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# Sweet Milk and Lavender Bud Facial *Success Kit*<sup>®</sup>



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**SWEET MILK AND LAVENDER BUD FACIAL *SUCCESS KIT*®****Average Time:** 1 hour**Suggested Price:** \$100**Products**

- 33.8 oz. Lavender Milk (C4197)
- 6 oz. Pure Complexion Tonic (C4258)
- 33.8 oz. Fine Herbal Cleanser (C4195)
- 8 oz. Rose Hip and Clay Mint Mask (C4202)
- 4 oz. Eyebright Makeup Remover (C4198)
- 8 oz. Sweet Milk and Lavender Bud Facial Exfoliate (C4199)

**Additional Recommended Supplies**

- 4-5 Dry Facial Towels
- Warm Moist Towels
- Basin of Hot Water
- 2 Rubber Mixing Bowls
- Steamer
- Sponges

*Replacement products and supplies are available through Universal Companies.*

*Always check your state regulations to ensure that you are practicing within the scope of your license.*

**Preparation:**

1. Set aside 4-5 dry, clean cotton towels.
2. Fill a basin with hot water to use in dampening hot towels for cleansing and compresses.
3. Mix 1 teaspoon of **Sweet Milk Lavender Bud Exfoliate** and 1 teaspoon of **Finer Herbal Cleanser** in a rubber mixing bowl.
4. Mix 1/8<sup>th</sup> teaspoon of the **Rose Hip and Clay Mint Mask** with 1 oz. of spring water in a rubber mixing bowl.
5. Place a dry towel on the head area of your facial chair or treatment table to catch any herbs that may fall during the exfoliation.

**Procedure:**

1. Remove any eye makeup with **Eyebright Treatment Oil**, by placing a small amount on moistened cotton pads. (Do not use on dry cotton.) Reapply **Eyebright Treatment Oil** to moist cotton rounds and rest on closed eyelids
2. Turn on the steamer and position toward face to soften skin and open pores
3. Moisten the face with warm, wet towel compresses.
4. Using your wet hands or sponges, apply a small amount of **Fine Herbal Cleanser** to the face using circular motion to cleanse the skin. Remove with a warm damp cloth or wet sponges. Repeat the cleansing application, ending by removing Cleanser with long light stroking motion upwards toward temples.
5. Remove the steamer from the face.
6. Analyze the Skin. Perform extractions if needed.
7. Apply **Pure Complexion Tonic** using cotton pads or fingertips. Pay close attention to edge of mouth, the nose, and between the brows, where extra oil can collect.
8. Dampen the skin with sponges. Exfoliate the face using the **Sweet Milk and Lavender Bud Facial Exfoliate** and **Fine Herbal Cleanser** mixture by applying it to face with your fingertips. This exfoliating massage will increase circulation while the natural alpha hydroxy action of the lactic acid is activated in the dried milk to smooth skin in tone and texture.
9. Thoroughly wipe away excess exfoliate with warm damp sponges using an upwards motion.
10. *OPTIONAL: Apply Deep Lavender Rub* (not included in Success Kit) to upper chest area. Cover with a warm towel and press into chest to penetrate and open any chest congestion (great for circulation and relaxation) while applying Mask
11. *OPTIONAL: If skin is normal to dry or mature*, you may apply **Nourishing Herbal Cream** (not included in the Success Kit) as a mask to feed the skin and moisturize the face and neck. Dampen face with sponges then apply Cream with fingertips. Remove the Mask with warm towel. Press into skin to allow heat to penetrate and hydrate while removing any unabsorbed product. Finish Mask removal by sponging.
12. *If skin is normal, oilier, congested or in need of deeper cleanse*, apply **Rosehip and Clay Mint Mask**. Allow to dry 3-4 minutes or until edges begin to turn white, then remove with wet sponges. Perfect for decongesting clogged pores

13. Décolleté: If **Deep Lavender Rub** has been applied to chest, remove towel and lightly massage the rub into the décolleté. If the Deep Lavender Rub has not been used, massage **Nourishing Herbal Cream** (not included in the Success Kit) into the chest area or apply **Nourishing Lavender Milk** to provide additional hydration.
14. Remove the **Rosehip and Clay Mint Mask** with a warm, moist towel. Press into skin to allow wet heat to penetrate and hydrate, while removing any unabsorbed product. Finish mask removal by sponging.
15. Moisture Massage: Apply **Nourishing Lavender Milk** under the eyes and on the neck or other areas still in need of moisture. Lightly work into the skin.
16. Using a damp towel, remove any excess product. Press the towel into skin. Remove and tilt head side to side to make sure all product has been removed and the complexion is clean and moist. Ensure this by “finger-tipping” the client, including behind ears and behind neck. (flick away any bits of herb with dry towel).
17. *OPTIONAL*: Finish facial with a reviving spritz of **Cool Aloe Mist** (not included in Success Kit) .The aloe settles the complexion, while lavender and bergamot are antiseptic as well as wonderfully fragrant ... a perfect ending to a uniquely pure and purposeful facial

### **Spa Prescription**

Increase revenue after this wonderful treatment by prescribing complementing home-care products and in-spa treatments. The handy *SpaScriptive*® pad in your kit is easy to fill out, easy for clients to follow, and allows you to keep a copy for your records.

### **Recommended Follow-Up Spa Treatment**

- Repeat the Sweet Milk and Lavender Bud Facial once a month.

### **Recommended Home Care Products**

- Nourishing Lavender Milk (C4163)
- Pure Complexion Tonic (C4169)
- Fine Herbal Cleanser (C4161)
- Eyebright Makeup Remover (C4164)
- Deep Lavender Rub (C4173)
- Cool Aloe Mist (C4170)
- Sweet Orange and Honey Bath & Beauty Bar (C4189)
- Sweet Milk Facial Exfoliates
  - Sweet Milk and Lavender Bud (C4165)
  - Sweet Milk and Chamomile Flower (C4166)
  - Sweet Milk and Orange Peel (C4167)
- Lip Softener (C4171)

**Complementary Treatments**

- Farmaesthetics® Herbal Remedy Massage (*Success Kit*® KMU408 available)

**Tips for Making the Sweet Milk and Lavender Bud Facial a Truly Special Treatment**

- Perform a mini-hand massage while the mask is on the client.
- Put a disposable pad on the table over a heating pad. Before the client lies down, put a mask on their back made from Dead Sea Mud and other actives from Universal Companies' *Spa Pantry*®.
- For added comfort, place a bolster under the client's knees.

**Tips for Enhancing the Effectiveness of the Treatment**

- Communication is the key to enhancing the effectiveness of your skin care treatments. As you build a relationship with the client, you are also educating him or her about their skin and how Farmaesthetics products can benefit their skin. It cannot be emphasized enough that the client must feel understood. ***Moreover, the client needs to feel that you have a sincere approach that can help them.*** By spending the time needed to educate the client and providing solutions-oriented professional products, you build your own credibility as well as allow them time to process all the information you have shared.
- When removing products from clients who have sensitive skin, use a Smooth Chamois, which is gentler (especially for sensitive skin) than towels or sponges. The Smooth Chamois is available from Universal Companies.
- Performing extractions is much easier when you have good, quality equipment. Universal Companies has a several comedone extractors that can facilitate the process.
- Using sterile needles is a must when extracting comedones and using a needle holder will make your job easier. Both are available from Universal Companies.
- Product is easy to remove with warm moist towels. In order to always have a ready supply of towels, you may want to invest in a Hot Towel Cabi. Universal Companies has several models available.
- Analyzing the skin and performing extractions will be easier if you have a good magnifying lamp with a built in light source. Universal Companies has several models available including a Headband Magnifier.
- The Wood's Lamp is a vital tool to help estheticians diagnose underlying skin conditions. Universal Companies has several models available – a Handheld Wood's Lamp, a Wood's Lamp With Stand, and a Skin Inspection Unit.

### **Creating Interest in the Treatment**

- Display the **Sweet Milk and Lavender Bud Facial** counter card in relaxation, retail, and/or changing areas to create interest in the treatment.
- Create a display with dried herbs and suggested retail items.
- Add a diffuser to the display with lavender essential oil.

### **Creating Spa Ambiance**

- Tuck towels and other supplies out of sight so that your guest is not distracted by utilitarian objects.
- Place your trash can out of sight and prop the lid open slightly so that the lid won't clang every time you throw something away. The lids of Universal Companies' trash cans have this feature (propping).
- Functional ambiance - Use bowls, baskets, and utensils from Universal's collections for your products and to organize your supplies. They are much more visually appealing than rubber bowls and traditional spa caddies.
- Have a tabletop fountain operating in the treatment room.
- During the treatment, play music from Universal Companies *Prescriptive Music*® collection to enhance this getaway for the mind and body.
- Light an aromatherapy candle to set the desired mood.
- As an alternative aromatherapy experience, use one of Universal Companies Soapstone diffusers. A battery-operated unit with a plug-in option is also available.
- Have a salt lamp from Universal Companies operating in the room to cleanse the air.
- If state/local regulations prevent you from using actual candles, try an LED candle from Smart Candle®. They provide a long-lasting random light that simulates a wax candle flame perfectly.

### **Creating Retail Opportunities**

- Have retail sizes of each of the recommended home-care products on hand. After the treatment, utilize the *SpaScriptive*® Pad for prescriptive selling, describing the benefits and usage of each of the Home Care Products:
- If the client expresses interest in purchasing one or more of the products, take the product from the display and walk with the guest to check out. If they are going to have another treatment, take the product(s) directly to checkout so that they will be there for the guest when they are ready to leave.

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**Additional Information to Help Sell Recommended Retail Products**

<b>Product</b>	<b>Benefit</b>	<b>Usage</b>
Nourishing Lavender Milk	<ul style="list-style-type: none"> <li>• Feeds, moisturizes, and conditions the skin.</li> <li>• Good for face or body.</li> <li>• Helps even skin tone and soften fine lines.</li> </ul>	<ul style="list-style-type: none"> <li>• Use morning and even to moisturize the face and body.</li> </ul>
Pure Complexion Tonic	<ul style="list-style-type: none"> <li>• Soothes, softens, cleanses, and purifies the complexion.</li> <li>• Helps balance the skin.</li> </ul>	<ul style="list-style-type: none"> <li>• Use after the Fine Herbal Cleanser to complete the cleansing process.</li> </ul>
Fine Herbal Cleanser	<ul style="list-style-type: none"> <li>• Washes away impurities and excess oil without changing the skin's natural pH balance.</li> <li>• Non-irritating.</li> <li>• Excellent for both oily and dry complexions.</li> </ul>	<ul style="list-style-type: none"> <li>• Use as a cleanser both morning and evening.</li> </ul>
Eyebright Eye Makeup Remover and Treatment Oil	<ul style="list-style-type: none"> <li>• Non-chemical makeup remover.</li> <li>• Helps smooth fine lines and wrinkles.</li> <li>• Helps soothe eyestrain.</li> </ul>	<ul style="list-style-type: none"> <li>• Use daily to remove eye makeup.</li> </ul>
Deep Lavender Rub	<ul style="list-style-type: none"> <li>• Helps relieve upper respiratory tightness.</li> <li>• Opens nasal passages.</li> <li>• Helps relax tight muscles.</li> </ul>	<ul style="list-style-type: none"> <li>• Deep heat liniment for sore muscles.</li> <li>• Sinus relief or deep chest rub for congestion and coughs.</li> </ul>
Cool Aloe Mist	<ul style="list-style-type: none"> <li>• Tones and refreshes.</li> <li>• Helps disinfect the air around your seat when traveling.</li> <li>• Helps reduce inflammation.</li> </ul>	<ul style="list-style-type: none"> <li>• Can be used anytime to refresh and relax.</li> <li>• Great as a travel mist.</li> <li>• After sun treatment.</li> </ul>
Sweet Milk Facial Exfoliates	<ul style="list-style-type: none"> <li>• Removes tired skin cells.</li> <li>• Helps soften, brighten, and revive the complexion.</li> </ul>	<ul style="list-style-type: none"> <li>• Gentle enough to use daily, powerful enough for even oily skin.</li> </ul>
Lip Softener	<ul style="list-style-type: none"> <li>• Softens dry, chapped lips.</li> <li>• Helps heal damaged lips.</li> </ul>	<ul style="list-style-type: none"> <li>• Use anytime to protect and moisturize the lips.</li> </ul>
Sweet Orange & Honey Bath & Beauty Bar	<ul style="list-style-type: none"> <li>• Cleanses and hydrates the skin while providing gentle exfoliation.</li> </ul>	<ul style="list-style-type: none"> <li>• Use for bathing any time.</li> </ul>

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<b>Product</b>	<b>Benefit</b>	<b>Usage</b>
Complexion Conserve	<ul style="list-style-type: none"><li>• Reparative.</li><li>• Reduces puffiness.</li><li>• Minimizes pigmentation and inflammation.</li><li>• Helps restore elasticity.</li></ul>	<ul style="list-style-type: none"><li>• Use as a nighttime reparative and moisture application; as an under eye treatment to reduce puffiness; or any time to heal and rebalance your complexion.</li></ul>
Herbal Hydration Complex Mask	<ul style="list-style-type: none"><li>• Cools, calms, and maintains essential moisture reserve.</li><li>• Eliminates excess oil.</li><li>• Boosts skin's natural defense mechanism</li><li>• Helps rectify imbalances, fight free radicals, and nourish tender tissue.</li></ul>	<ul style="list-style-type: none"><li>• A healing hydration mask to reestablish skin health.</li></ul>

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## Nourishing Lavender Milk™



8 oz. glass apothecary  
bottle with pump

### Inspiration:

Farmaesthetics wanted to have the same rich moisturizing formula as its herbal cream available with “slip” and “glide” for professional therapists and estheticians, as well as provide a lighter application of these wonderfully powerful herbs and oils. They wanted to offer a product that would serve even those with nut allergies, hence the use of soybean oil. ...AND, it is a light lotion that can be used everyday under makeup.

**Ingredients:** soy oil, calendula, witch hazel, lavender essential oil, beeswax, lecithin, borax, and xanthan gum

Soy Oil	One of the high-grade, cosmetic grade carrier oils. Especially chosen for its softening, uncomplicated chemistry ... light enough for massage, yet safe for those with nut allergies. Very emollient and soothing to the skin.
Calendula	A heady, resinous flower from the marigold family. Calendula one of the most powerful of all the skin-repairing herbs or flowers. It is used to promote fast healing of wounds, scars or burns, including those produced by laser surgery. Farmaesthetics uses Calendula oil as a base for most of its skin oils, creams, salves, and lotions. Farmaesthetics finds this bright golden flower to be nature’s number one herb for restoring and restructuring damaged skin. Farmaesthetics’ Calendula Remedy Oil is used in dermatologist’s offices to treat dry mature or troubled skin on the face as well as the hands and body. Farmaesthetics has clients that use it expressly to treat the ravages of eczema, psoriasis, and other conditions traditionally treated internally and externally with prescription drugs...none with the effect and outcome of Calendula.
Witch Hazel	As a skin tonic, Witch Hazel tightens loose tissue and is an effective astringent and toning agent, especially for skin that is beginning to slack. An excellent cleansing agent for hands, face, and feet. Overall, Farmaesthetics thinks witch hazel is one of nature’s most useful herbs, and it is the perfect base for many of its skincare preparations.
Lavender Essential Oil	Lavender is a versatile essential oil, with uses ranging from decongestant to sedative. This versatility is due to the complexity of the oil’s chemistry and its numerous active constituents. It is best summed up, as a calming, soothing and above all balancing oil, (that smells wonderful!). It stimulates and rejuvenates the skin and restores the skin’s natural balance in oil production. It also stimulates sore, exhausted muscles and soothes the nerves, while acting as an aromatic astringent.

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Beeswax	Beeswax is a completely mysterious ingredient. It is a perfect natural preservative when used in herbal preparations such as salves and balms and has been used for centuries as an integral component of skincare and cosmetic formulations. Beeswax contains its own antibacterial agents that work with the other complex constituents of the wax, to speed healing of the skin. It is also a perfect protectant, sealing in moisture while binding active herbal ingredients to the skin, so as to maximize the herb's healing benefits.
Lecithin	Farmaesthetics uses this naturally occurring mixture of acid compounds as an emulsifier and surfactant. High in B Vitamins, it's made from soy oil and prevents oil from separating from the liquid ingredients.
Xanthan Gum	A natural carbohydrate derived from corn syrup and used as a natural thickening agent. It's most commonly used as a thickening agent in cooking, especially when preparing meals for those with food sensitivities or allergies. This ingredient is available in most health food stores in the baking section.

### **Applications and Benefits:**

- An herbal combination that feeds the skin, moisturizing and conditioning the face and body.
- Soy oil evens skin tone, softens fine lines, and is light but emollient.
- Calendula offers powerful properties to heal and mend skin even on those with scars, inflamed skin conditions, chapped, severely dry skin, or those with skin damage or sensitivities resulting from laser surgery.
- Totally free of synthetics, it is safe for use on all age groups.
- Perfect under make up as it leaves the skin hydrated but with a matte finish.
- Safe for use on those with nut allergies.
- Great for use in massage, having lots of “slip” for easy application.
- Best used on damp, warm skin.

### **In Our Professional Treatments:**

- Use during treatments in facial massage.
- Apply after facial as the moisture application.
- Mix with Sweet Milk Exfoliate for a more moisturizing exfoliation process.
- Use with massage for face, body, hands (in place of traditional massage oil).

## Pure Complexion Tonic™

*with chamomile & rose*



6 oz. cobalt blue  
apothecary bottle  
with black screw top

### Inspiration:

The traditional beauty “lotions” used in daily facial skincare regimens of women in the 1920s and 30s. Farmaesthetics’ version of this tried and true beauty preparation consists of 5 herbal ingredients known to soothe, soften, cleanse and purify the complexion.

**Ingredients:** witch hazel, chamomile, lavender, and rose otto essential oils and vegetable glycerin.

Witch Hazel	Herbal remedy known for use in all skincare. No complicated scientific studies are necessary with this honored ingredient. It is mild and well known for being safe and effective, having minimal risk of allergic reaction.
Rose Otto Essential Oil	High-grade essential oil of rose and a natural astringent, (among many other things...). Its many attributes include its known ability to fight wrinkles and broken capillaries. Known also to work on maintaining a healthy complexion by helping to balance the “Feminine System.”
Lavender Essential Oil	Known in herbal skincare traditions to stimulate new cell growth, perform as a bactericide and help reduce scarring.
Chamomile Essential Oil	Soothes and smoothes the skin and helps to even out blotchiness and discoloration.
Glycerin	An emollient, having a softening effect on the skin. It is also a well-known humectant, attracting water to the skin and making it appear smoother by actually diminishing superficial lines caused by dryness

### Applications and Benefits:

- **Purifying Toner** for use after cleansing face, to complete the cleansing process. A gentle traditional beauty formula, leaving the skin clean and conditioned and ready for a moisturizing application as needed.
- **Troubled Skin Tonic** to help prevent and/or treat skin flare-ups, even those associated with acne. This combination of herbal ingredients helps the skin combat oily patchiness, blotchiness, blackheads & breakouts... and actually serves to heal any existing blemishes.
- **Daily Treatment for Balancing** the skin by effectively removing excess oil. Use only occasionally if skin is very dry, whether seasonally or from dry or mature skin type.

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## Fine Herbal Cleanser *with True Geranium and Lavender*™



8 oz. clear glass apothecary bottle with pump

### Inspiration:

This herbal formulation is perfect for cleansing skin that is overly dry, overly oily, or for skin with dry or oily patches. True geranium (different from the scented plant used for ornamentation) combined with lavender and witch hazel, has astringent and antiseptic properties and is useful in balancing the production of sebum (the skin's own natural moisturizer). The balancing of extreme conditions is precisely the premise of herbalism - to restore balance thus restoring the optimum condition for a clear healthy complexion. The balancing action arrives from the fact that geranium stimulates the adrenal cortex. This is important because the hormones secreted by the adrenal cortex are primarily "regulators", governing the balance of hormones. In addition, True Geranium is known to stimulate the lymphatic system, helping the body to eliminate fluid. Lavender has been used for centuries to tighten slacking, crêpey tissue. These two herbal oils, combined with witch hazel and glycerin (which attracts moisture), cleanse and counter damage from exposure to chemicals and environmental pollutants.

**Ingredients:** witch hazel, glycerin, acylglutamate (a natural amino acid derived from sugarcane), and geranium and lavender essential oil

Witch Hazel	As a skin tonic, Witch Hazel tightens loose tissue and is an effective astringent and toning agent, especially for skin that is beginning to slack. An excellent cleansing agent for hands, face, and feet. Overall, Farmaesthetics thinks witch hazel is one of nature's most useful herbs, and it is the perfect base for many of its skincare preparations.
Glycerin	A sweet syrupy substance naturally derived from vegetable oils. Used as a humectant, it actually attracts moisture from the air and binds it to the skin's surface. It also provides a protective barrier on the skin so as to retain its moisture. When applied as a finishing spray to face and body it leaves a dewy, "glistening" appearance to the skin.
Glutamate (Acylglutamate)	A delicate cleansing agent derived from natural sugar cane; adds the slip to the preparations as well as the gentle action of removing excess oil.
Geranium Essential Oil	Oil derived from the geranium flower. Like virtually all the flower oils, it is an anti depressant and antiseptic and is valued for its astringent and antiseptic properties. Also used in herbal skincare preparations for its powerful action in balancing oil (sebum) production. Use for excessively dry skin, excessively oily skin and for everything in between ... this is the balancing action that makes this and most herbs so effective ... geranium maintains the natural PH balance of the skin.

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Lavender Essential Oil	Lavender is the oil Farmaesthetics uses most in its skincare preparations, as it is the most versatile, with uses ranging from decongestant to sedative. This versatility is due to the complexity of the oil's chemistry and its numerous active constituents. It is best summed up, as a calming, soothing and above all balancing oil, (that smells wonderful!). It stimulates and rejuvenates the skin and restores the skin's natural balance in oil production. It also stimulates sore, exhausted muscles and soothes the nerves, while acting as an aromatic astringent.
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**Applications and Benefits:**

- Washes away impurities and excess oil, without ever changing the skin's natural ph balance or washing away the wanted outer layer of natural oils
- Created for use on the face, but is appropriate for the body, the bath and the baby
- Naturally fragrant and antiseptic.
- Non-irritating, as it does not contain synthetic surfactants or harsh cleansing agents, soaps or perfumes...totally clean and pure
- Excellent for oily as well as dry complexions
- May serve to settle the kind of red, inflamed skin that accompanies hormonal imbalances in adults and teens alike, i.e. acne, rosacea...

**In Our Professional Treatments:**

- Use as cleansing agent prior to all facial treatments

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## Rosehip and Clay Mint Mask™



### Inspiration:

A potent blend of organic peppermint leaves and rosehips work together with kaolin clay to create a powerfully healing extracting agent to pull impurities from the skin and minimize pore size. Peppermint is cooling and soothing to the skin, settling irritation and inflammation. Organic rosehips, nature's most potent source of Vitamin C, infuse the skin with restorative benefits in its most accessible whole herb form. Nature's perfect mask to decongest and deeply cleanse the skin.

**Ingredients:** kaolin clay\*, ground rosehips\* and ground peppermint leaves\* (*certified organic ingredients\**)

Kaolin Clay	Clay is nature's perfect extracting agent, removing excess oils and impurities from congested pores.
Ground Rosehips	Containing 60 times as much Vitamin C as oranges, ground Rosehips provide a potent natural serum paste for treating delicate facial tissue.
Ground Peppermint Leaves	Cools the skin. Relieves the discomforts of heat rash. Reduces the itch and sting of insect bites. The menthol in the leaf and oil provides a sense of relief and refreshment to most skin irritations, as well as providing sinus relief to a congested nose.

### Applications and Benefits:

- Simply mix ingredients with pure spring water into a paste. Apply to entire face, let dry to tingling, and then remove with warm wet towels.
- This is a stimulating extraction mask that will freshen and purify an oilier complexion.
- Herbal combination will soothe and reduce inflammation and puffiness.
- Mix with our *Pure Complexion Tonic*, instead of spring water, to add the additional astringent properties of witch hazel, rose essential oil, and chamomile. This powerful combination will decongest the skin while encouraging circulation, and healing.
- Mix a small amount of mask and apply directly to troubled spots, targeting blemishes, for speed-healing breakouts and areas experiencing excessive oiliness.

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## Eyebright Eye Makeup Remover and Treatment Oil™



1 oz. cobalt blue  
glass apothecary bottle

### Inspiration:

Three treatments in one: Non-chemical eye make up remover, line smoothing, anti-inflammatory application to soften fine lines and wrinkles and a relaxing compress to sooth eyestrain. The herb Eyebright is known in herbalism to relieve eyestrain and redness due to fatigue from over-use, environmental irritants or allergies. As the nerves in the eyes are relaxed and strengthened, there is less strain, therefore less squinting and less rubbing. By combining Eyebright with the soothing properties of Chamomile in simple Sweet Almond Oil, one is applying an ancient remedy to an age-old complaint and removing eye makeup to boot! No missed opportunity here.

**Ingredients:** eyebright extract, sweet almond oil, orange wax, vitamin e, grapeseed oil and chamomile essential oil

Eyebright Extract	Known in herbalism for relieving eyestrain, puffiness, and redness due to fatigue, environmental irritants, allergies, or over-use. As the nerves in the eyes are relaxed and strengthened, there is less strain and less tendency to squint or rub the eyes, both of which contribute to fine lines and inflammation.
Sweet Almond Oil	A light, odorless, high-grade fruit kernel oil - wonderfully nourishing to the skin.
Orange Wax	Orange wax is the semi-solid wax taken from orange rinds. The wax sourced by Farmaesthetics is derived without solvent extractions or chemical reactions, making it an all-natural ingredient. Orange wax as found in orange peels protects the fruit against the environment, allowing it to breath, while maintaining its essential water balance. When applied to the skin, it works in much the same way, making it a wonderfully emollient, gently protective ingredient, perfect for use around tender eye tissue.
Vitamin E	Used to stabilize all of Farmaesthetics natural non-aqueous formulations. Benefits in restoring skin's elasticity. Assists in healing scars and preventing stretch marks in skin that is being stretched from pregnancy or weight gain.
Grapeseed Oil	Known as a natural anti-oxidant for benefiting tender tissue around the eyes.
Chamomile Essential Oil	Farmaesthetics uses oils derived from German Chamomile. This is a soothing, calming herb with anti-inflammatory properties. High in azulene, it is known to be an anti-allergenic agent and is therefore excellent for reducing puffiness around delicate eye tissue.

**Applications and Benefits:**

- **A Non-Chemical Eye Makeup Remover** – Doesn't contain the harsh, synthetic, chemical solvents that are in most makeup removers and that dry and irritate, delicate eye tissue.
- **Tender Treatment Oil for Delicate Skin** - Made with nature's most settling calming emollient: Chamomile is a soothing, powerful anti-inflammatory agent.
- **Herbal Whole Eye Treatment** – helps relax the ocular nerve. Our eyes are faced with stress and strain everyday, especially in our environmentally challenged world with computer driven business and communication, fluorescent lighting, poor indoor and outdoor air quality, air pollution from cleaning products, carpets, and chemically treated foods. Our eyes are exhausted by day's end and our eyesight is diminished with the continued strain of focusing and refocusing under often times poorly lit screens and work spaces. Grapeseed Oil stabilizes the preparation, but also yields an anti-bacterial action to the preparation.

**In Our Professional Treatments:**

- **All Facials**
- **All Massage Treatments**
- **All Solar Salt Bath Soaks**
- **Eyebright Heated Eye Treatment Pads.** Place warm Eyebright Treatment Oil on cotton pad and place over eye area and rest. This allows for thorough, deep absorption of the herbal constituents. If the eye area is dry, flaky, red and irritated from allergies or skin related disorders, this heated eye treatment pad will activate the beneficial emollients to the tissues

## Sweet Milk and Lavender Bud Facial Exfoliate



4 oz. French square  
glass bottle

**Inspiration:** A non-chemical exfoliating treatment that is perfect for all skin types, ages and conditions. Gentle enough to use everyday. Powerful enough to treat even oily or troubled skin prone to breakout.

Milk has been used throughout the ages to enhance beauty. It is well known that even Cleopatra used sweet milk for beautifying and brightening her complexion. Traditional rural cultures have also used sweet milk in beauty treatments, making it as familiar on a dressing table as in the kitchen cupboard. When mixed with *Fine Herbal Cleanser*, our pristine herbal exfoliate makes a creamy, freshly fragrant lather that is easily applied, to remove tired skin cells. Gentle enough to use in daily cleansing, or apply weekly as a "mask", to further the effects of the milk's

natural lactic acid to soften, brighten and revive the complexion.

Sweet Milk & Lavender Bud Exfoliate: Natural lactic acid in dried sweet milk combined with fine cornmeal and crushed lavender buds, provides a gentle exfoliate for the face and décolleté. Use our *Sweet Milk & Lavender Bud Exfoliate* while relaxing in the bathtub, allowing it to rest on the face for a few minutes before rinsing. When washing the exfoliate from your skin, the milk will mix with the bath water, creating a luscious lavender milk bath. The perfect prep for a deep restful sleep as well as an excellent skin softening treatment for the whole body.

**Ingredients:** dried powdered milk, fine yellow cornmeal & finely ground lavender buds\*  
(*certified organic ingredients\**)

Milk Powder	Sweet milk is simply fresh milk, as opposed to buttermilk. It's an old-fashioned Southern term commonly used to distinguish between the two in the days before refrigeration, when people churned their own butter and always had buttermilk on hand. The natural "alpha hydroxy" action in sweet milk's lactic acid, is known for its revitalizing effects on the complexion. It is a skin softener and is extremely soothing and calming to inflammation or irritation. It is said that many of the great beauties throughout antiquity used milk for these very purposes.
Cornmeal	Cornmeal is made from corn, and used traditionally as a gentle exfoliate. This age-old method of removing dry, flaky surface skin is highly effective. Each grain of cornmeal is a soft, round granule, unlike salt crystals with their jagged edge that can be irritating to sensitive skin. The rolling of each grain on the skin during external application not only exfoliates and stimulates circulation, it feels wonderfully invigorating to the entire system.

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Lavender Flower	Lavender is the herb Farmaesthetics uses most in its skincare preparations, as it is the most versatile, with uses ranging from decongestant to sedative. This versatility is due to the complexity of the herb's chemistry and its numerous active constituents. It is best summed up, as a calming, soothing and above all balancing herb, (that smells wonderful!). It stimulates and rejuvenates the skin and restores the skin's natural balance in oil production. It also stimulates sore, exhausted muscles and soothes the nerves, while acting as an aromatic astringent.
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