



Home Care Plan

To support Bellanina Facelift Massage - Bellanina Botanicals

Your Bellanina® Facelift Massage treatments are designed to give you the optimum benefits for healthy, glowing, youthful skin. In addition to these luxurious treatments, your homecare program consists of the use of some of the finest products on the market. These products will help to change your skin in texture and appearance of you use them consistently and correctly.

Customized Program For: _____ **Therapist:** _____

Skin Type: Dry Normal/All Oily Blemished Sensitive Mature

A FACELIFT MASSAGE TREATMENTS

6 – 12 treatments: 2 – 3 times a week

WEEK 1	_____ @ _____ am/pm	_____ @ _____ am/pm	_____ @ _____ am/pm
WEEK 2	_____ @ _____ am/pm	_____ @ _____ am/pm	_____ @ _____ am/pm
WEEK 3	_____ @ _____ am/pm	_____ @ _____ am/pm	_____ @ _____ am/pm
WEEK 4	_____ @ _____ am/pm	_____ @ _____ am/pm	_____ @ _____ am/pm

B FOLLOW-UP CONSULTATION after 6 treatments Date: _____ Time: _____

C SELF MASSAGE INSTRUCTION AND CONSULTATION (See other side)

D HOME SKIN CARE PRODUCTS Recommendation and procedure as follows:

Step 1: Cleanse Twice a day (AM & PM). Smooth cleanser over face. Rinse with water. Pat dry.

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|---|--|
| <input type="checkbox"/> Botanical Cleanser (All) | <input type="checkbox"/> Mandarin Cleanser (All/Dry) |
| <input type="checkbox"/> Deep Purifying Cleanser (Oily) | <input type="checkbox"/> Green Tea + Licorice Cleanser (All) |
| <input type="checkbox"/> Grapefruit + Echinacea Cleanser (Oily) | <input type="checkbox"/> Other: _____ |

Step 2: Exfoliate 2-3 x weekly in the AM. Apply in circular motion over face & neck. Leave on face a minute or two.

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|--|--|
| <input type="checkbox"/> Jojoba Exfoliating Cleanser (All/Sensitive) | <input type="checkbox"/> Fine Polish Facial Beads (All/Normal) |
| <input type="checkbox"/> Microdermabrasion Creme (All/Oily) | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Banana + Orange Enzyme Exfoliant (All) | |

Step 3: Tone Twice a day (AM & PM) after cleansing. Use cotton ball or pad to wipe across face. Allow to dry.

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|---|--|
| <input type="checkbox"/> Botanical Toner (All) | <input type="checkbox"/> Clarifying Astringent (Oily) |
| <input type="checkbox"/> Azulene Toner (Sensitive) | <input type="checkbox"/> Lemongrass + Echinacea (Oily) |
| <input type="checkbox"/> Pomegranate + Sandalwood Toner (All) | <input type="checkbox"/> Other: _____ |

Step 4: Correct Twice per day (AM & PM). All skin types can use correcting products based on their conditions.

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|---|--|
| <input type="checkbox"/> Skin Lightener (<i>lightens brown spots</i>) | <input type="checkbox"/> RosaCalm (<i>calms "red" skin/evens tone, Rosacea prone</i>) |
| <input type="checkbox"/> Retinol Night Creme (<i>evens out/smoothe skin</i>) | <input type="checkbox"/> Refreshing Anti-Puffiness Gel (<i>decreases fluid under eyes</i>) |
| <input type="checkbox"/> Luminous Peptide Serum (<i>wrinkles</i>) | <input type="checkbox"/> Vitamin C Creme (<i>anti-oxidant/repair</i>) |
| <input type="checkbox"/> Face Firming Complex (<i>wrinkles</i>) | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Gotu Kola + Coconut Serum (<i>organic, anti-aging</i>) | |

Step 5: Correct Acne

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|--|---|
| <input type="checkbox"/> Blemish Fix (spot treat daily) | <input type="checkbox"/> Retinol Night Creme (exfoliate) |
| <input type="checkbox"/> Camphor Masque (oily & blemished) | <input type="checkbox"/> Fruit Enzyme peel (Oily/Blemished) |

Step 5: Moisturize Twice per day (AM & PM)

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| EYES - <input type="checkbox"/> Botanical Eye & Throat Creme (All) | <input type="checkbox"/> Mango + Mineral Eye Treatment |
| <input type="checkbox"/> Green Tea + Arnica Eye Gel | <input type="checkbox"/> Visible Lift Eye Gel |
| FACE - <input type="checkbox"/> Botanical Moisturizer (All) | <input type="checkbox"/> Calendula Creme (Oily) |
| <input type="checkbox"/> Sage/Citrus Moisturizer (Oily) | <input type="checkbox"/> Collagen Elastin 14 to 1 Creme (Dry/Mature) |
| <input type="checkbox"/> Herbal Silk Moisturizer (Normal/All) | <input type="checkbox"/> Raspberry + Grapeskin Moisturizer |

Step 6: Protect As needed.

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|---|--|
| <input type="checkbox"/> Advanced Protection SPF 30 (All) | <input type="checkbox"/> Organic Lip Balm SPF 15 or 30 (All) |
| <input type="checkbox"/> Aloe + E Broad Spectrum SPF 30 | |

Step 0: Occasional Once per week.

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| <input type="checkbox"/> Honeylift Massage Lotion (All) | <input type="checkbox"/> Soothing Nutrient Masque (Mature) |
| <input type="checkbox"/> Silk Amino Masque (Dry) | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Camphor Masque (Oily/All) | |