

Energizing, cool weather **Pumpkin Maple-Spice facial**

Utilizing Ayurvedic principles, super smooth & plump your skin while nourishing and energizing all it's functions. Delicious autumnal fragrance will whisk you away to relaxation!



CLEANSE

Using your facial cleanser of choice, remove all dirt and oils from skin of face, neck and chest. Cleanse a second time gently massaging the skin in uplifting motions. Remove cleanser with a warm, wet wash cloth/towel.

EXFOLIATE

Smooth on a medium thick layer of **Pumpkin-Creme Masque** over face, neck & chest leaving in place from 5 minutes on sensitive skins to 10 minutes on hardy skins. Splash off with warm water. NOTE: this masque is enhanced by steam so applied while you are showering or soaking in the tub will increase its effectiveness.

Masque contains: organic pumpkin, coconut oil fractions, glycolic, lactic and tartaric acids and warming spices.

Meanwhile....

While face masque is in place, massage your hands using a bit of **Pumpkin-Creme Masque**. When it is time to rinse off the face rinse hands as well. They will be super soft!

MASSAGE/NOURISH

Smooth a generous layer **aloe vera gel** (or **Janes massage jelly** — ask for a free dab) mixed with **Top Dressing Oil original blend** over face, neck and chest. Massage and swirl into skin with finger tips using uplifting motions and circling around the eyes starting at the inner nose then underneath eyes circling at outer edge up along brows. Best to massage 1-2 minutes. With a warm wet cloth remove excess before next step.

Top Dressing Oil blend contains: Fohaha nut oil, kukui nut oil, almond oil, vitamin E.

HYDRATE/ENERGIZE

Apply a generous layer of **Maple Moisture Masque** to face, neck and chest. Let rest in place or steam in place for 5 to 10 minutes to hydrate skin and energize blood flow.

Masque contains: Naturally enzymatic maple syrup, coffee and chocolate extracts that energize blood flow, vitamin E and glycoproteins that convert oxygen into useable energy for cell renewal.

FINISH

Remove Maple Masque with moist towel and apply moisturizer of choice and massage **Aromatherapeutic Hand and Body lotion** into hands.

Ooooo la la!

NOTE: energizing the blood flow in your skin may in some people cause momentary redness. Do not be alarmed; it will subside within one hour.