



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 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.

- Glycolic Face Cleanse 15% (All)* Grapefruit Facial Cleanser (All/Oily)

We recommend alternating cleansers when using glycolic as it can be too harsh as a daily cleanser

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

- Salicylic Enzyme Exfoliant Other: _____

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

- Glycolic Face Toner 10% 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.

- Vitamin C (brighten, lighten, tighten) Glycolic Serum 15% (smooth) Stem Cell Serum (wrinkles)
- Alpha Lipoic Serum (wrinkles) Copper Peptide Serum (heal, plump)
- Repair Intensive (UV Damage) Other: _____

Step 4a: Correct Acne

- Blemish Repair (breakouts) Glycolic Face Toner 10%
- Glycolic Face Cleanse 15% Glycolic Face Serum 15%

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

- EYES - Alpha Lipoic Eye Creme (mature) Other: _____
- FACE - Alpha Lipoic Perfection Creme (mature) Active Daily Moisturizer (Oily/Normal)

Step 6: Protect As needed.

- Sheer Moisturizer SPF 30 (All) Organic Lip Balm SPF 15 or 30 (All)
- Other: _____

Step 0: Occasional Once a week.

- Salicylic Enzyme Exfoliant (use as a mask as well as an exfoliant 1 time per week)
- Glycolic Body Smoother 12% (smooth over body to rid skin of dryness and patches)
- Other: _____