

Earth Goddess Facial Ceremony 90minutes

Experience all the wonderful elements this facial brings by giving your skin the ultimate boost of powerful and antioxidant enriched ingredients to stimulate collagen production and keeping the skin nourished and hydrated. Using Healing Earth's patented Pinotage range along with Hyaluronic acid and probiotics, this is the ideal facial if you are looking for a deeply nourishing and anti-ageing facial experience. Using Rose Quartz crystal roller helps stimulate blood circulation to bring more oxygen to the skin and encourages a natural glow.

Treatment breakdown	
Welcoming Foot Ritual & Consultation	5 mins
Cleansing, Tone & Skin Analysis	15 mins
Exfoliation	10 mins
Mask	15 mins
Facial Massage and Rose Quartz Rollers	25 mins
Mask and hand/head massage	15 mins
Serum and Eye Treatment & moisturize	5 mins

Products required	Quantity
Anti-oxidant Pinotage Grape Cleanser	10 ml
Pinotage Grape Toner	5 ml
Pinotage Facial Polish	5 ml
Hydrating Repair Mask	10 ml
Hyaluronic Serum	5 ml
Pinotage Facial Serum - B, H, S	5 ml
Radiance Facial Serum - Pure Organic Rosehip	5 ml
African Potato Balm	5 ml
Hydrating Repair Mask	5 ml
Eye Care	1 ml
All Day Cream SPF 15	3 ml

Set up

- Ensure foot ritual area is prepared – bowl filled with warm water, foot scrub and cooling foot gel present
- Ensure the treatment bed is fully set for your treatment – bed should be neatly presented, crease free
- Ensure a clean bathmat is placed in front of treatment bed

- Prepare a small pillow or rolled towel for guest to lay their head. Place head band
- Prepare a bowl for hot water with 2x sponges or facial mitts
- Prepare cottonwool rounds and 2x ear buds and mask brush for mask application

Guest greeting

- Collect guest from change room or waiting area
- Introduce yourself to your guest: "Good morning, good afternoon, good evening Mr./Mrs. _____, my name is _____ and I will be your therapist today. Please follow me to your treatment room"
- Lead the way and escort guest to their treatment room
- When entering guest room, direct guest to take a seat for the foot ritual
- While performing the foot ritual, ensure to go through the guest consultation form to reconfirm any medical history, focus areas or areas of concern
- Once the foot ritual has been completed, advise the guest that you will leave the treatment room while they remove the bathrobe and lie down on the treatment bed face up
- Leave the room and allow 1 – 2 minutes. Knock and check if guest is ready before entering
- Enter treatment room and proceed with treatment

Treatment Procedure

*Note: It is important to talk to the Guest about the treatment, its benefits and to find out about the Guest's skin. Ask open-ended questions. Before cleansing look at skin for level of natural oils on the skin surface. Look at the color and capillary activity and overall health of the skin. Pay attention to cheek area where dry patches or flakiness may occur.

- Apply 1 pump of the **Pinotage Gel cleanser** onto damp cotton pads. Place cotton pads over the eyes and gently press down. Gently wipe over the eyes in downward and outward strokes to remove eye makeup. Fold cotton and wipe underneath the lashes to clean any make up residue. Using the same sequence, cleanse the lips. Repeat if needed
- 1 Pump of the **Pinotage Gel Cleanser/Pinotage Cream Cleanser** into your hand. Wet one hand and gently emulsify the cleanser. Apply to décolletage, neck and face and perform cleansing sequence.
- Remove cleanser with sponges or mittens and repeat for second cleanse
- Spray 2 pumps of **Pinotage Grape Toner** onto damp cotton round and wipe over the face, neck and décolletage. Compress dry if needed with a tissue
- Apply a small amount of the **Pinotage face Polish** to the face, neck, and décolletage in circular movements. Remove the polish with sponges, mittens, or hot towel. Check that the all the granules are removed from the skin. If any polish grains are still present, buff off gently with dry face cloth.
- Apply **Hydrating Aloe Face and Body mask** to sooth and hydrate the skin. Leave for 15mins then remove. While resting, perform head, arm or foot massage as per guest preference. Remove
- 1 pump of Facial serum suited to guest need gently pressed over the face, neck and décolletage. Ensure there is not too much oil, only a thin layer is enough
- Optional if guest skin is very dry and dehydrated - Take 5ml (1 teaspoon) of **African Potato Balm** and apply in effleurage strokes over the décolletage, neck and face –

this will be your massage medium to perform facial massage. Perform facial massage 20 - 25mins

- After performing facial massage, take the **Rose Quartz Roller** as per the Crystal Facial roller protocol
- Apply the **Hydrating Repair Mask** to the face and neck using a mask brush and leave for 10 minutes
- Take 2 round cotton pads and spray them with **Pinotage Grape Toner** place it over the eyes.
- While the mask is resting on the skin, perform a hand, head, or foot massage as per guest preference
- After 10 minutes, press warm, damp sponges gently over the face to dampen the mask and aid in removal. Remove mask from face.
- Spray 2 pumps of **Pinotage Grape Toner** onto damp cotton round and wipe over the face, neck and décolletage. Compress dry if needed with a tissue
- Dampen hands and gently pat on the skin. Apply **Hyaluronic Serum** by pressing serum over face and neck.
- Apply a small amount of the **De Stress eye gel** to the eyes and serum if needed
- Apply the **All Day SPF15 or Regenerative Night Cream** to the face and neck as moisturizer.
- Place 2x damp cotton rounds over the eyes while you perform closing touch

Closing

- After the treatment is completed, quietly wash the hands
- Spray the room with fragrant mist
- Perform awakening with rain stick, gently flipping it over minimum 2 times
- Gently remove cotton rounds from the eyes
- With ring and middle finger, circle the eyes, sliding under the eyes, over the eyebrows towards the temples
- Stationary circles at the temples
- Apply pressure, hold and release pressure
- Move to the side of the bed and place your arm on the guest shoulder and in a quiet voice inform guest that the treatment is finished
- Ask guest if they enjoyed their treatment
- Offer the guest something to drink
- Advise guest the next step of events, that guest can change back into their robes or clothes and to exit the treatment room
- Inform guest you will be waiting outside once they are changed with their beverage
- Therapist to prepare retail recommendation and home care to discuss when guest comes out of treatment room

Home Care

- Pinotage Cleaning Cream, Pinotage Cleansing Gel
- Pinotage Grape toner
- Facial Polish
- Hydrating Repair Mask
- Neroli & Rose/Marula & Rose/Jasmine & Baobab/Radiance Rosehip/Hyaluronic Serum
- De Stress Eye Gel
- All Day SPF15
- African Potato Balm

Contraindications

Allergies, any advanced skin conditions