

PEPPERMINT BARK EXPRESS FACIAL TREATMENT

SUGGESTED RETAIL \$65-\$95

SUGGESTED TIME 30 minutes

SKIN TYPES Appropriate for all skin types.

Digests dead skin cells and increases cellular turnover.

Detoxifies skin tissue.

Increases skin firmness.

BENEFITS

Brightens skin and increases moisture retention.

Helps to repair and restore the NMF (Natural Moisture Factor).

Provides antioxidant protection.

STEP 1 CLEANSER: Thoroughly cleanse the face using the Exfoliating Enzyme Wash. We suggest massaging the cleanser in circular motions over the face and neck area with fingertips until make-up, oils, and daily build-up have been removed. Rinse thoroughly.

STEP 2 SECOND CLEANSE: Perform a second cleanse by mixing a small amount of the ABI Peppermint Cooling Mask with ABI Exfoliating Enzyme Wash. Remove with steamed towel.

STEP 3 EXFOLIATION: After cleansing, mix a small amount of ABI Peppermint Mask with ABI Cranberry Antioxidant Scrub. Dampen skin. Massage into skin gently to remove dead skin cells. Remove with a steamed towel.

DIRECTIONS

STEP 4 LIGHTWAVE RED LIGHT (Optional): Expose the skin to 8-10 minutes of Red Light to reduce redness and stimulate collagen production. If time permits, a full RED/IR session can be completed for additional results.

STEP 5 MASK: After LIGHTWAVE Red light, mix a small amount of ABI Dark Chocolate Mask with ABI Peppermint Cooling Mask and apply a smooth layer to skin. Allow to penetrate for 10-15 minutes. You may reactive the mask with steam for an additional 2-3 minutes. Remove with tepid/warm (NOT HOT) sponges or soft towel.

STEP 6 MOISTURIZER: To provide additional hydration, apply a single pump of Moisturizing Antioxidant over entire face and neck area. Massage gently into the skin and allow it to absorb completely.

STEP 7 SUNSCREEN: Apply an ample amount of Sensible Sunscreen and allow it to absorb. Do not massage the sunscreen into the skin. The closer the sunscreen remains to the epidermis, the more protection it provides.

CAUTIONS OR NOTES

When applying product around the eye area, be cautious not to get product in the eyes or to aggressively rub the delicate skin tissue surrounding the eyes.