and apply with Fan Masque Brush. Lightly manipulate then remove with damp aesthetic wipes.

3. Apply **Hyaluronic Acid IonActive™ Serum** then follow with a thin layer of **Colloidal Masque Base**. Remove with damp aesthetic wipes.

   Modality Option: Use an ultrasonic blade on penetration mode to optimise hydration.
time: directions:

4 Spritz **Multi-Active Toner** and apply a few drops of **Phyto Replenish Oil**. Then apply **Intensive Moisture Balance**.

5 Apply **Solar Defense Booster SPF50** or prescribed **Daylight Defense**.

---

1 + 2 prescription

<table>
<thead>
<tr>
<th>1 - Priority Product</th>
<th>2 - Secondary Products</th>
</tr>
</thead>
</table>
| **Intensive Moisture Balance**  
BioReplenish Complex improves moisture barrier resilience from the inside-out. | **Intensive Moisture Cleanser**  
Removes even the most stubborn makeup while nourishing the skin. |
| **Phyto Replenish Oil**  
Hydrating facial oil for all-day dewy skin. |