

LUCY RUSSELL
ORGANICS

• THE HOME FACIAL •



For the home facial you will need:

The Cleansing Balm

The Rose Toner

The Facial Serum

Full fat natural Greek Yoghurt

Organic Muslin Cloths x 2 or two soft cotton flannels

Headband

Cotton Wool

For very dry skin The Super Balm would be a fabulous addition but it isn't essential.



Step One - Cleanse

Tie your hair up and place a headband over your head to keep it dry and clean.

Place a muslin cloth or soft cotton flannel in some hand hot water.

Scoop out some Cleansing Balm - about the size of a 20p should be perfect.

Massage The Cleansing Balm into the skin in upwards and outwards movements.

Pay particular attention to the nose, chin, forehead and cheeks.

Massage for around one minute.

Wring out your muslin cloth and use to remove all traces of The Cleansing Balm.

The Cleansing Balm will remove all make-up and impurities without stripping the skin. It can also be used around the eyes to remove eye make-up. If you need to remove mascara or other eye make-up it is best to do this before you start the main cleanse.

Step Two - Tone

Spritz The Rose Toner over your entire face (including the eyes - closed of course!)

Sweep a cotton wool pad over the skin to leave it super-fresh and soft.

Step Three - Mask

There are three masks to choose from:

The Yoghurt Mask

The Cleansing Balm Mask

The Super Balm Mask

Please read the descriptions below to choose the one you would like to use.

If you have the time it is even more beneficial to do a Yoghurt Mask followed by a Cleansing Balm or Super Balm mask!

THE YOGHURT MASK

This may seem a little strange to be using yoghurt on the skin!

However it is one of the best ways to purify, brighten and soften the skin.

Yoghurt contains natural AHAs which help to remove dead skin cells.

It also is a wonder product for reducing redness, cooling the skin and restoring the skin's natural radiance. It may take a bit of getting used to but it's worth it trust me!!

I always use organic, natural Greek Yoghurt.

It is thicker than normal natural yoghurt so is much easier to apply.

You will need about a dessert spoonful of yoghurt.

Apply the yoghurt to your face taking care to avoid the eye area.

I like to massage it in a little before leaving it to dry.

Leave the mask for around 10 minutes. It will start to dry out in patches and may feel a little tight but this is normal. After 10 minutes (you can leave it until it is completely dry if required) rinse your face with hand-hot water. Apply The Cleansing Balm over the skin as in Step One and remove with a muslin cloth or soft flannel.

THE CLEANSING BALM MASK

The Cleansing Balm is an oil based cleanser and contains some of the most soothing and softening oils for the skin. It is suitable for all skin types even oily skin as it really helps to balance out sebum production.

Apply a 10p sized scoop of The Cleansing Balm to clean, dry skin avoiding the eye area. (it is perfect to use to remove eye make-up but is a little too rich to leave on the skin around the eyes.) Leave on the skin for around 5 - 10 minutes then remove with a muslin cloth or soft cotton flannel soaked in hand-hot water.

THE SUPER BALM MASK

The Super Balm is a super-rich skin softening balm packed with incredibly moisturising and nourishing ingredients. It is perfect to use as a mask for dry or very dry skin.

Apply a 20p sized scoop of The Super Balm to clean, dry skin avoiding the eye area. Leave for around 5 - 10 minutes then remove with a muslin cloth or soft cotton flannel soaked in hand-hot water.

Whichever mask you choose now repeat Step Two – Tone

Step Four - Hydrate and Moisturise

Apply around three to four pumps of The Facial Serum to the face and neck.

Massage in upwards and outwards movements for around one minute.

Leave The Facial Serum to absorb into the skin or if you are pushed for time blot any excess with a soft tissue.

And that's it!

If you have any questions regarding The Home Facial or if you would like

some expert Skincare advice please email Lucy at:

info@lucyrussellorganics.co.uk

Lucy will always answer any questions you have about your skin personally.