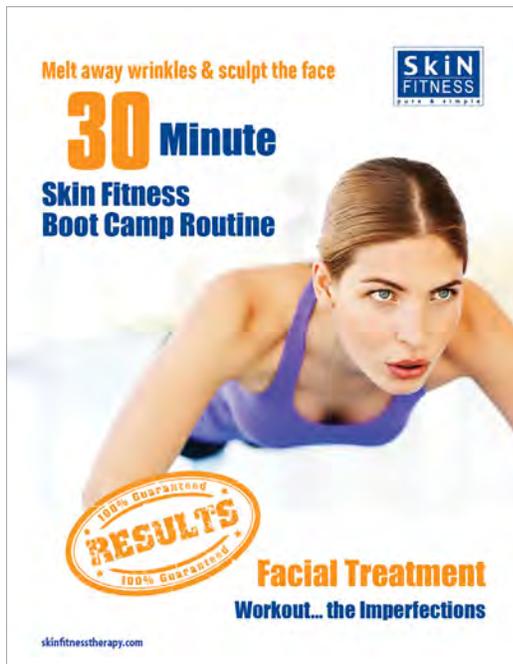




Treatment Protocols



TREATMENT PROTOCOLS



Boot Camp Routine

TREATMENT TIME: 30 mins.

APPROXIMATE COST PER TREATMENT: \$4.00 - \$6.00

SKIN TYPES: All

The Boot Camp Routine treatment rapidly improves skin's health and appearance in a short amount of time (30 mins.), utilizing a natural acid peel or enzyme exfoliant to rid skin of impurities, and effectively exfoliate the epidermal layers. Next, a 7-Step Micro Massage Technique plumps and contours the face, while healing growth factors and essential amino acids are infused into the skin. Lastly, peptides aid in relaxing facial muscles, visibly toning and firming skin's appearance, for instant, dramatic results.

1. **CLEANSE & PRE-EXFOLIATION:** Cleanse skin with a small amount of **Deep Pore Cleanser** (add water to activate into a foam), mixing a small amount of **Cranberry Purifying Scrub** onto fingertips, working into skin with circular motions. Remove with warm towels or 4x4's.

2. **PEEL PREP:** Apply **Lactic Acid 10% Peel Prep** with a cotton pad onto face and neck. Check-in with client to assess sensitivity/tolerance, asking, "On a scale from 1 – 10, with 1 being no sensation and 10 being the most, how does this feel?"

PEEL OR ENZYME: Apply the most appropriate peel or enzyme for client to customize the treatment, following the application instructions on the product data sheet. Massage product into skin by following the 7-Step Micro Massage Chart (omit massage for salicylic peels or sensitive skin types). Refer to Advanced Power Peel Chart & Guide for instructions on enhancing treatment with booster serums and/or layering peels/enzymes for more dramatic results.

- Aqua Marine Peel with Caviar
- Blueberry Wine Peel
- Cranberry Enzyme (steam recommended to enhance results)
- Hyper Pigmentation Enzyme (optional steam)
- Margarita Peel with Blue Agave
- Noni Peel 35% w/ Copper Peptides & DMAE
- Pomegranate Acai Wine + Date Seeds
- Pumpkin Enzyme (optional light steam)
- Ultra Pumpkin
- Salicylic 20% or 35%
- 30% Vitamin C Enzyme (steam recommended to enhance results)

Gently remove product with cool towels or cotton pads; lightly, but thoroughly, checking in with client to make sure all tingling has dissipated. If any irritation/sensitivity/redness occurs, a small amount of **Calm Balm** may be applied to cool down any hot spots.

3. **TONE:** Spritz skin with a few pumps of **Collagen Fitness Spritz**.

4. **MICRO MASSAGE:** Mix together a small amount of **EGF Protein Complex**, and 1 pump of **Micro Sculpting Serum** onto the palm of

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your hand. Repeat the 7-Step Micro Massage Technique for 5 minutes. Leave serums on skin.

5. **TARGET SERUMS:** Individually apply or cocktail together the following serums to customize treatment:

- Vital C Serum 20% w/ Ellagi-C + Resveratrol Concentrate
- Wrinkle Relaxer Serum Multiple Peptide Concentrate
- Hyaluronic Serum Sealer w/ Copper Peptides, DMAE & Argireline® (last serum to be applied)

6. **EYES:** Apply a small amount of **Tone 'n Tighten with Instalift™** and gently work around eye area.

7. **MOISTURIZE:** Mix together a pea-sized amount of **Ultra Moisturizing Cream with EGF** with a generous amount of **Sun-Fit Mineral Skin Protection** and apply to face and neck, covering the entire treated area.

NOTE: Subject to customize treatment. To enhance treatment with an “add-on,” a treatment masque may be applied after peel/enzyme has been removed. This will add time onto the treatment, and should be sold as an up-charge. While masque is on, a neck and shoulder massage may be performed.





Botanical Detox Facial

TREATMENT TIME: 25-50 mins.

APPROXIMATE COST PER TREATMENT: \$33.5+

SKIN TYPES: All

Purify and detox skin with natural botanicals. Treatment begins with a deep pore cleanse and purifying facial scrub, followed by an anti-aging targeted facial massage. A botanical detox masque with activated charcoal provides a total cell detox. Treatment is customized with targeted facial serums, a contouring & soothing eye gel and completed with a skin-balancing moisturizer.

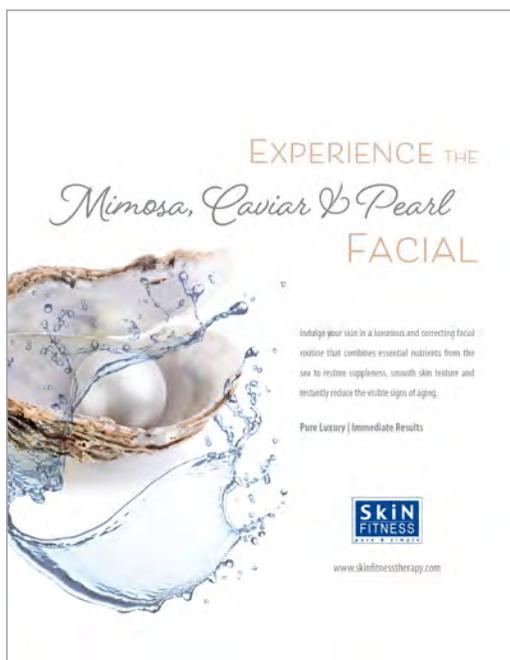
1. **CLEANSE:** Cleanse skin with a small amount of **Deep Pore Cleanser**, add water to activate into a foam. Remove with warm towel.
2. **EXFOLIATE:** Gently exfoliate the face and neck in circular motions with **Cranberry Purifying Scrub**. Remove with warm towel.
3. **2nd CLEANSE:** Perform a second cleanse with your choice of **Deep Pore Cleanser** or **Lemon Chiffon Cleanser**. Remove with warm towel.
4. **OPTIONAL ADD-ON/ENHANCEMENT:** Apply a peel or enzyme based on skin type. Refer to individual product data sheet for application instructions. If service is upgraded to include an enzyme or peel, skip facial massage as indicated below and perform 7-Step Micro Massage Technique while peel/enzyme is on, do not perform massage with salicylic peels.
5. **FACIAL MASSAGE:** Perform the 7-Step Micro Massage Technique with a small amount of **Pure Oxygen Serum**.
6. **EXTRACTIONS:** Perform gentle, spot extractions, where necessary.
7. **TONE:** Apply your choice of Skin Fitness Therapy toner/spritz to cotton round and tone skin on the face and neck.
8. **MASQUE:** **Botanical Detox Masque with Activated Charcoal & Bamboo Silk** — Apply ¼ - ½ tsp. of masque with either a fan brush or massage directly into skin. While masque is on, massage neck, shoulders, arms and hands. Remove masque with warm towel.
9. **TONE:** Spritz skin with your choice of Skin Fitness Therapy toner/spritz to balance and restore skin's PH.
10. **TARGET SERUMS:** Customize treatment, based on client's skin type and needs with your choice of Skin Fitness Therapy serums.
11. **EYES & LIPS:** Apply a small amount of your choice of Skin Fitness Therapy eye therapy product. Apply a tiny drop of **Crystal Dew Drops** to lips.
12. **MOISTURIZER:** Apply a small amount of Skin Fitness Therapy moisturizer and/or **Sun-Fit Mineral Skin Protection**, onto face and neck.

TREATMENT TIPS:

- If guest is not wearing makeup and you would like to spend more time on massage and/or extractions. Mix together Deep Pore Cleanser with Cranberry Purifying Scrub and perform your cleanse and exfoliation at the same time.
- Utilize steam during cleanse, exfoliation and facial massage to prep skin for easy extractions. Do not use steam with peel application. Remove excess massage medium with a warm towel before beginning extractions.
- Botanical Detox Masque can be utilized as massage medium.
- While masque is on, take 1-2 minutes to write out home care recommendations for guest.

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Mimosa, Caviar & Pearl Facial

TREATMENT TIME: 60-80 mins.

APPROXIMATE COST PER TREATMENT: \$6.00 - \$7.23

SKIN TYPES: **Dry, sun damage, loss of elasticity, dehydrated, pigmentation, fine lines and wrinkles**

A luxurious and correcting facial routine to restore suppleness, smooth skin texture and reduce the signs of aging. A potent 30% Vitamin C Enzyme is paired with a cocktail of lactic and glycolic acid to completely exfoliate and polish skin while a unique combination of botanical phyto retinol increases cell renewal, reducing the appearance of wrinkles. Caviar and a complex of marine algae provide superb antioxidant, anti-inflammatory and anti-aging properties. A luminous and elegant pearl masque, which contains essential amino acids, peptides and minerals provides an instant skin-lifting and brightening effect. Lastly, skin is saturated with potent and nutritious serums and moisturizer – a true treat your senses and skin will say cheers to!

1. **CLEANSE:** Apply a small amount of **Deep Pore Cleanser** to your hands and add water to activate into a foam. Remove with warm towels or cotton pads.
2. **EXFOLIATE:** Exfoliate skin with a small amount of **Cranberry Purifying Scrub**, gently massage into skin, and remove with warm towels.
3. **2nd CLEANSE:** Apply a small amount of **Lemon Chiffon Cleanser** to your hands and massage into skin. Remove with warm towels or cotton pads.
4. **PEEL PREP:** Apply **Lactic Acid 10% Peel Prep** to skin with a cotton round.
5. **OPTIONAL BOOSTER SERUM:** Apply your choice of a vitamin A product to aid in increasing cell turnover and to provide a re-texturizing effect. Either **Vitamin A& E Serum w/ Firming Complex** or **Retinolic Serum**. Apply on top of Lactic Acid 10% Peel Prep, leave on.
6. **ENZYME & PEEL:** Mix ½ tsp. of **Vitamin C 30% Powder** and slowly add **Liquid Activator** to a consistency just thinner than a paste mixture (baby food consistency).

OPTIONS FOR APPLICATION:

OPTION #1: After Vitamin C Enzyme is mixed together, add approximately 6 pumps of **Aqua Marine Peel w/ Caviar** directly to enzyme mixture and massage the cocktail into skin for up to 12 minutes.

OPTION #2: For more intensive exfoliation, apply the **Aqua Marine Peel w/ Caviar** first to skin and massage into skin (avoiding eye area) for 1-4 mins. Next, apply Vitamin C Enzyme directly on top of peel and continue to massage into skin for up to 10 mins (total time).

Completely remove peel and enzyme from skin with cool towels or 4x4's and tone skin with **Collagen Fitness Spritz**.

7. **MASQUE:** Mix together approximately 2 teaspoons of the **Aragonite Pearl Masque** with .67 oz. (a little over ½ oz.) of water. Apply to skin and let dry completely, during which time scalp and neck massage may be performed.
8. **TONE:** Spritz skin with a few pumps of **Collagen Fitness Spritz**, or spritz a few pumps directly onto hands and pat gently into skin.

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

- EGF Protein Complex
- Multi-Vitamin Serum with Stem Cells and Dynalift™
- Botanical Collagen Serum
- Youth Restorer Serum Energized HGH
- Hyaluronic Serum Sealer w/ Copper Peptides, DMAE & Argireline®

10. EYES & LIPS: Apply a small amount of **Bright Eyes** around eye area and a tiny drop of **Crystal Dew Drops** onto the lips, gently working into the lip area.

11. MOISTURIZE & PROTECT: Mix together a pea-sized amount of the most appropriate Skin Fitness Therapy moisturizer for client's skin type with a small amount of **Sun-Fit Mineral Skin Protection** and massage into skin (for oily skin, omit Ultra Moisturizing Cream). For more intensive Vitamin A moisturizing therapy the **Anti-Wrinkle Cream** may be used to complete the treatment.





Wrinkle-Tini with Noni

Super-Firming & Resurfacing
Non-Surgical Face Lift

TREATMENT TIME: 60-80 mins.

APPROXIMATE COST PER TREATMENT: \$5.89

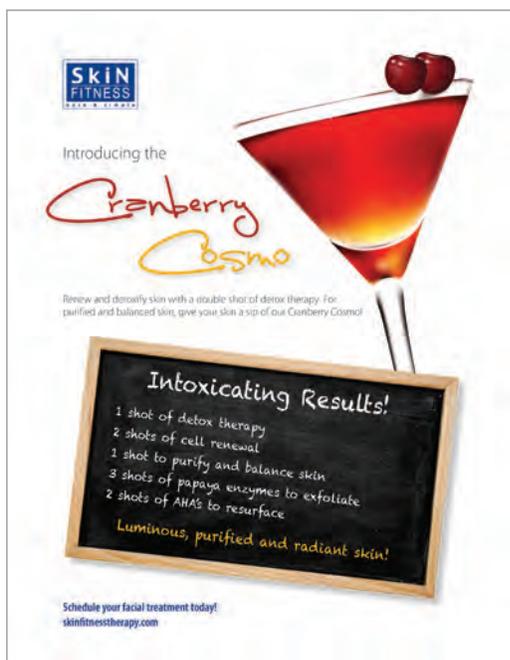
SKIN TYPES: Normal, dry, oily, mature skin, loss of elasticity,
uneven skin tone/texture

Revive and awaken skin's youthful energy and radiance with a triple de-wrinkling complex of DMAE, peptides, and a potent blend of cell renewal therapy. Otherwise known as the "non-surgical face lift," this super-firming and re-surfacing treatment not only provides an effective 35% natural acid and enzyme exfoliation, but replenishes essential nutrients in skin. This treatment provides an instant, semi-permanent firmness that can last up to 10 days!

- CLEANSE:** Cleanse skin with **Deep Pore Cleanser**. Apply a very small amount to your hands, and add water to activate into a foam. Remove with warm towels or cotton pads.
- PREP:** Apply **Lactic Acid Peel Prep 10%** to a cotton pad and apply to face and neck.
- PEEL:** Apply ½- 1 tsp. of **Noni Peel** to the entire face and neck leave on for approximately 1-10 minutes. During this time, perform the 7-Step Micro Massage Technique (omit massage on sensitive skin types). Remove with cool water using towels or cotton pads. (Refer to Advanced Power Peel Chart & Guide for advanced mixology recipes, based on skin type/condition.)
- HYDRATE & PLUMP:** Apply 1 pump of **Pure Oxygen Serum** and 1 pump of **Hyaluronic Serum Sealer** to entire eye area, face & neck.
- MASQUE:** Measure approximately ¼ - ½ tsp. of **Lifting & Firming Gel Peptide Masque**, and approximately 1 tsp. of **Total Facial Fitness Powder**. Mix together to reach a consistency similar to a mud masque, and apply a thin, even layer to face and neck. Leave on for 10-15 minutes. After moistening skin, remove with warm, moist towels.
- TONE:** Spritz skin with a few pumps of **Collagen Fitness Spritz**, or spritz a few pumps directly onto hands, and pat gently into skin.
- RAPID RECOVERY:** Apply **EGF Protein Complex**, followed by (may be cocktail) 1 pump of **Pure Oxygen Serum**; gently pat into skin. Optional: for more intense anti-aging benefits, replace Pure Oxygen Serum with one of our Energetics Serums.
- PEPTIDE THERAPY:** Apply a small amount of **Wrinkle Relaxer Serum** around entire eye area, and on areas of face with expression lines and wrinkles.
- EYES:** Apply a small amount of **Tone 'n Tighten with Instalift™**, and gently work around eyes.
- MOISTURIZE & PROTECT:** Mix a small amount of **Red Wine Blueberry Pumpkin Age Defying Cream** with a small amount of **Sun-Fit Mineral Skin Protection** until both products are blended together. Pat onto face and neck until absorbed.

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Cranberry Cosmo

Detoxifying Cranberry Enzyme Treatment

TREATMENT TIME: 50-60 mins.

APPROXIMATE COST PER TREATMENT: \$3.05

SKIN TYPES: All skin types, acne, dull, congested skin

Renew and detoxify skin with a double shot of detox therapy! Natural acids and enzymes blend with the antioxidant and anti-bacterial properties of cranberry, making this a great treatment to detoxify dull and congested skin. For purified and balanced skin, give your skin a sip of our Cranberry Cosmo!

1. **CLEANSE:** Apply a small amount of **Deep Pore Cleanser** to your hands and add water to activate into a foam. Remove with warm towels or cotton pads.
2. **EXFOLIATE:** Exfoliate skin with a small amount of **Cranberry Purifying Scrub**, gently massage into skin, and remove with warm towels. (Optional: omit step 2 and mix Cranberry Purifying Scrub with the Cranberry Enzyme in step 4)
3. **PEEL PREP:** Apply **Lactic Acid 10% Peel Prep** to skin with a cotton round.
4. **ENZYME:** Apply a small amount of **Cranberry Enzyme** (approximately ¼- ½ tsp.) to face and neck with a fan brush or fingers, under the steam for approximately 5-12 minutes depending on skin type. Massage into skin using the 7-Step Micro Massage Technique. Remove with cool cotton pads or towels.
5. **EXTRACTIONS:** Complete extractions if necessary, followed by toning skin with a cotton round with **Anti-Radical Toner**.
6. **MASQUE:** Gently massage a thin, even layer of **Hydrating Cranberry Masque** onto face and neck with hands, about ½ tsp. Leave on while neck and shoulder massage is performed. Remove masque with a warm towel.
7. **STONE:** Spritz skin with a few pumps of **Anti-Radical Toner**, or spritz a few pumps directly onto hands and pat gently into skin.
8. **RAPID RECOVERY:** Apply **EGF Protein Complex**, followed by (may be cocktail) 1 pump of **Pure Oxygen Serum**, gently pat into skin. Optional: for more intense anti-aging benefits, replace Pure Oxygen Serum with one of the Energetics Serums.
9. **OPTIONAL- ANTIOXIDANT BOOSTER:** Apply a small amount of **Multi-Vitamin Serum with Stem Cells and Dynalift™** to the face and neck area.
10. **EYES:** Apply a small amount of **Tone-N-Tighten with Instalift™ Eye Cream** and gently work around eyes.
11. **MOISTURIZE & PROTECT:** Complete treatment by choosing the most appropriate Skin Fitness Therapy moisturizer and mix moisturizer with a small amount of **Sun-Fit Mineral Skin Protection**.

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Pumpkin Spiced Cider

TREATMENT TIME: 50-60 mins.

APPROXIMATE COST PER TREATMENT: \$3.65 - \$4.90

SKIN TYPES: Acne, fine lines and wrinkles, large pores, acne scars, pigmentation

Reduce the signs of aging and acne with a super-charged cocktail of antioxidants, natural acids, Vitamin A, and pumpkin puree. Natural skin-nourishing sugars and the stimulating effects of ginger result in visibly smaller pores, reduced acne, diminished fine lines and wrinkles, and a firmer, smoother skin texture.

1. **CLEANSE:** Apply a small amount of **Pumpkin/Pomegranate Cleanser** to your hands and add water to activate into a foam. Remove with warm towels or cotton pads.
2. **EXFOLIATE:** Exfoliate skin with a small amount of **Cranberry Purifying Scrub**, gently massage into skin, and remove with warm towels.
3. **PEEL PREP:** Apply **Lactic Acid 10% Peel Prep** to skin with a cotton round.
4. **OPTIONAL BOOSTER:** Apply a small amount of **Retinolic Serum** or **Vitamin A & E Serum** to boost peel treatment.
5. **PEEL OR ENZYME:** Choose the most appropriate pumpkin exfoliant for client based on skin type:
 - Ultra Pumpkin Peel
 - Pumpkin Enzyme (2-step liquid activator with enzyme powder)

Refer to product data sheets for application instructions. After applying peel/enzyme to the 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. If redness or irritation occurs, apply Calm Balm to skin.
6. **MASQUE:** Apply your choice of the most appropriate Skin Fitness Therapy masque to face and neck. Neck and shoulder massage may be done at this time. Remove with warm towels or cotton pads.
7. **TONE:** Spritz skin with a few pumps of **Anti-Radical Toner**, or spritz a few pumps directly onto hands and pat gently into skin.
8. **RAPID RECOVERY:** Apply **EGF Protein Complex**, followed by (may be cocktailled) 1 pump of **Pure Oxygen Serum**, gently pat into skin. Optional: for more intense anti-aging benefits, replace **Pure Oxygen Serum** with **Micro Sculpting Serum**.
9. **MOISTURIZE & PROTECT:** Mix together a small amount of **Red Wine Blueberry Pumpkin Cream** with a small amount of **Sun-Fit Mineral Skin Protection** and apply to face and neck, covering the entire area treated. For more aggressive therapy, apply the **Anti-Wrinkle Retinol Concentrate Cream** to increase re-texturizing effect.
10. **EYES:** Apply a small amount of **Tone 'n Tighten with Instalift™** and gently work around the eye area.



Blue Agave Margarita Treatment

TREATMENT TIME: 30-60 mins.

APPROXIMATE COST PER TREATMENT: \$4.23+
(depending on masque chosen for protocol)

SKIN TYPES: All skin types, dry skin, acne, fine lines and wrinkles, sun damage, loss of elasticity, pigmentation

Resurface and improve skin's clarity and tone with a potent cocktail of skin-healthy detoxifiers. This 25% lactic acid peel treatment aids in brightening discolorations while toning skin; increasing uniformity of color, texture and clarity. A truly purifying, detoxifying, moisturizing and balancing treatment harnesses the power of nature's nutrients from chlorophyll and blue agave.

1. **CLEANSE:** Apply a small amount of **Deep Pore Cleanser** to your hands and add water to activate into a foam. Remove with warm towels or cotton pads.
2. **EXFOLIATE:** Exfoliate skin with a small amount of **Cranberry Purifying Scrub**, and gently massage into skin, and remove with warm towels.
3. **PEEL PREP:** Apply **Lactic Acid 10% Peel Prep** to skin with a cotton round.
5. **PEEL:** Apply a very thin layer, about ¼ - ½ tsp., of **Margarita Peel with Blue Agave** to the area to be treated. Leave on for up to 10 minutes, or as appropriate for skin type and tolerance. During this time the 7-Step Micro Massage Technique (refer to massage chart) may be performed. Remove peel with cool water, using towels or cotton pads – lightly but thoroughly, taking care not to rub skin. Check in with client to make sure there is no tingling sensation is left. If redness or irritation occurs, apply **Calm Balm** to skin
6. **TONE:** Spritz skin with a few pumps of **Collagen Fitness Spritz**, or spritz a few pumps directly onto hands and pat gently into skin.
7. **PLUMP & CONTOUR:** Perform the 7-Step Micro Massage Technique with 1-2 pumps of **Micro Sculpting Serum**.
8. **OPTIONAL MASQUE:** Customize treatment by applying your choice of one of Skin Fitness Therapy's facial masques to the face and neck. Neck and shoulder massage may be done at this time. Remove with warm towels or cotton pads and tone skin again.
9. **TARGET SERUMS:** Individually apply or cocktail your choice of the following serums to customize treatment:
 - EGF Protein Complex
 - Multi-Vitamin Serum with Stem Cells and Dynalift™
 - Vital C Serum 20% with Ellagi-C + Resveratrol Concentrate
 - Hyaluronic Serum Sealer with Copper Peptides, DMAE & Argireline®
10. **EYES:** Apply a small amount of **Tone-N-Tighten with Instalift™** and gently work around eyes.
11. **MOISTURIZE & PROTECT:** Mix together a small amount of **Ultra Moisturizing Cream with EGF** with a small amount of **Sun-Fit Mineral Skin Protection** and apply to face and neck, covering the entire area treated.

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10. **EYES:** Apply a small amount of **Tone-N-Tighten with Instalift™** and gently work around eyes.
12. **TREATMENT MOISTURIZER:** Apply a small amount of **Anti-Wrinkle Cream** to face and neck.
13. **LIPS:** Apply a tiny drop of **Crystal Dew Drops** onto lips, gently working into the lip area.



Aqua Marine Breeze

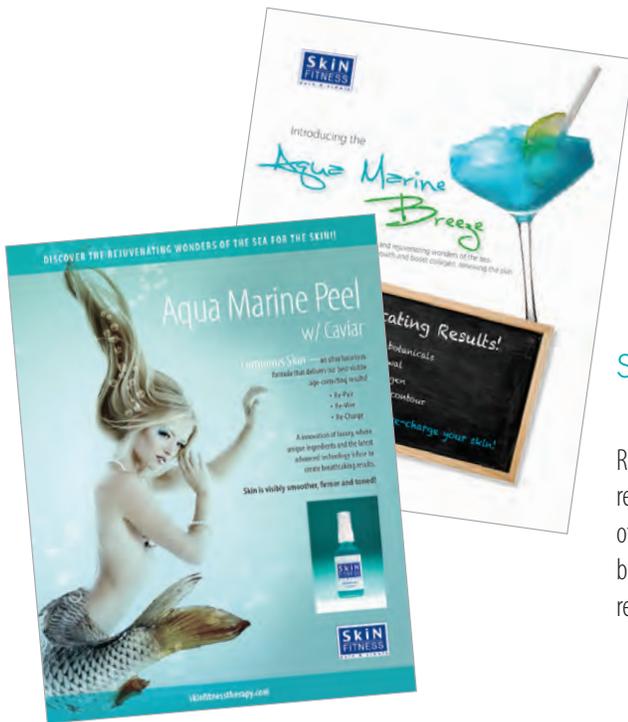
Collagen Boosting Caviar Treatment

TREATMENT TIME: 70-90 mins.

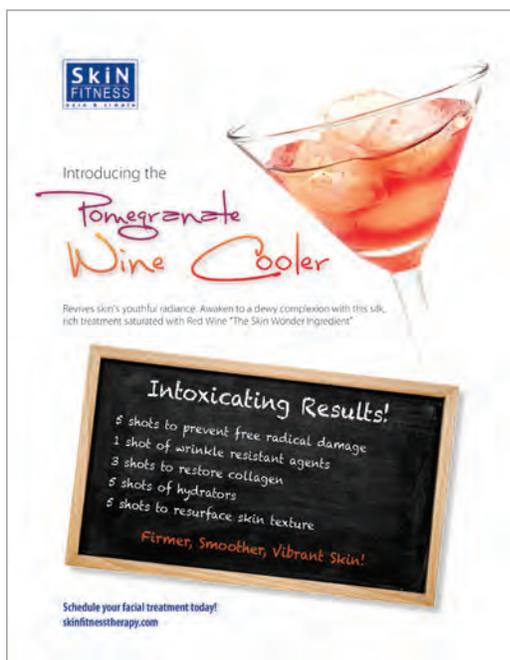
APPROXIMATE COST PER TREATMENT: \$5.25- \$7.25

SKIN TYPES: Aging, mature, dehydrated skin, loss of elasticity, fine lines and wrinkles

Re-charge your skin with an ultra-luxurious marine blend that combines the rejuvenating wonders of the sea! Skin is nourished with a unique combination of glycolic acid, lactic acid, caviar, phyto retinols and marine algae. Natural botanicals stimulate cell growth and boost collagen; smoothing, firming and renewing skin for breathtaking results!



1. **CLEANSE:** Apply a small amount of **Deep Pore Cleanser** to your hands and add water to activate into a foam. Remove with warm towels or cotton pads.
2. **EXFOLIATE:** Exfoliate skin with a small amount of **Cranberry Purifying Scrub**, and gently massage into skin, and remove with warm towels.
3. **PEEL PREP:** Apply **Lactic Acid 10% Peel Prep** to skin with a cotton round.
5. **OPTIONAL BOOSTER:** Apply a small amount of **Retinolic Serum** or **Vitamin A & E Serum** (depending on skin type and tolerance) prior to peel application to aid in increasing cell turnover and to provide a re-texturizing effect. Apply on top of **Lactic Acid 10% Peel Prep**, leave on.
6. **PEEL:** Apply a thin layer of the **Aqua Marine Peel w/ Caviar** to prepped skin and leave on for up to 10 minutes. You may work the peel in with your fingers following the 7-step Micro-Massage Technique. Remove with a cool cotton pad or towel.
6. **TONE:** Spritz skin with a few pumps of **Collagen Fitness Spritz**, or spritz a few pumps directly onto hands and pat gently into skin.
7. **SERUM:** Apply a small amount of **Botanical Collagen Serum** by patting into skin.
8. **MASQUE:** Apply one of the following treatment masques to face and neck, refer to product data sheet for application instructions.
 - Aragonite Pearl Masque
9. **TONE:** Spritz skin with a few pumps of **Collagen Fitness Spritz**, or spritz a few pumps directly onto hands and pat gently into skin.
10. **TARGET SERUMS:** Individually apply or cocktail your choice of the following serums to customize treatment:
 - EGF Protein Complex
 - Micro Sculpting Serum
 - Multi-Vitamin Serum with Stem Cells and Dynalift



Pomegranate Wine Cooler Treatment

(RED WINE THERAPY)

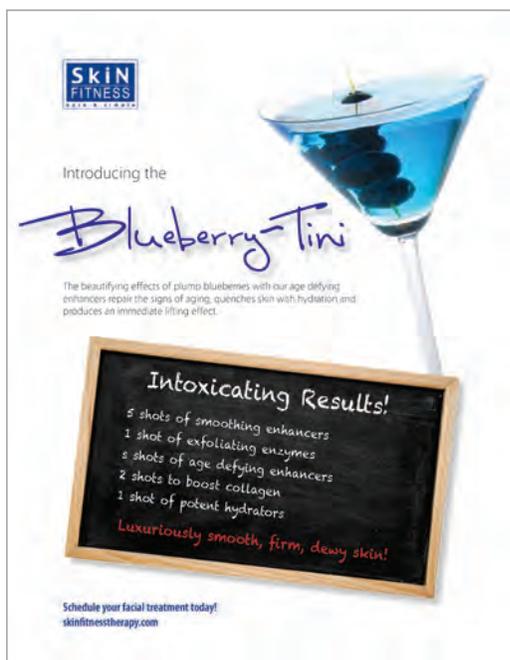
TREATMENT TIME: 50-60 mins.

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.



Blueberry-Tini Treatment

Wine & Chocolate Indulgence
(RED WINE THERAPY)

TREATMENT TIME: 60-90 mins.

APPROXIMATE COST PER TREATMENT: \$5.00

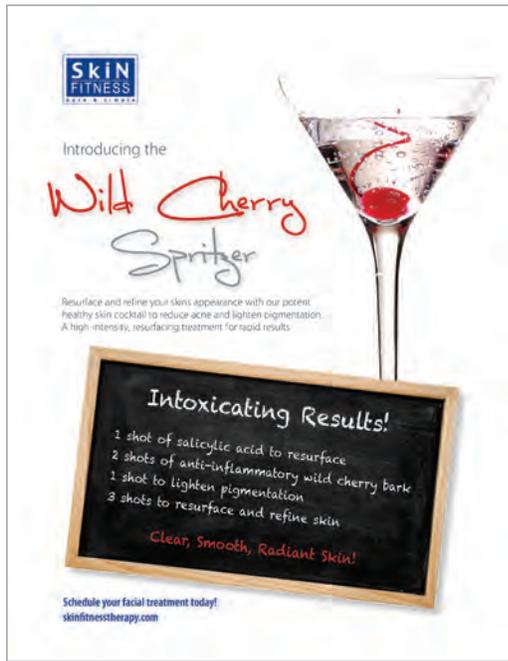
SKIN TYPES: All skin types, mature, aging skin

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. **STONE:** 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 & Dyalift®
 - 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.

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Wild Cherry Spritzer

Salicylic Acid
Resurfacing Treatment
for Acne / Hyper-Pigmentation

TREATMENT TIME: 30-50 mins.

APPROXIMATE COST PER TREATMENT: \$2.80 - \$3.10

SKIN TYPES: Acne, fine lines and wrinkles, large pores, acne scars, pigmentation

Resurface and refine your skin's appearance with a powerful blend of salicylic acid and anti-inflammatory wild cherry bark. Your skin care "Master Mixologist" will blend a skin healthy cocktail to rapidly exfoliate your skin - lightening pigmentation, reducing acne and acne scars. This is truly a high-intensity, resurfacing treatment with drastic results!

1. **CLEANSE:** Apply a small amount of **Deep Pore Cleanser** to your hands and add water to activate into a foam. Remove with warm towels or cotton pads.
2. **PEEL PREP:** Apply **Lactic Acid 10% Peel Prep** to skin with a cotton round.
3. **PEEL:** With a fan brush, quickly apply a small amount (even layer) of the **Salicylic Peel**, beginning first on the forehead and working your way down. Leave sensitive areas for last, i.e. nose and mouth area. If skin is thin or sensitive, leave the peel on for less time. For thick and/or resilient skin, leave it on longer. While peel is on, give client a fan to help alleviate stinging sensations. Closely monitor clients level of sensitivity on a scale from 1-10, 1 being no sensation, 10 being the most. Visually inspect skin and be prepared to remove peel immediately with cool compresses if client experiences extreme discomfort or when appropriate to remove.

* Refer to peel data sheet for additional application instructions. Remove all traces of peel with cool water using towels or cotton pads, taking care not to rub skin. Check in with client to be sure of complete removal and that no tingling sensation remains.
4. **TONE:** Spritz skin with a few pumps of **Anti-Radical Toner**, or spritz a few pumps directly onto hands and pat gently into skin.
5. **MASQUE:** Apply a thin and even layer of **Calm Balm Masque** to calm and cool skin. Remove masque gently with cool cotton pads.
6. **TONE:** Spritz skin with a few pumps of **Anti-Radical Toner**, or spritz a few pumps directly onto hands and pat gently into skin.
7. **RAPID RECOVERY:** Apply **EGF Protein Complex**, followed by (may be cocktailed) 1 pump of **Pure Oxygen Serum**, gently pat into skin.
8. **OPTIONAL- ANTIOXIDANT BOOSTER:** Apply a small amount of **Multi-Vitamin Serum with Stem Cells and Dynalift™** to the face and neck area.
9. **EYES:** Apply a small amount of **Tone 'n Tighten with Instalift™ Eye Cream** and gently work around the eye area.
10. **MOISTURIZE & PROTECT:** Mix together a small amount of **Ultra Moisturizing Cream with EGF** (normal/dry skin) or **Lemon Gel Hydration** (acne/oily skin) with a small amount of **Sun-Fit Mineral Skin Protection** and apply to face and neck, covering the entire area treated.

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Mimosa

30% Vitamin C Antioxidant Treatment – “Summer Fit Skin”

TREATMENT TIME: 50-60 mins.

APPROXIMATE COST PER TREATMENT: \$5.00

SKIN TYPES: Dry, sensitive, sun damage, loss of elasticity, couperose, dehydrated, rosacea, pigmentation, fine lines and wrinkles

Restore a youthful and healthy glow with a burst of antioxidants and fruit enzymes. This naturally aromatic treatment drenches skin in 30% Vitamin C to stimulate collagen and strengthen elasticity. Buff away dead skin cell build-up for a burst of pure nutrition, while repairing sun damage and leaving skin with a brighter, smoother complexion.



- CLEANSE:** Apply a small amount of **Deep Pore Cleanser** to your hands and add water to activate into a foam. Remove with warm towels or cotton pads.
- PEEL PREP:** Apply **Lactic Acid 10% Peel Prep** with a cotton pad onto the face and neck.
- ENZYME:** Mix ½ tsp. of **Vitamin C 30% Powder** and slowly add **Liquid Activator** to a consistency just thinner than a paste mixture (baby food consistency). Apply to face and neck, and massage into skin for up to 12 minutes (refer to the 7-Step Micro Massage Chart). Light steam is recommended to enhance treatment results. Remove with a warm towel twice to ensure complete removal. (Refer to **Advanced Power Peel Chart & Guide** for advanced mixology recipes based on skin type/condition.)
- EXTRACTIONS:** Complete extractions if necessary, followed by toning skin with a cotton round with **Anti-Radical Toner**.
- RAPID RECOVERY:** Apply **EGF Protein Complex**, followed by (may be cocktail) 1 pump of **Pure Oxygen Serum**; gently pat into skin. Optional: for more intense anti-aging benefits, replace **Pure Oxygen Serum** with one of our **Energetics Serums**.
- MASQUE:** Apply **Cell-Tex Vitamin C Cream** the size of a quarter to the face and neck, massage into skin and cover with damp gauze (optional: cover eyes with an eye pillow). Leave on for approximately 10 minutes, at which time you may massage client's neck and shoulders. Remove excess cream with a warm towel.

NOTE: For sensitive skin types, omit **Cell-Tex Vitamin C Cream** and choose the most appropriate facial masque based on skin type.
- TONE:** Spritz skin with a few pumps of **Anti-Radical Toner**, or spritz a few pumps directly onto hands and pat gently into skin.
- EYES:** Apply a small amount of **Contouring & Soothing Eye Gel** around eye area.
- TARGET SERUMS:** Individually apply, or cocktail your choice of the following serums to customize treatment:
 - **Multi-Vitamin Serum w/ Stem Cells & Dynalift**
 - **Vital C Serum w/ Ellagi-C & Resveratrol Concentrate**
 - **Hyaluronic Serum Sealer w/ Copper Peptides, DMAE & Argireline®**
- MOISTURIZE & PROTECT:** Mix together a pea-sized amount of **Ultra Moisturizing Cream with EGF** with a small amount of **Sun-Fit Mineral Skin Protection** and massage into skin (for oily skin, omit **Ultra Moisturizing Cream**).

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Fall Fit Skin Treatment

TREATMENT TIME: 30-60 mins.

APPROXIMATE COST PER TREATMENT: \$2.00 - \$4.00

SKIN TYPES: All

Fall is an optimal time to repair summer sun damage, even out skin tone and increase hydration, preparing for the cooler season ahead. Skin Fitness Therapy combines nature's elements with advanced technologies to transform the skin instantly. This treatment contains fruit acids and enzymes that will unclog, refine and clarify pores, boost collagen, brighten skin tone, reduce wrinkles, and hydrate tired, visibly dull- skin.

1. **CLEANSE AND PRE-EXFOLIATION:** Apply a small amount of **Pumpkin/Pomegranate Cleanser** (add water to activate into a foam), mixing a small amount of **Cranberry Purifying Scrub** and working into skin with circular motions. Remove with warm towels or cotton pads.
2. **PEEL PREP:** Apply **Lactic Acid 10% Peel Prep** to a cotton round and apply to the face and neck.
4. **OPTIONAL BOOSTER:** Apply a small amount of **Retinolic Serum** or **Vitamin A & E Serum** (depending on skin type and tolerance) prior to peel application to aid in increasing cell turnover and to provide a re-texturizing effect. Apply on top of **Lactic Acid 10% Peel Prep**, leave on.
5. **PEEL OR ENZYME:** Apply the most appropriate enzyme or peel for your client to customize treatment.
 - Cranberry Enzyme
 - Ultra Pumpkin Peel
 - Pumpkin Enzyme
 - Pomegranate Acai Wine + Date Seeds Peel

Refer to product data sheets for application instructions. After applying peel/enzyme to skin, 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.

6. **TONE:** Spritz skin with a few pumps of **Anti-Radical Toner**, or spritz a few pumps directly into hands and gently pat into skin.
8. **RAPID RECOVERY:** Apply 1 pump of **Pure Oxygen Serum** and a few drops of **EGF Serum** into the palms of hands. Gently pat onto face and neck..
9. **EYES:** Apply a very small amount of **Tone 'n Tighten with Instalift™** to entire eye area.
10. **MOISTURIZE & PROTECT:** Mix a pea-sized amount of **Red Wine Blueberry Pumpkin Cream** with a small amount of **Sun-Fit Mineral Skin Protection** and apply to face and neck, covering the entire area treated.

NOTE: Recommended facial masque to enhance treatment protocol – **Hydrating Cranberry Masque**. Masque should be applied following peel/enzyme removal.

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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)

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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.





Spring Fit Skin Treatment

TREATMENT TIME: 30-80 mins.

APPROXIMATE COST PER TREATMENT: \$3.41+
(Depending on masque chosen)

SKIN TYPES: All

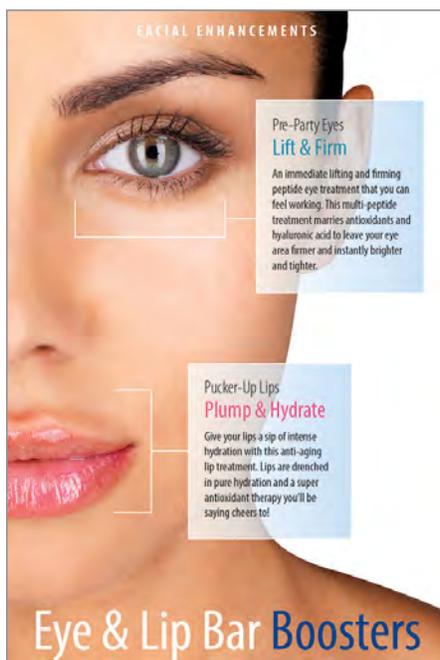
Energize your skin this season with our spring facial treatment. The winter months wreak havoc on the skin, causing excessive dryness, cellular debris and clogged pores. Our seasonal spring treatment captures natural botanicals from the sea to create an infusion to rejuvenate, recharge and restore a radiant, healthy complexion.

1. **CLEANSE:** Apply a small amount of **Deep Pore Cleanser** (add water to activate into a foam), mixing a small amount of **Cranberry Purifying Scrub** and working into skin with circular motions. Remove with warm towels or cotton pads.
2. **PREP:** Apply **Lactic Acid 10% Peel Prep** to a cotton round and apply to the face and neck.
4. **PEEL:** Apply the most appropriate peel to customize treatment. If client is contraindicated to a peel treatment, omit peel portion of protocol.
 - Aqua Marine Peel w/ Caviar
 - Margarita Peel w/ Blue Agave

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. (Refer to the Advanced Power Peel Chart & Guide for advanced mixology recipes, based on skin type/condition.) If redness or irritation occurs, apply Calm Balm to skin.
4. **TONE:** Spritz skin with a few pumps of **Collagen Fitness Spritz**, or spritz a few pumps directly onto hands and pat gently into skin.
5. **OPTIONAL MASQUE:** Add-on masques to enhance treatment protocol.
 - Aragonite Pearl Masque
6. **MICRO MASSAGE:** Mix together 1 pump of EGF Protein Complex and 1 pump of **Micro Sculpting Serum** into palm of hand. Following the 7-Step Micro Massage Technique, massage product into skin. Leave on.
7. **TARGET SERUMS:** Individually apply or cocktail your choice of the following serums to customize treatment:
 - Vital C Serum 20% w/ Ellagi-C +Resveratrol Concentrate
 - Multi-Vitamin Serum w/ Stem Cells and Dynalift™
 - Hyaluronic Serum Sealer w/ Copper Peptides & DMAE
8. **MOSTURIZE & PROTECT:** Mix together a pea-sized amount of **Ultra Moisturizing Cream with EGF** with a small amount of **Sun-Fit Mineral Skin Protection**, and apply to face and neck, covering the entire area treated.
9. **EYES:** Apply a very small amount of **Tone 'n Tighten w/ Instalift™** and gently work around eye area

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Anti-Aging Peptide Eye & Lip Enhancement

TREATMENT TIME: 10-15 mins.

APPROXIMATE COST PER TREATMENT: \$2.00 - \$4.00

SKIN TYPES: All, anti-aging

This anti-aging eye and lip treatment safely and effectively exfoliates, lifts, and firms the eye area with multiple peptides, combined with advanced antioxidants and skin hydrators, to drastically plump up fine lines and wrinkles around the eye and lip area. A luxurious lip product with red wine antioxidants and spin traps (super antioxidants) completes the treatment, and leaves lips instantly plumper and more hydrated.

1. **CLEANSE:** Remove eye makeup with **Lemon Chiffon Cleanser** or **Beta Serum Eye/Lip Makeup Remover**. If client prefers to keep mascara on, work around lashes.
2. **HYDRATE & PLUMP:** Apply a small amount of **Hyaluronic Serum Sealer w/ Copper Peptides, DMAE & Argireline®**, cocktailed with a small amount of **Pure Oxygen Serum**, to entire circumference of eye area.
3. **LIFT & FIRM:** Measure approximately ¼ tsp. of **Lifting & Firming Peptide Gel Masque** and approximately ½ tsp. of **Total Facial Fitness Powder**. Mix together to reach a consistency similar to a mud masque. With a small fan brush, apply a sheer, thin, even layer of eye masque around entire eye area. Leave masque on for 5-10 minutes, or until completely dry and taut. Before removing masque, moisten fingertips with warm water, and apply to eye area to moisten and loosen masque. Remove with warm cotton pads or sponges.

NOTE: Guest may experience a tingling sensation while masque is on, this is normal.

4. **PEPTIDE THERAPY:** Apply a small amount of **Wrinkle Relaxer Serum** around entire eye area, and on areas with expression lines and wrinkles. Gently massage serum into the eye area in upward and outward strokes.
5. **FINISHING EYE THERAPY:** Apply your choice of one of the following to customize client's treatment:
 - Tone 'n Tighten with Instalift™
 - Crystal Dew Drops for Eyes & Lips
 - Contouring and Soothing Eye Gel
 - Bright Eyes Concealer Therapy
6. **HYDRATE & PLUMP LIPS:** Complete treatment by applying a small amount of **Wrinkle Relaxer Serum** around outer lip area where fine lines appear, followed by a tiny drop of **Crystal Dew Drops for Eyes & Lips** on lips. Ask client to rub their lips together to work product in for maximum absorption.

HOME CARE: Recommend the most appropriate eye and lip care products for client to continue at home for extended results.

Suggested Retail Kit for Expression Lines & Wrinkles: **Quick Fix Kit (Hyaluronic Serum Sealer & Wrinkle Relaxer Serum)**

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