

# WINTER RELIEF FACIAL TREATMENT

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**SUGGESTED RETAIL** \$75-\$225

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**SUGGESTED TIME** 30-45 minutes

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**SKIN TYPES** Appropriate for all skin types.

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**DESCRIPTION** The cold of winter can cause redness and lead to dry, itchy, chapped skin. Our Winter Relief Facial Treatment is ideal for restoring moisture and reviving dull, damaged skin. This moisture-rich facial starts with a light manual exfoliation to remove dead skin cells and allow for a better penetration of light therapy and hydrating products. Next, we help heal the skin with three forms of vitamin c using our Triple C Purifying Mask. We finish this signature facial with the calming, soothing care of cucumber and aloe found in our new Cucumber Antioxidant mask.

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- BENEFITS**
- Digests dead skin cells and stimulates healthy cell turnover.
  - Calms over stressed skin and balances overly oily or dry skin.
  - Reduces inflammation, lightens, and brightens dull skin.
  - Provides antioxidant protection to protect against free radical damage.
  - Increases skin hydration and moisture retention.
  - Reduces the appearance of pores, improves firmness, tone, and texture.
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**STEP 1 CLEANSER:** Thoroughly cleanse the face using abi's Corrective 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. For additional exfoliation, apply a second layer as a mask and allow to penetrate for 3-5 minutes. Rinse thoroughly.

**STEP 2 EXFOLIATION:** Use a small amount of Abi's Micro Exfoliating Scrub. removes dead skin and draws out impurities

**STEP 3 PURIFY SKIN:** Apply abi's Triple C Purifying Marine Mask to help detoxify the pores and refine skin's texture. Start with the areas of the cheek bones, and smile lines area. Then fan the Triple C Mask out in upward direction, using a spatula, fan brush or your fingers. Apply a thin, smooth, even layer all over the face. Once the face is evenly covered, allow the mask to penetrate the skin for 7-10 minutes. Do not allow the mask to dry completely. The mask should be removed once the mask starts to feel slightly tight. Use tepid water and a damp face towel or 4 x4 cloth to remove the mask.

## DIRECTIONS

**STEP 4 LIGHTWAVE RED LIGHT:** Expose the skin to 8-10 minutes of Red Light to reduce redness, inflammation and stimulate collagen production.

**STEP 5 LIGHTWAVE HYDRATION GEL MASK BOOSTER INFUSION:** Apply the Hydration Gel Mask to help plump up the skin. Apply any excess liquid to neck and chest area. Please see LIGHTWAVE Topical Light Infusion Hydration Gel Mask Booster protocol for complete details.

**STEP 6 FINISHING MASK-** Smooth a generous layer of Abi's soothing Cucumber Antioxidant Mask over skin, avoiding eye area or open cuts. Allow this cooling mask to penetrate for 7-10 minutes to help reduce inflammation and replenish skin's hydration. Rinse thoroughly with lukewarm water and follow with additional Abi therapeutic products.

**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.

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**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. If irritation at any time persist, remove the product with lukewarm water.

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**SUGGESTED TAKE HOME PRODUCTS** Exfoliating Enzyme Wash, Intense Antioxidant, Moisturizing Antioxidant. Hydrating Recovery Gel