

BEAUTIFULNESS FACIAL

Prepare

Get comfortable, remove your hair from your face and uncover your décolleté.
Cleanse your face, neck and décolleté.

Have the jar of **Cream** and the **Serenity Shot** dropper open and within reach.

Breathe deeply.

Meditate

15 seconds *Place 5-7 drops of Serenity Shot on the palm of your hand.
Rub the oil between your hands... Feel the warmth*

15 seconds *Inhale deeply and close your eyes... What aroma do you perceive?
Gently press the palms of your hands on face, neck and décolleté and apply the oil by gently tapping.
Inhale again....*

10 seconds *Does it take you back to a special place or,does it remind you of anyone...?
Inhale ... open your eyes and take the jar of CREAM.*

25 seconds *Apply on face, neck and décolleté
While applying the cream, close your eyes and focus on the sense of touch
What is your skin feeling?temperature, texture, ... scent...
If your skin had a voice, what would it say...?*

10 seconds *Gently touch your face. How does your skin feel now?
Congratulate yourself for taking care of your face...your skin thanks you too.*

Touch

The **I LOVE YOU** facial massage is one of the pillars of the AYUNA beauty routine.

This facial relaxes the face, oxygenates the skin, eliminates toxins, diminishes wrinkles and stimulates blood flow.

- Begin by gliding your fingers from bottom to top through the center of your face; starting at the chin, glide up to the nasolabial folds, nose, frown line and forehead, forming the letter "I".
- On the forehead, form a LOVE heart shape, gliding your fingers from the center of the forehead to the temples, down through the cheekbones to the chin...repeat until the cream is completely absorbed.
- On the neck and décolleté you can simulate a "U" shape in both directions.
- It is important that your face is well hydrated or you may apply a dab of cream on your hands so that they glide better.

How much pressure should you apply?

You must apply a bit of pressure on your face with your hands, just at the threshold between pleasure and pain.