



## VIVID MD FACIAL

Facials help to achieve clear complexions and a healthy glow while slowing down premature aging. Facials help with lymphatic drainage which releases toxins and relieves sinus congestion. Facials may also be performed on the back or other areas of benefit. These are performed by licensed estheticians and are recommended once a month in 30-90 minute sessions.

### DESCRIPTION:

Vivid MD facials are deep cleaning, exfoliating, aroma-therapeutic and relaxing.

### SUPPLIES NEEDED:

- *Satin Cleanser*
- *Purifying Whipped Cleanser*
- *Micro Dermabrasion Cream*
- *Glycolic 15*
- *Perfection C*
- *Balancing Moisture Cream*
- *Refreshing Toner*
- Towels
- Sunscreen
- Consultation form (for first-time clients) - make sure it is signed before treatment

### INSTRUCTIONS:

1. Steam the skin. Apply wet cotton pads or cucumbers to the eye area.
2. Optional: **Hand Treatment Therapy** may be performed at this time.
3. Cleanse skin with *Satin Cleanser* and remove with water.
4. Apply *Purifying Whipped Cleanser* and remove with water.
5. Using equal parts *Micro Dermabrasion Cream* and *Satin Cleanser*, gently massage in circular motions, avoiding the eye area.
6. Rinse off all remaining Micro Dermabrasion crystals with water.
7. Apply a generous amount of *Perfection C* for the massage (manipulations). *Perfection C* may be mixed with your favorite facial massage emollient. Skip this step if doing a mini-facial.
8. For a mask, apply a layer of mixed parts *Glycolic 15* and *Perfection C*. The client may experience a slight stinging sensation. This is normal.
9. Completely remove mask promptly after applying using a warm towel.
10. Extractions may be performed at this time.
11. Apply *Refreshing Toner* with a cotton pad, concentrating on your extraction areas. Avoid the eye area.
12. Gently massage in *Perfection C* to face, body, neck, lips and around eyes.
13. Apply *Balancing Moisture Cream*.
14. Pat in sunscreen.

### NOTES:

- Do not perform facials on open wounds, raw or sunburned skin.
- May not want to use steam, *Micro Dermabrasion Cream* or *Glycolic 15* on rosacea skin or sensitive skin.
- Advise clients not to shave or exfoliate for 24 hours.
- Suggest regimen based on client's skin type and advise appropriate Vivid MD Skincare products.