

VERY IMPORTANT:

The first time you use the technologically advanced *FaceLift*, allow time to apply it to only one side of your face so you can see the differences from side-to-side. Sometimes the changes are such that, unless you compare sides, you might miss some truly dramatic differences. Once you've noted the differences, apply the product to the other side. You won't believe your results!

PREPARE YOUR FACE:

Cleanse with the appropriate *Cleanser* for your skin type. Rinse or remove with a damp cloth. Pat dry. Tone. (Optional: Apply the *Serum* to desired areas, i.e., neck, "laugh" lines, crows feet, "frown" lines.) Apply a thin layer of moisturizer appropriate for your skin type.

APPLY:

Use enough *FaceLift* to ensure a smooth application and to promote a good "lift". Lightly moisten a cosmetic fan ("lift") brush and load the brush with product.



NECK: Beginning at the collarbone, brush the *FaceLift* toward the jaw in an **upward** motion. Coat the entire neck in this manner. Then, starting just under each ear lobe, brush across the "fleshy" center of the throat area, up and in front of the opposite ear. This "chin strap" technique helps tone and tighten "double chins".

CHIN, CHEEKS and NOSE: Beginning at the jaw line in front of the ear, brush with a light upward motion toward the temple. From the center of the chin just below the mouth, brush up and toward the temple. Repeat above the mouth. From the nose, brush the product across the cheek to the top of the ear.

UNDER EYES: Very gently, begin at the outside corner of the eyes just under the eyelashes and apply a light coat of the product in and up the bridge of the nose, avoiding the eyelashes.

FOREHEAD: Beginning at the eyebrow, or just below the brow on the brow bone, brush the product up toward the hairline. Continue with this same application on the entire forehead, always brushing toward the hairline. **AVOID** the eyelids.

TO MAXIMIZE YOUR RESULTS:

Consider lying down on your back with your neck slightly extended while the *FaceLift* is drying. Relax. You may be able to feel your facial muscles pulsing, as the *FaceLift* goes to work. The product should be dry in about 20-25 minutes. To test, very gently feel your face with the backs of your fingers. The product should be firm and warm to touch. If any area feels cool, leave the product on for a few minutes longer. **AVOID** smiling or talking while the *FaceLift* is drying to prevent "breaking" the seal and affecting your end result.

REMOVAL:

To remove, brush on a light coat of *Cleanser*, appropriate for your skin type, and then rinse with warm water. You may gently remove the *FaceLift* with a damp cloth if desired. Apply the cleanser a second time to remove any residue. Rinse or remove with a damp cloth. Pat dry. Follow with the *Antioxidant Therapy* to prevent oxidation of the skin, then the *Serum* and moisturizer appropriate for your skin type.

FREQUENCY OF USE:

Use the *FaceLift* 3-4 times a week for about 90 days, then maintain 1-3 times a week or as desired.

BETWEEN "FACE LIFTS":

For daily skin maintenance follow these basic steps morning and night:

- Cleanse
- Tone
- Apply *Serum*
- Apply *Antioxidant Therapy*
- Moisturize/Hydrate (morning) and Protect (evening)

FINAL NOTE:

Remember to take a "before" picture. Then, following the 90-day program, take an "after" shot. You will be amazed at the difference! In fact, others will begin noticing the differences before you do. Your friends may be asking, "What are you doing to look so young? Have you lost weight? Changed your hair?" They may even wonder if you've had a "face lift"!