Red Wine Treatment Protocols

SKiN FITNESS
pure & simple
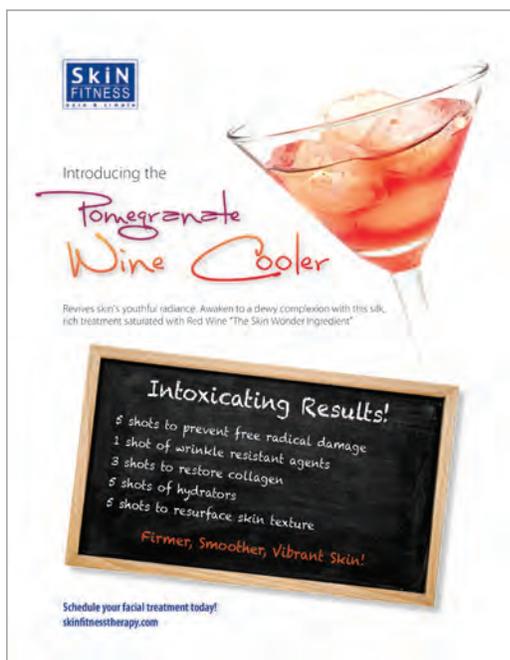
Pomegranate Wine Cooler Treatment

(RED WINE THERAPY)

TREATMENT TIME: 50-60 mins.

APPROXIMATE COST PER TREATMENT: $4.75

SKIN TYPES: All skin types, sensitive skin, rosacea, acne

Refresh and rehydrate your skin with a unique blend of Red Wine Therapy! An almost edible, exfoliant blend of natural fruit enzymes, cherry puree, pomegranates and red wine saturate skin in a healthy cocktail of antioxidants. Increase the vitality of skin with this skin strengthening and smoothing treatment for a more revitalized and rejuvenated complexion.

1. **CLEANSE:** Cleanse skin with **Lemon Chiffon Cleanser,** about a quarter size, and remove with warm towels or cotton pads.

2. **EXFOLIATE:** Gently exfoliate skin with **Crushed Grape Seed Scrub.** Work into the skin in a circular motion, remove. For sensitive skin types, mix scrub with cleanser.

3. **OPTIONAL BOOSTER:** Apply 1-2 pumps of **Cherry Wine Face Smoothie,** avoiding eye area, working into skin with circular motions. Leave on for more intense results. For sensitive skin, omit this step.

4. **PEEL:** Apply ½ - 1 tsp of **Pomegranate Acai Wine Peel + Date Seed** to skin with fingers, avoiding eye area. At this time, a light micro-massage (refer to 7-Step Micro Massage Chart) may be done while the peel is on. Leave on for 3-10 mins. Remove with cool water using cotton pads or towels. Refer to product data sheets for complete application instructions.

5. **MASQUE:** Apply an even layer of **Hydrating Cranberry Masque** and leave on skin for 3-10 minutes. Remove masque gently with warm towels or facial sponges.

6. **TONE:** Spritz skin with a few pumps of **Red Wine Spritzer,** or spritz a few pumps directly onto hands and pat gently into skin.

7. **TARGET SERUMS:** Individually apply or cocktail your choice of the following serums to customize treatment:

   - Red Wine Re-Vital Serum w/ Stem Cells & Dynalift®
   - Vital C Serum w/ Ellagi-C & Resveratrol Concentrate
   - Firming Red Wine Serum (last serum to be applied to face and neck, this product is also a make-up primer)

8. **MOISTURIZE:** Apply a small amount of **Red Wine Blueberry Pumpkin Age Defying Cream** to the face and neck.

9. **EYES:** Apply a small amount of **Contouring and Soothing Eye Gel,** followed by a tiny drop of **Crystal Dew Drops** for a more intense treatment.

10. **LIPS:** Apply a tiny drop of **Crystal Dew Drops** onto lips, gently working into the lip area.

SKiN FITNESS
pure & simple

Blueberry-Tini Treatment

Wine & Chocolate Indulgence
(RED WINE THERAPY)

TREATMENT TIME: 60-90 mins.

APPROXIMATE COST PER TREATMENT: $5.00

SKIN TYPES: All skin types, mature, aging skin

Repair the signs of aging with the collagen boosting effects of blueberries and red wine age defying enhancers! Skin is saturated with an intoxicating exfoliant blend of natural acids and enzymes blended with a decadent blueberry puree. A luxurious burst of red wine concentrate with noni berries and a decadent cocoa soufflé masque will leave skin noticeably smoother, firmer and hydrated.

1. CLEANSE: Cleanse skin with **Lemon Chiffon Cleanser,** about a quarter size, and remove with warm towels or cotton pads..

2. EXFOLIATE: Gently exfoliate skin with **Crushed Grape Seed Scrub.** Work into the skin in a circular motion, remove. For sensitive skin types, mix scrub with cleanser.

3. OPTIONAL BOOSTER: Apply 1-2 pumps of **Cherry Wine Face Smoothie,** avoiding eye area, working into skin with circular motions. Leave on for more intense results. For sensitive skin, omit this step.

4. PEEL: Apply ½ - 1 tsp of **Blueberry Wine Peel** to skin with fingers, avoiding eye area. At this time, a light micro-massage (refer to 7-Step Micro Massage Chart) may be done while the peel is on. Leave on for 3-10 mins. Remove with cool water using cotton pads or towels. Refer to product data sheets for complete application instructions.

5. PUMP UP THE HEAT: Apply **Red Wine Concentrate w/ Noni,** and begin 7-Step Micro Massage Technique for 5-10 minutes, leave on. (This stimulating product produces positive heat that will stimulate the fibroblasts to produce collagen.)

6. MASQUE: Apply an even layer of **Cocoa Soufflé Masque** to skin. Remove with warm water using 4x4's or towels.

7. TONE: Spritz skin with a few pumps of Red Wine Spritzer, or spritz a few pumps directly onto hands and pat gently into skin.

8. TARGET SERUMS: Individually apply or cocktail your choice of the following serums to customize treatment:

   • **Red Wine Re-Vital Serum w/ Stem Cells & Dynalift®**
   • **Vital C Serum w/ Ellagi-C & Resveratrol Concentrate**
   • **Firming Red Wine Serum** (last serum to be applied to face and neck, this product is also a make-up primer)

9. MOISTURIZE: Apply a small amount of **Red Wine Blueberry Pumpkin Age Defying Cream** to the face and neck.

10. EYES: Apply a small amount of **Contouring and Soothing Eye Gel**, followed by a tiny drop of Crystal Dew Drops for a more intense treatment.

11. LIPS: Apply a tiny drop of **Crystal Dew Drops** onto lips, gently working into the lip area.

skinfitnesstherapy.com | Toll Free 866 375 1112 | info@skinfitnesstherapy.com

SkiN FITNESS
pure & simple

Winter Fit Skin Treatment

Wine & Chocolate...Valentine's Day

TREATMENT TIME: 60-80 mins.

APPROXIMATE COST PER TREATMENT: $4.50-$6.37

SKIN TYPES: All skin types, anti-aging, mature, dry and sensitive

During the winter months, skin struggles to retain water in the dermis layer, resulting in premature aging and fine lines. Our Winter Fit Skin Facial will restore skin's hydration and seal in moisture, protecting skin during the harsh winter season. A red wine peel will remove dull, dead skin cells to allow skin to better absorb topically applied nutrients. This antioxidant vinotherapy treatment will leave skin noticeably softer, smoother and more supple!

1. **CLEANSE:** Cleanse skin with a quarter-size amount of **Lemon Chiffon Cleanser**, mixed with **Crushed Grape Seed Scrub**. Work into skin with circular motions, remove with warm towel.

2. **OPTIONAL BOOSTER:** Apply 1-2 pumps of **Cherry Wine Face Smoothie,** avoiding eye area, working into skin with circular motions. Leave on for more intense results. For sensitive skin, omit this step.

3. **PEEL:** Apply the most appropriate peel for your client to customize treatment. If client is contraindicated to a peel treatment, omit peel.

   - Blueberry Wine Peel (aging/mature/resilient skin)
   - Pomegranate Acai Wine + Date Seed Peel (sensitive/acne/aging)

Refer to product data sheets for application instructions. After applying peel to face, begin with a light micro-massage, leaving on up-to 10 minutes, or as appropriate for skin type and tolerance. Remove with cool water, using towels or cotton pads.

4. **PUMP UP THE HEAT:** Apply **Red Wine Concentrate w/ Noni,** and begin 7-Step Micro Massage Technique for 5-15 minutes, leave on. (This stimulating product produces positive heat that will stimulate the fibroblasts to produce collagen.)

5. **MASQUE:** Choose the most appropriate facial masque based on skin type, and apply an even layer to skin. Remove with warm water using 4x4's or towels.

   - Cocoa Soufflé Masque
   - Hydrating Cranberry Masque

6. **TONE:** Spritz skin with a few pumps of **Red Wine Spritzer,** or spritz a few pumps directly onto hands and pat gently into skin.

7. **TARGET SERUMS:** Apply individually or cocktail your choice of the following serums to customize treatment:

   - Red Wine Re-Vital Serum w/ Stem Cells & Dynalift
   - Vital C Serum w/ Ellagi-C & Resveratrol Concentrate
   - Firming Red Wine Serum (last serum to be applied to face and neck, also an excellent make-up primer)

skinfitnesstherapy.com | Toll Free 866 375 1112 | info@skinfitnesstherapy.com

SKiN FITNESS
pure & simple

8. MOISTURIZE: Apply a pea-sized amount of **Red Wine Blueberry Pumpkin Age Defying Cream** to face and neck.

9. EYES: Apply a small amount of **Contouring and Soothing Eye Gel,** followed by a tiny drop of **Crystal Dew Drops** for a more intense treatment.

10. LIPS: Apply a tiny drop of **Crystal Dew Drops** to moisturize lip area.