

phyto replenish oil

dewy skin DIY massage routine

This is a 4-step, do-it-yourself massage routine with acupressure and drainage techniques that:

- Boosts blood flow and detoxifies the skin
- Smooths visible lines and alleviates tension
- Promotes absorption of **Phyto Replenish Oil** actives

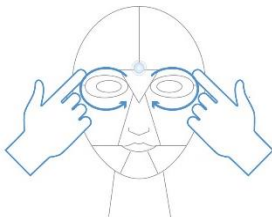
Begin: Apply 4-6 drops of **Phyto Replenish Oil** in the palm of one hand. Press hands together to spread the product evenly, turn one hand and swipe to spread. Lightly press the oil onto the face, beginning at the forehead, then cheeks, nose, chin and neck. Spread out to hairline.



Step 1. Forehead Wrinkle Release

1. **Forehead Wrinkle Release:** Place fingertips together in the middle of the forehead with hands and elbows out, press firmly. Next glide with fingers together with slight pressure to the temples, press and release. Repeat 3 times.

Effect: This helps to smooth and relax the muscles and improve the appearance of lines and wrinkles brought on by stress.



Step 2. Revitalize Eyes

2. **Revitalize Eyes:** Using your middle or index finger, press between the brows on the 3rd eye and stroke over the brows around the eyes returning to the center. Next still using your fingers, move in an S shape to release and soften the muscle between the brows. Glide around the eyes again, return to center and repeat the press, glide and drain. Now repeat the S movement. Perform this sequence 3 times each (6 total), alternating between presses and S's.

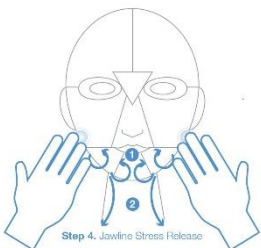
Effect: Smooth frown lines, reduce eye puffiness and strain, alleviate headaches, sinus pain and enhance skin glow and health.



Step 3. Glow Point Detox

3. **Glow Point Detox:** Using your index or middle finger press either side of the nostril, release and slide to the glow point under the lower cheek bone and press. Glide towards the ear and press in the hollow just in front of the ear. Repeat 3 times.

Effect: These key pressure points may feel a little tender but help to encourage circulation and detoxification of the skin while boosting inner skin radiance.



Step 4. Jawline Stress Release

4. **Jawline Stress Release:** With flat fingers, starting at the center of the chin, massage out along the jawline with small upward circles. When you reach to just below the ear, press and drain down the side of neck with your fingers open towards the collarbone. Repeat the sequence 3 times.

Effect: This helps to release stress and tension in the jaw, increases lymphatic drainage and improves skin tone and circulation.