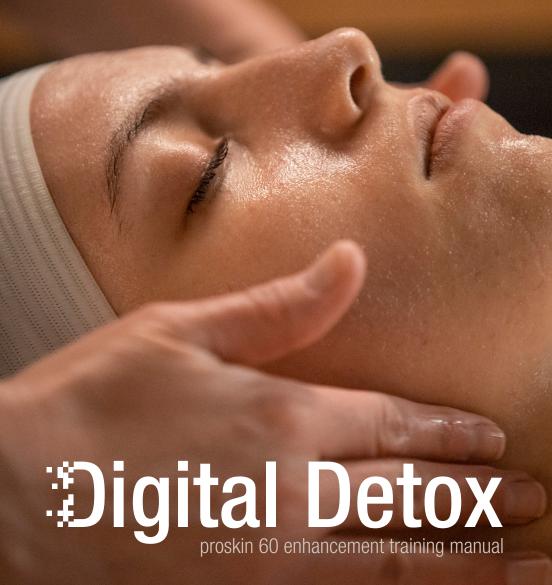
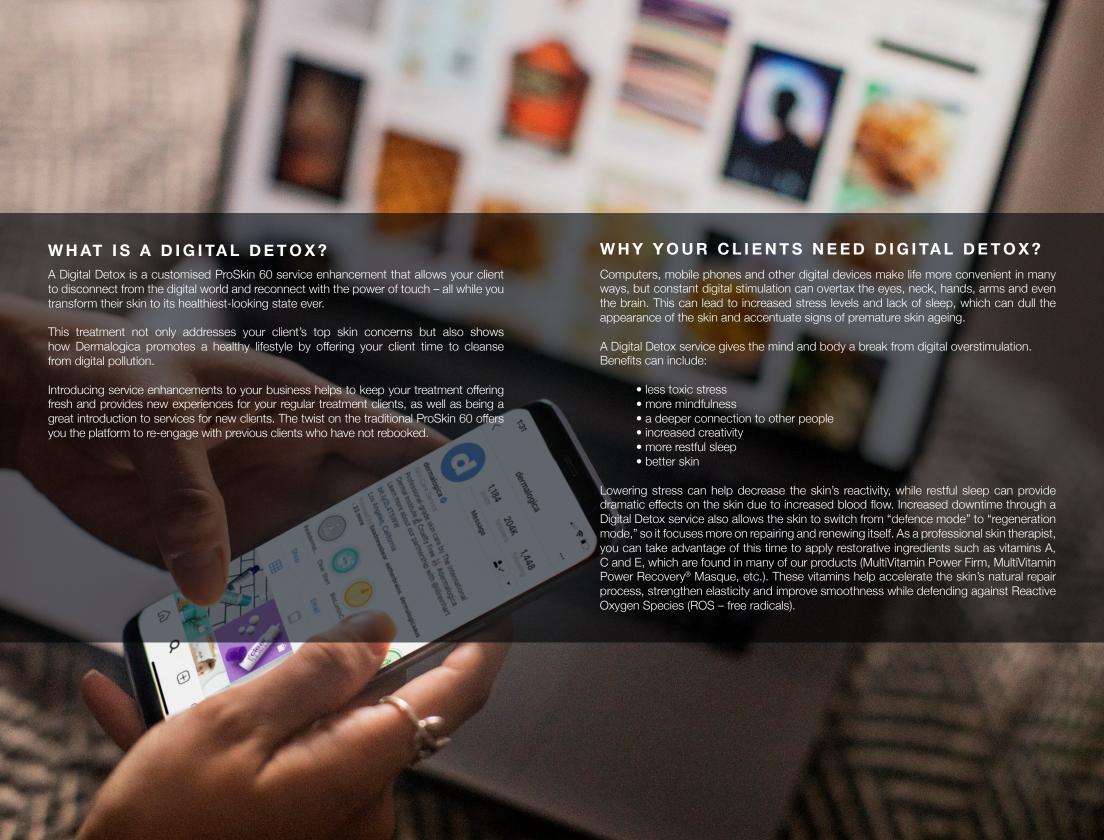
reboot.
recharge.
revitalise.





DIGITAL DETOX PROTOCOL

The Digital Detox service enhancement is based on the ProSkin 60 modules with customisation. The overview below provides a quick reference guide on how long each section of the treatment will take, allowing more time to focus on Touch Therapy and Deep Treatment Modules.

Double Cleanse

Face Mapping®

PreCleanse

Second Cleanse

Resurfacing

10 minutes

Professional Exfoliants

Touch Therapy

Pressure Point Massage

Eye Relief

Dermal Lavering

Treatment 20 minutes

Deep

IonActive™ Serum

4

Masque

Contour Masque

Targeted Neck & Shoulder

Moisturiser / SPF

EYE RELIEF PRO TECHNIQUE

1. Apply

Generously apply 6 dots to both eyes: 3 under the eye brow and 3 under the eye.



2. Lift and Energise

Press and lift up at the inner, centre and outer corners of the eye brows. Hold each lift for 1-2 seconds. Gently glide wands beneath the eyes, back to the brows. Repeat 3 times.



5. Soften Lines

Beginning near the temple, draw small "t's" by gliding with one wand upward and moving the other wand outward to the hairline. Repeat on each side 6 times.



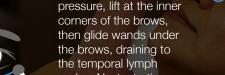
6. Relax and Release

With alternating eye wands, draw a small "x" between brows to smooth lines and release tension. Repeat 6 times.



3. Press and Smooth

With medium to firm pressure, lift at the inner corners of the brows, the brows, draining to the temporal lymph nodes. Next, starting at the inner corners of the eyes, press and smooth wands under temples. Repeat 3 times.



eyes, draining out to the



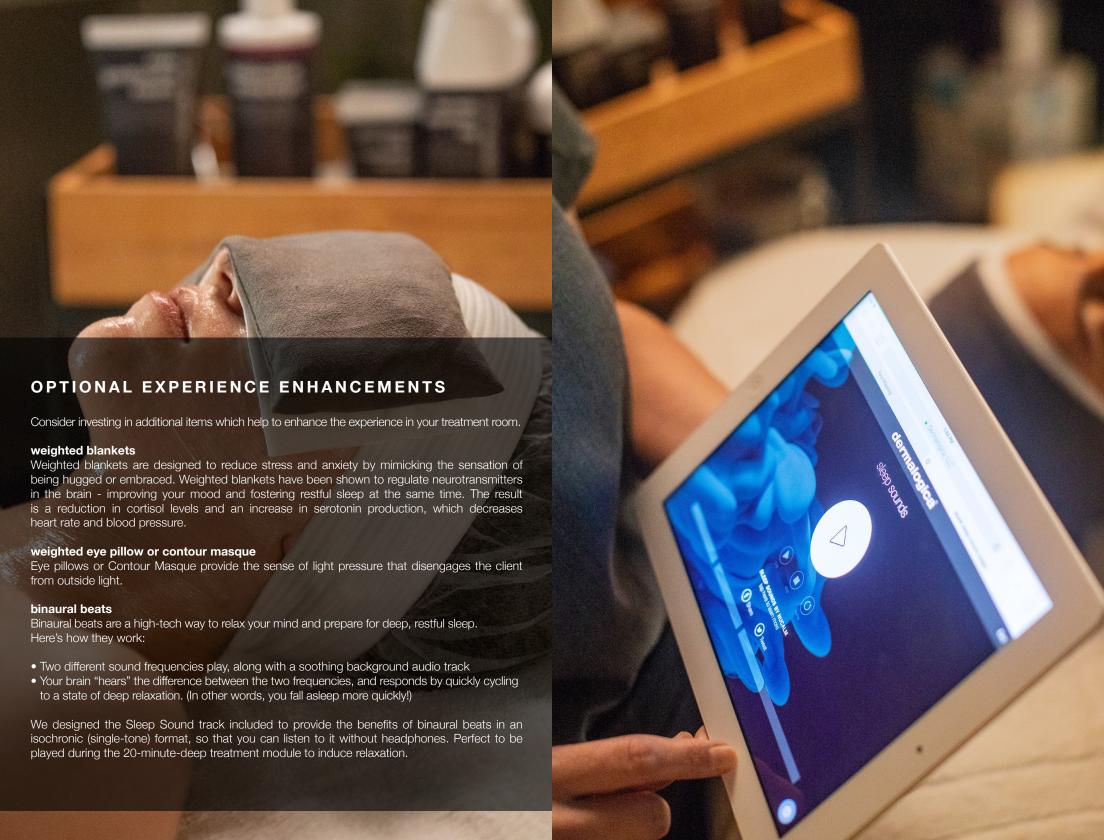
4. Brighten & De-puff

Gently perform small circles under the eyes, from the outer corners to the inner corners. Glide back toward the outer corners. Repeat 3 times.



7. Finish

Circle around the eyes one time and complete the massage with small circles at temples 6 times. Apply light pressure and remove wands. Gently massage in excess product.





POST TREATMENT

Skin Fitness Plans should include a comprehensive approach to supporting your client's skin health post treatment. Share the following advice to bring the digital detox experience home:

Don't underestimate the benefit of a good night's sleep. Blue light from devices will delay the release of sleep-inducing melatonin. Switch off technology at least 30 minutes before bedtime. If falling asleep is a problem, listen to binaural beats which induce relaxing, restorative sleep.

Transform skin overnight by optimising on night-time skin recovery. Sound Sleep Cocoon™ is specifically formulated with motion-activated French Lavender Essential Oil (with Sandalwood and Patchouli) that works all night to promote deep, restful sleep for healthier-looking skin by morning.

Establish a calming bedtime routine by applying Sound Sleep Cocoon™ using these steps to promote restful, regenerative sleep.



apply

Dispense 1-2 pumps onto fingertips and gently apply over face and neck as the last step of night-time regimen.



massage

Smooth onto skin with light fingertip circles. This begins the release of essential oils and aids in absorption of active ingredients.



breathe

Close eyes, cup hands over nose and mouth and breathe in deeply for 3 seconds. Remove your hands and slowly exhale. Repeat for 15 seconds. Constant digital stimulation puts strain on eyes. Try to regularly look away from the device screen every twenty minutes and focus on distant objects. This will relax the focusing muscle inside the eye, which in turn reduces eye fatigue.

Stress Positive Eye Lift is an active, cooling cream-gel masque to energise skin and reduce visible signs of stress. This high-performance formula minimises the appearance of puffiness and dark circles and increases skin luminosity. Use as needed for a quick boost, or daily to address signs of chronic eye fatigue. Try out the at home DIY to get maximum impact.



1. Apply

Starting on the right eye, generously apply 6 dots as shown



2. Lift and Energise

Press and lift up at the inner centre and outer corners of your eye brow. Hold each lift for 1–2 seconds and glide between lifts. Continue to glide gently under your eye, back to your brow. Repeat all movements 3 times on each eye.



3. Brighten and De-puff

Gently circle under eye, from the outer corner to the inner corner

Glide back towards the outer corner. Repeat movements 3 times on each eye.

For Optimal Results leave product on skin for 3-5 minutes. Massage in any excess, or tissue off. Follow with your prescribed Dermalogica eye treatment.

NOTES	NOTES

dermalogica

