



Welcome to your “Home Spa Treatment Box” and thank-you for your purchase. I hope this little box of self-care will allow you to switch off, achieve some much needed rest, relaxation and skin that glows.

First Lets set the scene 😊

Ensure you have some time to relax, preferably uninterrupted and if possible on an evening.

1. Lay your products out in front of you and first either light your beautiful scented candle or apply your amazing scented therapy balm to your pulse points and inhale deeply & re-set your mood.
2. Cleanse & Resurface - Carry out a through cleanse to ensure your skin is super clean and exfoliate to remove any dead skin build up.
3. Mindful Masking - Apply a generous layer of the super nourishing MultiVitamin Power Recovery Masque using the mask brush to feed your skin with nutrients. While your mask is on for 10 to 15 minutes take time to mediate or just lay back with your eyes closed and breathe. Remove the masque residue with a damp facial cloth.
4. Treat & Protect - Next, apply a few drops of Overnight Repair serum, the Argan and Rose oils will revitalise and nourish the skin. Follow the amazing acupoints technique to relax facial tension and calm the mind.
5. Transform & Revitalise - Complete your self-care regimen by making your herbal tea and sipping while applying a generous layer of Sound Sleep Cocoon to further transform you while you sleep. With the remaining product on your hands cup your nose and take 3 large inhales so the slow time rebased lavender will help you drift away into a peaceful nights sleep. 😴

overnight repair serum acupoints

Start by pressing 4-6 drops of **Overnight Repair Serum** onto the skin and smooth outward with light finger strokes.



acupoint 1: Press on the temples (the depression between the hairline and eyebrow) with the middle fingers. This helps with headaches and relaxation.



acupoint 5: Press on the middle of the forehead between the eyebrows (third eye). This helps calm the mind.



acupoint 2: Press underneath the eye on top of the cheek bone (approximately one inch under the eyes). This helps improve eye clarity.



acupoint 6: Press on the corners of the mouth. This helps rejuvenate the face and tone facial muscles.



acupoint 3: Press on the inner eye sockets (the corner of the eyes). This helps relieve sinus pressure, headaches, pain and swelling around the eye area.



acupoint 7: Press on the centre of the crease between the end of the nose and the top of the lip. This helps calm the spirit.



acupoint 4: Press inside the eye socket bone under the brow (and the small indentation in the upper orbit). Helps relieve headaches and sinus pressure.



acupoint 8: Press on the centre of the crease between the lower lip and the chin. This helps with hormonal balance.

(carry out point 7 & 8 simultaneously)

I hope you have enjoyed your “Home Spa’ 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”Home Spa”, please keep in touch, take care and be safe. I hope to welcome you back to the skin company one day soon 😊