

Steps for a Basic Biophora Facial

STEP 1 - PREP

Using **Bioactive Cleanser** on soft Nu gauze, thoroughly cleanse the face for 1-2 minutes to remove all face makeup and oil from the surface of the skin. Eye make-up remover should be used for a more thorough facial experience. Rinse thoroughly using Nu gauze or face cloth with warm water. Dry the skin gently with towel or tissue. (You may choose to use a towel warmer for this purpose with a drop of any high quality brand of Lavender Oil to infuse the air with a very subtle spa-like aroma)

STEP 2 - CONDITION

Thoroughly condition the skin using Biophora **Bioactive Solution** with one piece of Nu gauze. Gauze can be dampened or **Calming Toner** may be used for sensitive skin if you feel the patient finds this 3% glycolic too aggressive.

STEP 3 - EXFOLIATION

Apply Biophora **Enzyme Exfoliator**. Although the Enzyme contains *soft scrub silica* particles, aggressive massaging can irritate the skin, so is essential to only massage the mask VERY GENTLY on to the skin for one minute. Re-activate enzyme using a small amount of **Bioactive Solution** and continue to very gently massage the skin for another minute.

STEP 4 - CLEANSE

Thoroughly remove enzyme using a warm face cloth or gauze, then rinse thoroughly until the skin has a clean fresh look. Gently pat dry the skin with towel or tissue. With Nu Gauze, re-apply **Bioactive Solution** to ensure the Enzyme Exfoliator is properly removed from face. The Enzyme may act as an occlusive if this step is not performed.

STEP 5 - OPTIONAL STEAMING & EXTRACTIONS

Once the Enzyme Exfoliator is removed, some technicians may want to steam the face followed by extractions. The previous enzyme step will help to loosen and purge debris and when followed by steam will very efficiently prep the skin for more successful extractions. However, as the Enzyme may be quite an active treatment, ensure that if you choose to steam and perform extractions, that you do so VERY GENTLY to prevent possible scarring of the skin or damaging capillaries. Implementing the remaining steps below will help to heal and calm the skin effectively.

STEP 6 - FACIAL MASSAGE

Dilute **DermaRich Moisturizer** with a spray atomizer of chamomile water or slightly dampen hands and massage gently in standard facial massage pattern in an upward motion from the décolleté, lightly up the neck, past the jaw line, away and upward from the centre of the face, across the bridge of the nose and upward on the forehead. Continue on from the back of the shoulders and back of neck and proceed as above multiple times. For Oily / Acne skin remove DermaRich with a warm cloth or leave on for Dry / Sensitive Skin.

STEP 7 – MULTIVITAMIN FREEZE MASK

Apply **Multivitamin Freeze Mask** generously to clean face with a fan brush and leave on for 15 minutes. Avoid contact with the eyes, mouth and eyebrows. While the mask sits, consider giving the patient a soothing hand and forearm massage with **DermaRich Moisturizer** and then allow patient to rest. Remove mask gently with a warm towel so that product may be more easily removed without undue stimulation of the skin. Please review “Optional Infusions” below to add a custom touch to this step.

OPTIONAL INFUSIONS TO APPLY DURING A FACIAL

Any high-quality brand of **Tea Tree Essential Oil** has medicinal and healing properties. **One** drop of Tea Tree Oil may be added to the **Multivitamin Free Mask** for purifying and healing properties to acneic skin conditions. Tea tree oil has been proven to be a powerful yet natural antiviral, antibacterial and antifungal, inflammation and acne. (Use only as tolerated and **ensure the oil or any additives and mask do not get into the eyes**) Or add one pump of **Intense Hydration** could be added for extra moisturizing.

Biophora PURE C may be added to the **Multivitamin Freeze Mask** for an antioxidant infusion for all skin types. Add ½ a scoop of PURE C (If applying to very sensitive skin, minimize the amount to a ¼ scoop as this treatment may sting slightly) to the Multivitamin Freeze Mask. It can be readily absorbed by the skin in its crystal form to help firm and brighten the skin and prevent premature signs of aging caused by environmental damage.

STEP 8 - MOISTURIZE

Gently pat **Anti-aging Eye Treatment** around delicate eye area for all skin types. To replenish hydration for Dry / Sensitive Skin, gently massage on to the face a small amount of **Intense Hydration** (Serum) and then **DermaRich Moisturizer** followed by **Bioactive Firming Cream** on to the neck and décolleté. For Normal / Aging Skin, apply **Light Hydration**, then **Antioxidant Moisturizer** followed by **Bioactive Firming Cream** on to the neck and décolleté. For excessively acneic skin, apply only **Light Hydration** to all areas or **Bioactive Firming Cream** as tolerated to neck and décolleté.

STEP 9 - PROTECTION

Apply **Daily Protection SPF30** or **Advanced Protection SPF45** to treated area. Instruct patient to always apply daily sun block, which is even more important when undergoing in-office facials or skin peel treatments.

Biophora and other products used in the facial:

Bioactive Cleanser
Lavender Oil (outside source)
Bioactive Solution or **Calming Toner**
Enzyme Exfoliator
Multivitamin Freeze Mask
DermaRich Moisturizer
Biophora pure Tea Tree Essential Oil (outside source)
Biophora PURE C
Intensive Anti-aging Eye Treatment
Intense Hydration
Bioactive Firming Cream
Light Hydration
Antioxidant Moisturizer
Tinted Mineral SPF30

For more information contact customer service at Biophora Head Office at 416-410-7229.