



## Sensitive Skin Protocol Using Tools

### FEATURES OF TREATMENT:

This treatment is for those clients with sensitive or sensitized skin. This restorative treatment specifically reduces inflammation, redness, and itchiness while calming, healing and nourishing the skin. This treatment also adds great exfoliation and deep hydration that can improve complexion and boost skin's immunity, which will help prevent future irritations.

**Tara Sonic Vibrating Cleansing Silicone Brush** is effective in cleansing and mildly exfoliating sensitive skin. This skin cleansing tool also works to help diminish the visible signs of aging, increase the blood circulation, increase the absorption of products.

**Facial Roller, Gua Sha Stone, Cooling globes or Mushrooms** can be used from the forehead to décolleté to build younger, firmer, healthier skin. These tools can improve blood circulation and skin tone, promote lymphatic drainage, calm redness, reduce the appearance of fine lines and wrinkles, reduce puffiness, and improve skin elasticity while feeling calming and cooling to the skin.

### BENEFITS OF TREATMENT:

- Calms sensitive, red, inflamed and irritated skin.
- Creates a more even skin tone.
- Supports and helps to repair skin's microbiome and barrier function.
- Offers detoxifying and brightening benefits.
- Produces anti-inflammatory and anti-allergy effects to heal skin from the inside out.
- Supports moisture and protection against environmental-damage effects.
- Soothes and cools skin immediately on contact.

### PRODUCTS:

- Quiet Wash
- Refine Polish
- Mist Me Spritz
- Hush Hydrate Mask
- Relief Bio-Powder
- Sooth Essence Serum
- Eye Mousse or Brilliant Eye & Lip Serum
- Hush Hydrate Gel or Vital Lipid Lotion
- Broad Spectrum SPF 30

### TOOLS:

- Tara Silicone Scrubbers x 2
- Facial Roller, Gua Sha Stone, Cooling globes or Mushrooms

### STEPS FOR TREATMENT:

**PRE-CLEANSE:** Apply **Quiet Wash** and emulsify with tepid water. Rinse thoroughly.

**CLEANSE:** Apply **Quiet Wash** and emulsify with tepid water. Use **Tara Sonic Vibrating Cleansing Silicone Brushes** for 2 minutes. Keeping the brushes and skin wet with cleanser and water. Rinse thoroughly.

**EXFOLIATE:** Apply a small amount of **Refine Polish** to the skin and massage in gentle circular motions for 3-5 minutes and rinse well. (If necessary, perform an additional cleanse using **Quiet Wash**.) Perform extractions if necessary.

**NOURISH:** Wipe skin with wet, soft gauze or cotton soaked in **Mist Me Spritz**.

*See page 2 for continued Steps for Treatment, Notes & Contraindications*

**STEPS FOR TREATMENT (CONTINUED):**

**MASK:** Combine a quarter size amount of **Hush Hydrate Mask** with 2-3 shakes of **Relief Bio-Powder** in small bowl and apply with a mask brush liberally to the skin.

**TREATMENT:** Perform facial massage over **Hush Hydrate Mask** using **Facial Roller, Gua Sha Stone, Cooling globes or Mushrooms** for 7-15 minutes. Remove residual mask with towel.

**TREAT:** Apply **Soothe Essence Serum** to the skin.

**ENHANCE:** Apply choice of eye treatment (**Eye Mousse** or **Brilliant Eye & Lip Serum**) to the eye area.

**HYDRATE:** Apply choice of moisturizer (**Hush Hydrate Gel** or **Vital Lipid Lotion**) to the skin.

**PROTECT:** Apply **Broad Spectrum SPF 30** to the skin.

**TREAT:** Apply **Brilliant Eye & Lip Serum** to the lips.

**NOTES AND RECOMMENDATIONS:**

- Prior to performing this protocol, it is recommended to patch test specific products on all clients especially with sensitive and Health-Challenged Skin®.
- Wear gloves and sanitize regularly.
- Use steam & hot towels with extreme caution. Have cool towels available if client is agitated by ingredient activity to remove product quickly.
- Do not heavily rub or try to penetrate the product into the skin.
- Check the client's health history for medications, allergies or sensitivities to any ingredients in any of these products.
- Do not leave products on skin longer than the recommended time.
- An effective at home skincare routine is recommended for every client.
- Follow all protocols and instructions for the Tara Sonic Vibrating Cleansing Silicone Brushes, Facial Roller, Gua Sha Stone, Cooling globes or Mushrooms listed in the instructions pamphlets provided with the tools.

**CAUTIONS AND CONTRAINDICATIONS:**

- Do not use on skin with open lesions, sores or wounds.
- Do not use on broken/cracked, sun-burned or rashy skin.
- Do not use on open comedones, or cystic acne (grades 3 & 4).
- Do not use on clients with compromised barriers or active skin conditions.
- Do not use on clients who have allergies to natural fragrances (Mist Me Spritz).
- The use of SPF is recommended daily for future skin protection.
- Check with physician if client is pregnant, breast feeding, on chemotherapy drugs, have a severe autoimmune disease or any health condition that may need a physician's release to perform this treatment.
- Please refer to a Physicians Desk reference manual to assure there will be no conflicts with prescribed or OTC medications and ingredients used in these products.
- Avoid contact with eyes. Keep out of reach of children.
- If any reactions occur during treatment, cease the use of these products immediately.
- Avoid any contraindications for the Tara Sonic Vibrating Cleansing Silicone Brushes, Facial Roller, Gua Sha Stone, Cooling globes or Mushrooms listed in the instructions pamphlets provided with the tools.

\*Please refer to the specific product data sheets with additional questions, concerns and for the complete ingredient listing for each product

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