

# *FIRMING FACIAL*

*for Normal Skin*



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## 1. CLEANSING:

- Kosmetik: Herbal Cleansing
- Alat: Brush Massage
- Teknik: Brush Method



# How to Make Your Own Herbal Cleansing Products |



- Skin that is clean and attractive requires a daily regimen. Going for an all-natural cleansing product can do your skin good as it does not contain harmful chemicals that may strip your skin off of its natural oil. Herbal ingredients such as witch hazel and essential oils can be used to make your own cleansing products in your kitchen.

Read more: [How to Make Your Own Herbal Cleansing Products | eHow.co.uk](http://www.ehow.co.uk/how-to-make-your-own-herbal-cleansing-products) <http://www.ehow.co.uk>

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## 2. SRAY TONE

- Kosmetik: Toning Lotion
- Alat: Spray Tone



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## 3. STEAMING

- Alat: Steamer
- Kosmetik: non
- Jarak: 18 Inchi
- Waktu: 5-7 menit



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## 4. MASSAGE

- Kosmetik: Night Cream
- Teknik: Manual/ facial vibrator
- Aktu: 10-15 menit
- Area: face and neck
- Remove cream gentle





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Also apply the mask to the back of the hands. In order to improve the absorption of the ingredients intensify the effect with gloves or warm compresses.

## 5. MASKER

- Kosmetik: Biological Mask/ Clay Mask
- Waktu: 10 menit
- Bilas: warm water



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## 6. PEMUPUKAN:

- Kosmetik: Ampul u/ rehidrasi, revitalising, moisturising ataucolagn and elastin
- Teknik/ alat:
  - Manual + gentle tapping
  - Galvanic: 3-5 menit



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## 7. PELEMBAPAN:

- Kosmetik:
  - day protection cream atau
  - Moisturiser



SELESAI