



Are you ready for Happy Skin 😊

Thank-you for purchasing your happy skin kits.

Just before we start your skin treatment I just wanted to share the main benefits of which-ever sheet mask was included in your kit.

“Collagen is essentially the glue for our bodies, providing strength and elasticity for our skin. As we age and fine lines appear it may be a sign you may be losing collagen and hydration so this mask will help replenish them both and have a natural plumping effect.

Aloe Vera is a natural and deep moisturising agent, its healing and moisture-inducing properties will soothe and hydrate skin.

Charcoal is great to deep clean your complexion, it is a natural cleanser and its detoxifying properties help cleanse, calm and soften your skin.

Green Tea is a natural moisturiser that soothes skin and reduces blemishes. With its purifying agent and detoxifying natural component, it will leave your skin feeling refreshed and clean.”

So now let's start the fun and I hope that you enjoy this time for a mini skin treatment at home.

I always recommend you start your treatment by laying out all your products in front of you, perhaps lighting a candle and create a nice relaxing environment.

So for this treatment, you will need a cleanser, exfoliator, your sheet mask and a moisturiser (included in your kit) plus the ability to remove your cleanser, so perhaps sponges/water or face cloth. Oh & perhaps a mirror for when you are applying your sheet mask.

1. Cleanse - To start let's do a double cleanse to ensure you remove any make-up, product, pollution from the skin.
2. Exfoliate - I have chosen an exfoliator that I think will give you individually the best results . If you have received daily resurfacer pads this is ideal for brightening. Open the sachet and apply all over the face and neck, it may tingle slightly and is a leave-on exfoliating treatment with alpha and beta hydroxy acids for dramatic smoothing results. If you received daily microfoliant or daily superfoliant , apply the powder to wet hands and create a foam, then apply and work in thoroughly for at least 2 minutes, then remove with water. All the exfoliators should leave your skin feeling bright, fresh and clean.
3. Now the fun starts 😊 Remove your chosen sheet mask from its packet and apply over the face and down onto the neck, it will feel damp. Smooth it out as best as possible, then relax and let it do it's wonders for about 15/20 minutes.
4. Remove the sheet mask and then massage the remaining product into your skin. I have done 2 different massage techniques on my virtual facial and home spa videos, so if you would like a few tips please have a watch. You can also use any remaining product on your decollate and neck area.
5. Finally apply your enclosed moisturiser and your are complete and your skin should look and feel amazing.

I hope you have enjoyed your Happy Skin kit and if you have any questions about any of the products, please do not hesitate to contact me. As a further thank-you I would like to extend a 10% discount off any Dermalogica products purchases - please drop me an e- mail at lisa@at-theskincompany.com or contact me via Facebook.

Once again I would like to thank-you for purchasing your"Happy skin kit", please keep in touch, take care and be safe.

I hope to welcome you back to the skin company one day soon 😊

