

# *Moss Fall Facial*

## (+ Skincare Recommendations)

	What	Why	How
Step 1: Skin Awakening	Gua Sha/Kansa massage + Revele Cleansing Oil (or oil/cleansing oil of choice)	Detoxifies, increases circulation, tones and lifts, brightens, plumps, moves lymph, depuffs	Gua sha: <a href="https://www.Youtube.Com/watch?V=bc12otfzua0">https://www.Youtube.Com/watch?V=bc12otfzua0</a> Kansa: <a href="https://www.Youtube.Com/watch?V=ycvwmgqciq">https://www.Youtube.Com/watch?V=ycvwmgqciq</a>  Once you have completed the massage, rinse the oil off. Leave skin wet for the next step.
Step 2: Exfoliation	Reset Microdermabrasion Mousse	A key step! Preps the skin to allow hydration and active ingredients to penetrate effectively	Wet skin. Use a dime sized amount massage very gently over skin, conciously addressing every area of the face. If more slip is needed, wet face again, resume massaging. For rough/dull skins, let sit for 3 minutes. All other skin types, rinse immediately.
Step 3: Cleanse	Guava Honey Or Beurre Celeste Cleansing Balms	Removes old, oxidized skincare, pollutants, + build-up. A sensory experience. A symbolic ritual of beginning anew.	Use on dry skin! Take a generous nickel sized portion and massage over the skin. Let sit for a few minutes if desired, to allow the skin to soften and any stubborn pollutants to dissolve. Rinse. It is ok to leave some residue, especially for those with dry skin! This nourishes the skin.
Step 4: Treat	See Serums (Table 2) to find your cocktail. If you are only using one serum (hey, minimalists!), Then choose the serum that addresses your main skin concern. If you are extra, layer the serums, instead of cocktailing (although the benefits are the same with either method)	Targets and improves skin concerns with consistent use	Cocktailing means mixing 2 serums together in a bowl or your palm, then applying. (So use 1/2 the amount of each). It lets you stretch expensive skincare to last longer and helps to prevent overwhelming skin with tons of product. The potency of each serum remains at 100% and is not "halved" as you might fear. You can also layer the serums! Nothing wrong with that.
Step 5: Hydrate	See Moisturizers (Table 3) to find your specific hydration step.	A key step! If your skin is not hydrated enough, it will stall desquamation. The enzymes that drive the cellular renewal process need adequate hydration to work! And this is only one of many skin metabolic processes that require hydration. Even oily skin needs hydration. The "oil-free" skincare trend dates from the 1990s and is outdated, incorrect, and harmful.	Experiment with Cocktailing vs. Layering. Very dry skins can and should do numerous layers (vs. cocktailing) of hydration. It is key to include both water and oil based hydration. A facial oil or balm is only oil based and needs to be cocktailed with or preceded by a hydrating water-based serum or lotion. In general, it is best to apply the most watery hydration first and the most occlusive and anhydrous hydration last.
Step 6: Suncare	If lots of UV exposure: mix Halo with CR Citrine or B3 Oil  If minimal UV exposure: use Potentci in Step 5  If zero UV exposure: skip this step!	Dermatologists routinely cite suncare as the #1 most important skincare step of all	Halo gives detailed instructions and comes with a scoop for perfectly consistent and accurate measuring every time. Use 1 scoop for every 2 pumps/4-8 drops of facial oil.
Step 7: Aromatherapy + Spot Treat	Phytofix Aromatherapy Hydrator	A final mist of hydric moisture helps to dewify skin and set all skincare. The aromatherapy sets a joyous and grounded tone for the day.	Hold mist about 6-12 inches from skin. Mist liberally, inhale deeply.  If there are any inflamed or deep blemishes, pat a tiny dot of zen physic directly over the blemish. The tiniest amount will do.

## Serums (Table 2)

### Skin Concern 1

Skin Concern 2

	Aging	Acne Scars	Acne	Sensitive	Dry	Dull/Rough
Aging	Soiree + ABC	Soiree + ABC	Soiree + Zephyr	Soiree + Hydroserum	Soiree + Cream Essence	Soiree + ABC
Acne Scars	Soiree + ABC	Soiree + ABC	Soiree + Zephyr	Soiree + Hydroserum	Soiree + Cream Essence	Soiree + ABC
Acne	Zephyr + Soiree	Zephyr + Soiree	Zephyr + Illumina	Zephyr + Hydroserum	Zephyr + Cream Essence	Zephyr + Illumina
Sensitive	Hydroserum + Soiree	Hydroserum + Soiree	Hydroserum + Zephyr	Hydroserum + Cream Essence	Hydroserum + Cream Essence	Hydroserum + ABC
Dry	Cream Essence + Soiree	Cream Essence + Soiree	Cream Essence + Zephyr	Cream Essence + Hydroserum	Cream Essence + Hydroserum	Cream Essence + ABC
Dull/Rough	ABC + Soiree	ABC + Soiree	ABC + Illumina	ABC + Hydroserum	ABC + Cream Essence	ABC + Illumina

## Moisturizers (Table 3)

### Skin Type

	Very Dry	Somewhat Dry	Somewhat Oily	Oily	
Comedogenic Sensitivity	Not Acne-prone	Layer Potentci + Porcelain	Cocktail Potentci + Porcelain	Potentci	Cocktail Hydroserum + 1-2 drops CR Citrine
	Somewhat Acne-prone	Layer Potentci + Porcelain	Cocktail Potentci + Porcelain	Potentci	Cocktail Hydroserum + 1-2 drops CR Citrine
	Very Acne-prone	Layer Cream Essence + Potentci + 6 drops CR Citrine	Cocktail Potentci + 2-4 drops CR Citrine	Potentci	Cocktail Hydroserum + 1-2 drops CR Citrine
	Need Pollution + UV Protection	Layer Potentci + Porcelain	Cocktail Potentci + Porcelain	Potentci	Cocktail Hydroserum + Potentci