



# Menu

## Exfoliant

*Choice of Sugar, Coffee or Oatmeal blended with a mixture of Honey and Almond Oil*

## Mask

*Choice of Avocado, Strawberries, Banana and/or Blueberries muddled with Yogurt and Honey*

*\*Include a Cucumber or Orange spritz for added benefits\**

## Serum

*1 Ounce Bottle with a Grapeseed Oil base  
Your choice of 4 drops of Super Nutrient Oils  
&  
10 drops of Essential Oils*

## Toner

*2 Ounce Spray Bottle with a Witch Hazel and Aloe base blend  
Your choice of 4 drops of Super Nutrient Oils  
&  
10 drops of Essential Oils*

*\*ask your aesthetician for current available oils\**

**Sugar:** tiny grains dissolve in liquid providing gentle exfoliation of dead skin cells, leaving the skin vibrant and smooth, but not over-stripped

**Coffee:** helps boost circulation (dark circles), provides antioxidants & may protect against UVB rays by inhibiting the DNA damage response

**Oatmeal:** moisturizing, soothes irritation, saponins help acne (antioxidant & anti-inflammatory)

**Honey:** antioxidant, opens pores, antibacterial, moisturizing

**Almond Oil:** very moisturizing and is said to be packed with Vitamin A which is a natural skin exfoliating exfoliator

**Avocado:** moisturize, reduce inflammation, Vitamin E for soft skin and to help prevent wrinkles

**Strawberries:** Vitamin C for lightening, and higher acidity helps diminish excessive oils in the skin

**Banana:** effective exfoliator, Vitamins C & E, great for acne!

**Blueberries:** great anti-oxidant, improves circulation, natural collagen booster

**Orange:** citric acid helps dry out acne and exfoliate, Vitamin C for lightening effects, photosensitive (must wear sunscreen)

**Cucumber:** silica to firm skin, Vitamin C and caffeic acid to help with inflammation and irritated skin, great hydrator

**Yogurt:** lactic acid to exfoliate, tightens pores, antioxidants to fight free radicals

**Grapeseed Oil:** has tons of Vitamin E which helps with healing and decreases inflammation; thin texture pills essential oils into the skin

**Witch Hazel:** natural astringent, great for acne, reduces redness and inflammation, antibacterial, healing

**Aloe:** moisturizing, soothing, helps heal wounds and acne