

## **How to Get the Most from Your HYDRASESSION**

Treat yourself once/week or twice/month to the DETOXING, deep EXFOLIATION, and super nourishing MOISTURIZATION of a full MK Hydrasession, utilizing the following products in this order! As you are pampering your skin, be sure to say KIND words to yourself about how GRATEFUL you are for your health and beauty! (WINK) **\*Please note that daily skincare routines are recommended and available!**

### **YOU WILL NEED...**

- *Your Hydrasession Goodie bag of samples*
  - *Glass of something yummy to drink*
  - *3 Washcloths (wet)-and a small hand towel*
  - *Be near water and a mirror or have a little spray bottle/small hand held mirror near-by*
  - *Before we begin Cleanse your skin – Preferably with **your MK Cleanser**. Teens may be using the Botanical Cleanser or Clear Proof Cleanser.*
1. **MICRODERMABRATION STEP 1 – REFINE** - Mechanically exfoliate the surface layer of skin with a small amount of Microdermabrasion and water. Avoid eye area. Rinse. Pat dry.
  2. **CHARCOAL MASK** - Apply a thin layer of this Mask to adsorb, or draw out, impurities from beneath the surface layer of skin. Let dry 10-15 min. RINSE – pat dry.
  3. **REVEALING RADIANCE FACIAL PEEL** - Avoiding eye area, apply a thin layer to face. You might feel a tingle as the natural glycolic acid breaks down the bonds which are holding dead skin cells together. Leave on 5-10 min. Rinse and pat dry.
  4. **PORE MINIMIZING SERUM** – Pat this serum all over your face avoiding your eye area to close up your pores and soothe your skin.
  5. **HYDROGEL EYE PATCHES** - Place 1 under each eye to depuff, soothe and smooth out fine lines are wrinkles.
  6. **MOISTURE RENEWAL GEL MASK** - Smooth on a thin later to seal in all of your hard work and give your face a drink of water! You can leave this on overnight!

**\*ADD IN the NOURISHING OIL AND SATIN LIPS MASK AND BALM for a COMPLETE TREATMENT!**

1. *Volu-firm Cleanser \$30* – Repair as you cleanse as this contains a skin-volumizing peptide that stimulates production of our tissue matrix including hyaluronic acid and collagen.
2. *Microdermabrasion Refine \$36* - Exfoliation and circulation stimulator w/ Aluminaoxide crystals.
3. *Charcoal Mask \$25* - pore de-clogging and gentle "adsorption" of toxins and pollutants with activated charcoal and bentonite (for oil control), navy bean to help with skin discoloration.
4. *Revealing Radiance Facial Peel \$68* – chemical exfoliator w/glycolic acid with calming marine extracts.
5. *Hydrogel Eye Patches \$40* - calming, depuffing, dark circle and fine line reducer.
6. *Pore Minimizing Serum \$28* – Calm your skin as you minimize your pore size.
7. *TW Moisture Renewal Gel Mask \$24* - an antioxidant super power proven to firm, calm and strengthen our skin barrier - wear overnight for an enhanced pampering experience.
8. *Naturally Nourishing Oil \$50* - Sweet Almond, Sesame, and Olive plus Squalene a super emollient from plant cells. Use as a daily moisturizer as well.
9. *Satin Lips Set \$22* – Sugar and Shae butter gently exfoliate lips while the Shae Butter Balm seals in moisture for 24 hours.