

# anna lotan

PRO

## Treatment Protocol

### Rosease Oily Skin Facial

The Anna Lotan PRO Rosease Oily Skin Facial is specifically tailored for compromised skin types, including those suffering from discomforts like Rosacea. Good skincare is particularly crucial for individuals with sensitive skin, especially those diagnosed with conditions like Rosacea. Rosacea is characterized by increased skin sensitivity, redness, and inflammation, making proper skincare practices essential to manage symptoms and maintain skin health. Gentle and soothing skincare routines can help alleviate discomfort and reduce the risk of triggering flare-ups.

Remember to use gentle touch and massage while performing this treatment.

**Step 1:** Pre-cleanse with the Splendor Makeup Remover. Gently massage the pampering, oil saturated cream until it softens into a milky cleansing lotion that will instantly dissolve all makeup traces and be easily rinsed off. It is very important to rid the skin of all iron oxides (naturally occurring minerals known to be safe, gentle, and non-toxic) from the surface of the skin. While they successfully concealed excessive facial redness (during daytime) they tend to accelerate free radical damage due to the interaction with the lipids of the skin's barrier.

**Step 2:** Cleanse the skin with the Pure & Gentle Cleansing Foam. While the oil based Makeup Remover was capable of dissolving (even dried) oily residues accumulated on the skin's surface – you may now lightly spread the soft airy texture all over the skin's surface with no worries about irritating the gentle eye contour area or degreasing the skin. The foam will effectively PURIFY the skin and even calm minor irritations. The excellent antimicrobial profile of its gentle formula will effectively lower microbial count all over the skin's surface and give the skin's alert receptors some rest. This foam may even serve as an excellent hygienic care cleanser acting as a preventive remedy for sensitive; atopic skin which is prone to develop eczema, irritations and inflammation.

**Step 3:** Apply the Rosease Quenching Gel Mask to the client's skin. Apply in a generous enough layer to deeply calm and hydrate the treated skin acting on the principles of osmosis. Let sit for 10-15 minutes. Cool a hot towel to lukewarm and gently remove the Mask from the client's skin. This is a cooling and soothing mask – but at the same time it also deeply hydrates the skin preparing it for the gentle exfoliation that these sensitive skin types can endure. There is no need to rinse off the residue of this mask. Excess may be gently removed with slightly moist tissues.

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**Step 4:** Exfoliate using the Myrrh & Frankincense Deep Purifying Balm. This deep penetrating oil gel should be used to dissolve sebaceous “glue” that holds layers of dead cells together as well as to unclog dried sebum residue on the skin, or in enlarged pores etc. by means of slow local circular fingertip massage over problem areas (bumps; pustule; dried crust on the skin’s surface etc. ) the oil gel is easily rinsed of with water. Once the skin begins to feel much smoother under the fingertips – the oil gel may be washed off and the skin gently dried by patting with soft dry tissues.

**Step 5:** Apply 1-2 thin layers of the Fast Acting Herbal Essence to leave a protective film on the cleansed and purified skin. Make sure you have covered all treated areas and let them dry for 1-2 minutes. Remember that if you offer this skin type generous moisturizing products – it may increase water availability and encourage the return of the uninvited guests.

**Step 6:** To obtain the most of the Soothing Sensation apply a thin layer of the Comfort Soothing Lotion for thick, oily skin (including men). Leave on.

**Step 7:** Prep for the Cooling peel off seaweed mask by tucking tissue around the headband to assist in easy removal. Pour 30 ml. of water into a bowl. Add a heaped, large, measuring cup of Cooling Peel-Off Seaweed Mask powder to the bowl and mix until uniform. Apply to the clients skin using a spatula in a generous, even layer and allow it to set. Setting takes about 12-15 min. Peel off to remove the mask, use warm water and sponges to remove any mask residue that may remain on the clients skin.

**Step 8:** Moisturize the skin by applying another thin layer of the Comfort Soothing Lotion.

**Step 9:** Apply the Outdoors Broad Spectrum Daytime Protection.

#### Post-Care Product Recommendations:

- Splendor Gel to Oil to Milk Makeup Remover
- Pure & Gentle Cleansing Foam
- Quenching Gel Mask Instant Redness Relief
- Myrrh & Frankincense Deep Purifying Balm
- Fast Acting Herbal Essence Local Relief
- Comfort Soothing Lotion
- Gentle Daytime Protective Moisturizer SPF30