



Home Care Plan

Bellanina Cosmeceuticals

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 if 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.

- Oxygen Revitalizing Cleanser (All) Grapefruit Facial Cleanser (All/Oily)

Step 2: Exfoliate 2-3 x weekly in the AM. Apply in circular motion over face & neck. Rinse well.

- Foaming Facial Scrub Alpha Beta Polishing Cleanser Other: _____

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

- Glycolic Toner Vital Hydrant Gel Toner Other: _____

Only use 3-4 days per week

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

- Vit A Serum (*brighten, smooth*) Vitamin C 12% Serum (*brighten, lighten, tighten*)
- Age Repair Stem Cell Serum (*wrinkles*) 100% Pure Hyaluronic Serum (*hydration, wrinkles*)
- Copper Peptide Serum (*heal, plump*) Other: _____

Step 4a: Correct Acne

- Detoxifying Charcoal Mask Salicylic Enzyme Exfoliant
- Grapefruit Cleanser Salicylic Treatment

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

- EYES - Dark Circle Deminisher (mature) Other: _____
- FACE - Intensive DNA Repair Creme (mature) Glycolic Face Creme (mature)

Step 6: Protect As needed.

- Intense Moisture Repair Creme SPF 30 Organic Lip Balm SPF 15 or 30 (All)
- Other: _____

Step 0: Occasional Once a week.

- Salicylic Enzyme Exfoliant
- Retinol Night Masque
- Other: _____