

DOCTOR BABOR LIFT & FIRM

50 Minutes

BABOR
ACADEMY

Firm, smooth, and tighten skin with this collagen boosting therapy from DOCTOR BABOR. This advanced treatment harnesses the power of peptides to stimulate natural growth factors, enhancing skin elasticity and define facial contours. Infused with vegan collagen & ultra-potent hyaluronic acid to deeply moisturize and plump skin from within smoothing lines and wrinkles. The effect of this treatment is amplified with a skin smoothing mask to lift and reshape the facial contour for a more youthful appearance.

TREATMENT PREPARATION

Product	REGENERATION Barrier Balance Lotion Cleanser REGENERATION Rebalancing Toner Rich Vitalizing Mask Peeling Liquid Refining Enzyme & Vitamin C Cleanser LIFTING Derma Filler Serum Rejuvenating Face Oil Smoothing Face Sheet Mask LIFTING Collagen Peptide Booster Cream LIFTING Eye Cream Day
Accessories	2 small bowls (Rich Vitalizing Mask) & (Refining Enzyme & Vitamin C Cleanser) 2 mask brush (Rich Vitalizing Mask) & (Refining Enzyme & Vitamin C Cleanser) 6 warm compress and 1 cool compress

TREATMENT PROTOCOL OVERVIEW

Grounding Ritual	No product	
Deep Cleansing Ritual	REGENERATION Barrier Balance Lotion Cleanser REGENERATION Rebalancing Toner	½ Tablespoon 2 Pumps
Vitality Analysis & Boost	Rich Vitalizing Mask	2 Teaspoons
Exfoliation	Peeling Liquid Refining Enzyme & Vitamin C Cleanser REGENERATION Rebalancing Toner	2 pumps 1/2 Teaspoon 4 pumps
Lymphatic Activation & Active Infusion	LIFTING Derma Filler Serum	1 Dropper
Cryo Gua Sha Massage	Rejuvenating Face Oil	1 Dropper
Mask	Smoothing Face Sheet Mask	1 packet
Eye Cream	LIFTING Eye Cream Day	1 Pea Size
Finishing Cream	LIFTING Collagen Peptide Booster Cream PROTECT Mineral SPF 30	¼ Teaspoon
Reawakening Ritual	No product	

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50 Minute Treatment	
STEP 1 GROUNDING RITUAL	Step Duration: 1 Minute
	Perform the Grounding Ritual according to the BABOR Expert Method

STEP 2 DEEP CLEANSING RITUAL	Step Duration: 4 Minutes
Product	Barrier Balance Lotion Cleanser, Rebalancing Toner
Application / Use	1. Apply the Barrier Lotion Cleanser to the face, neck and décolleté & massage gently 2. Moisten the fingertips with cool water and massage the cleanser to emulsify 3x 3. Remove using the BABOR Hydro-Therapy Stimulation technique 4. Apply Rebalancing Toner onto cotton pads and smooth over face, neck and décolleté
STEP 3 VITALITY ANALYSIS & BOOST	Step Duration: 5 Minutes
Product	Rich Vitalizing Mask
Application / Use	1. Apply Rich Vitalizing Mask with a brush using the BABOR application method 2. Remove immediately with the BABOR Hydro-Therapy Stimulation technique
CONTRAINDICATIONS: Thyroid Conditions, Ultra-Sensitive Skin, avoid broken capillaries, inflammation/blemished skin areas	

STEP 4 EXFOLIATION	Step Duration: 13 Minutes
Product	Peeling Liquid, Refining Enzyme & Vitamin C Cleanser, Rebalancing Toner
Application / Use	1. Apply Peeling Liquid onto dry cotton rounds and apply to the face, neck & décolleté Refining Enzyme & Vitamin C Cleanser 1. ½ teaspoon of the Refining Enzyme & Vitamin C Cleanser in a small bowl. Add 1 teaspoons of room temperature water. Mix energetically to form a foam. With a mask brush apply to the face, neck and décolleté 2. Apply steam if desired. Leave for 5 – 8 mins 3. Emulsify with water x3 and remove using the BABOR Hydro-Therapy Stimulation technique Perform extractions if required 1. Apply Rebalancing Toner onto cotton pads and smooth over face, neck and décolleté

STEP 5 LYMPHATIC ACTIVATION & ACTIVE INFUSION	Step Duration: 4 Minutes
Product	Derma Filler Serum
Application / Use	Apply the serum and perform the BABOR Lymphatic Activation & Active Infusion

STEP 6 CRYO GUA SHA MASSAGE	Step Duration: 10 Minute
Product	Rejuvenating Face Oil
Application / Use	Apply 1 dropper Rejuvenating Face Oil and Perform the BABOR Cryo Gua Sha Massage

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STEP 7 MASK	Step Duration: 11 Minutes
Product	Smoothing Face Sheet Mask
Application / Use	1. Massage the pack prior to opening. Unfold the mask and apply onto the face, neck and décollete. 2. Stretch the mask using the side flaps and then pull them over the ears. 3. Stretch the flaps at the chin section and then pull them over the ears. 4. Leave for a minimum of 8 mins - perform a hand and arm massage during the wait time 5. Remove the mask and discard 6. Massage remaining product into the skin

STEP 8 FINISHING	Step Duration: 1 Minute
Product	Eye Cream Day, Collagen Peptide Booster Cream
Application / Use	Apply a pea size of the eye cream to the eye contour area. Apply finishing cream and / or Mineral SPF to face, neck & décolleté & press into the skin.

STEP 9 REAWAKENING RITUAL	Step Duration: 1 Minute
	Perform the Reawakening Ritual according to the BABOR Expert Method

HOMECARE RECOMMENDATIONS				
CLEANSING	EXFOLIATION	AMPOULE / SERUM	CREAMS	SPECIALTY
Barrier Balance Lotion Cleanser	Refining Enzyme & Vitamin C Cleanser	Derma Filler Serum	Collagen Peptide Booster Cream	Dual Eye Solution
Rebalancing Toner	Exfoliating Peel Pads	10D Hyaluronic Ampoule Serum	The Cure Cream	Mineral Sunscreen SPF 30
	Exfoliating Antioxidant Gel	Rejuvenation Ampoule Concentrate		