



Home Care Plan

To support Bellanina Facelift Massage - Bellanina Botanicals

Your Bellanina® Facelift Massage treatments are designed to give you the optimum benefits for healthy, glowing, youthful skin. In addition to these luxurious treatments, your homecare program consists of the use of some of the finest products on the market. These products will help to change your skin in texture and appearance of you use them consistently and correctly.

Customized Program For: _____ **Therapist:** _____

Skin Type: Dry Normal/All Oily Blemished Sensitive Mature

A FACELIFT MASSAGE TREATMENTS

6 – 12 treatments: 2 – 3 times a week

WEEK 1	_____ @ _____ am/pm	_____ @ _____ am/pm	_____ @ _____ am/pm
WEEK 2	_____ @ _____ am/pm	_____ @ _____ am/pm	_____ @ _____ am/pm
WEEK 3	_____ @ _____ am/pm	_____ @ _____ am/pm	_____ @ _____ am/pm
WEEK 4	_____ @ _____ am/pm	_____ @ _____ am/pm	_____ @ _____ am/pm

B FOLLOW-UP CONSULTATION after 6 treatments Date: _____ Time: _____

C SELF MESSAGE INSTRUCTION AND CONSULTATION (See other side)

D HOME SKIN CARE PRODUCTS Recommendation and procedure as follows:

Step 1: Cleanse Twice a day (AM & PM). Smooth cleanser over face. Rinse with water. Pat dry.

- Botanical Cleanser (All) Mandarin Cleanser (All/Dry)
 Deep Purifying Cleanser (Oily) Green Tea + Licorice Cleanser (All)
 Other: _____

Step 2: Exfoliate 2-3 x weekly in the AM. Apply in circular motion over face & neck. Leave on face a minute or two.

- Jojoba Exfoliating Cleanser (All/Sensitive) Banana + Orange Enzyme Exfoliant (All)
 Microdermabrasion Creme (All/Oily) Other: _____

Step 3: Tone Twice a day (AM & PM) after cleansing. Use cotton ball or pad to wipe across face. Allow to dry.

- Botanical Toner (All) Pomegranate + Sandalwood Toner (All)
 Lemongrass + Echinacea Toner (Oily) Other: _____

Step 4: Correct Twice per day (AM & PM). All skin types can use correcting products based on their conditions.

- Luminous Peptide Serum (*wrinkles*) RosaCalm (*calms "red" skin/evens tone, Rosacea prone*)
 Rapid Response Line Filler (*wrinkles*) Refreshing Anti-Puffiness Gel (*decreases fluid under eyes*)
 Matrix Oil (*wrinkles*) Gotu Kola + Coconut Serum (*organic, anti-aging*)
 Other: _____

Step 5: Correct Acne

- Blemish Control (spot treat daily) Salicylic Treatment (Oily)
 Camphor Masque (oily & blemished) Fruit Enzyme Peel (Oily/Blemished)

Step 5: Moisturize Twice per day (AM & PM)

- EYES - Botanical Eye & Throat Creme (All) Mango + Mineral Eye Treatment
 Green Tea + Arnica Eye Gel
 FACE - Botanical Moisturizer (All) Restorative Marine Moisturizer (Dry/Mature)
 Sage & Citrus Moisturizer (Oily) Cranberry + Calendula Creme (Dry/Mature)
 Herbal Silk Moisturizer (Normal/All) Raspberry + Grapeskin Moisturizer (Dry)

Step 6: Protect

- Advanced Protection SPF 30 (All) Organic Lip Balm SPF 15 or 30 (All)
 Intense Moisture Repair Creme SPF 30

Step 0: Occasional Once per week.

- Honeylift Massage Lotion (All) Soft Papaya & Pumpkin Masque (All/Dry)
 Pineapple & Papaya Enzyme Peel (All/Mature) Other: _____