



## COOL + CALM SOOTHING PROTOCOL

This treatment is designed to soothe and calm the skin while cooling the skin's tissue, resulting in decreased inflammation, a fortified barrier and reduced redness. Choose this facial for sensitive skin clients and for clients that have recently been exposed to harsh weather, over use of active products or need to strengthen their epidermal barrier.

### PROTOCOL:

Instruct client to fill out the Skin Health Intake Form. Complete skin health consultation and have the client choose an aromatherapy blend.

(Balance | Refresh | Stress Remedy | Relax | Zen | Bliss)

### AROMATHERAPY | MIND + BODY

Gently rub hands together to create warmth and prana. Dispense Vahati Herb Infused Healing Oil into hands with 1 drop of Relax essential oil blend. Place hands 2 inches above client's face and have them take 3 deep breaths. Massage shoulders and slowly move your hands and transition into hand placement with thumbs at the crown chakra (MP 1). Gently press and hold. Drape client's hair to begin.

### INITIAL CLEANSER

Apply Purify Botanic Cleansing Oil to an esthetic wipe to remove any eye makeup. Dispense Purify Botanic Cleansing Oil to dry palms and massage onto the face, neck and décolleté breaking down oil and impurities for approximately 1 minute. Add a touch of water to emulsify the product. Using effleurage cleansing movements cleanse for 1-3 minutes. Drape a warm towel around the face. Gently remove remaining product.

### SECOND CLEANSER

Dispense Soothe Herbal Cleansing Cream into hands. Using effleurage movements, cleanse for approximately 3 minutes. To finish your cleansing sequence, gently press at the outer corners of the eye (MP 10) with your ring finger. Drape a warm towel around the face and remove the product.

### TONE

Mist Hydrate Mist onto the face and neck.

### OPTIONAL EXFOLIATION

Apply Rejuvenate Brightening Peel with a fan brush to face and neck and leave on for 5-10 minutes depending on client's skin sensitivity. Check in with the client on comfort level and let them know they may feel some activity. Remove with a tepid towel.

If the goal is to cool and calm any inflammation or the client shows signs of sensitization, skip the exfoliating and extraction steps.

### OPTIONAL EXTRACTION

Use an ultrasonic scrubber to gently extract areas that need cleansing.

#### PROTOCOL INFORMATION:

SUGGESTED PRICE  
RANGE (USD):

**\$95-\$125**

LENGTH OF TREATMENT

**45 MINS.-1HR**

#### PRODUCTS + SUPPLIES NEEDED:

- + VAHATI HERB INFUSED HEALING OIL
- + RELAX AROMA EO BLEND
- + PURIFY BOTANIC CLEANSING OIL
- + SOOTHE HERBAL CLEANSING CREAM
- + REJUVENATE BRIGHTENING PEEL (OPTIONAL)
- + FLORA ELIXIR BOTANIC OIL SERUM
- + FIRM COLLAGEN GEL MASQUE
- + RESTORE HYDRATION MASQUE
- + H.A. COLLAGEN BOOSTING SERUM
- + REVITALIZE EYE GEL
- + CALM LIP ENHANCING BALM
- + HYDRATE FACIAL MIST
- + CRYO GLOBES OR CLEAR QUARTZ FACIAL ROLLERS



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### STRESS REMEDY MARMA MASSAGE

Apply Vahati Herb Infused Healing Oil and perform the Stress Remedy Marma Massage without the use of essential oil. Please see In the Know series located at [greenenvueuniversity.com](http://greenenvueuniversity.com) for the Stress Remedy Marma Massage sequence. Remove oil with a tepid towel.

### MASQUE

Spray Hydrate Facial Mist and apply Firm Collagen Gel Masque to the face and neck with a fan brush. Gently massage the masque into the skin. When the skin has absorbed some product, apply Restore Hydration Masque over the Firm Collagen Gel Masque. Leave on for 10 minutes. Option to apply a cool compress and use Cryo Globes or Clear Quartz Facial Rollers over the top to cool the skin. Remove masque with a tepid towel.

### TREAT

Spray Hydrate Facial Mist and apply 4-6 drops of HA Collagen Boosting Serum to the skin.

### CRYO GLOBES

Massage the face and neck with Cryo Globes. Work up and out in the direction of the lymph flow.

Option to use 2 Clear Quartz Facial Rollers. Work across the face paying attention to areas of redness.

### EYE + LIP TREATMENT

With gentle pressure apply Revitalize Eye Gel to the eye area finishing at MP 10, the outer corner of the eye. Gently press + hold. With an applicator dispense a small amount of Calm Lip Enhancing Balm and apply to lips.

### SOOTHE + MOISTURIZE

Apply Nourish Replenishing Moisturizer for dry skin or Protect Antioxidant Moisturizer for combo/normal skin. Add 2-4 drops of Flora Botanic Oil Serum over the top and gently massage in. Finish with pressure on MP 1.

### POST TREATMENT + RECOMMENDATION

Advise client to get up slowly and offer a glass of fruit infused water or tea after treatment.

- *Avoid makeup application post treatment.*
- *Send clients home with proper home care recommendations and calming skin care products.*
- *Avoid direct sun exposure.*
- *No strenuous exercise and excessive heat for 24 hours.*
- *Apply SPF daily.*