



## FACIAL GUIDE



**IMPORTANT** Read instruction manual and all safety information thoroughly before using your Professional Facial Center for the first time. This guide is not intended to replace your instruction manual, but to act as a quick reference once you are familiar with this product.

### A GETTING STARTED



#### YOU WILL NEED:

- (1/4) cup water to fill the steam chamber
- (1) medium sized bowl, filled with warm water for rinsing
- Face towel
- Dark-colored washcloth or facial sponges
- Hair tie or headband
- Your favorite facial cleanser, toner and moisturizer (optional)
- 4 AAA batteries for the handheld units

**NOTE** Your Facial will take 30 minutes from start to finish.

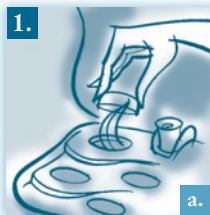
### B PREPARING YOUR UNIT

Place the Professional Facial Center on a hard level surface, near an electric outlet. Leave unplugged for now.

**TIP** Check batteries in hand-held units. (Always keep fresh batteries on hand)

### C SET UP FOR YOUR FACIAL

1. Use measuring cap to fill Water Reservoir/Steam Chamber with 1/4 cup water. Replace Reservoir cap; twist to "Close" position. ▶



2. Squeeze Mud from tube into the Mud Chamber. Place cap back on top of the Mud Chamber. ▼



3. Plug cord into wall socket, then slide switch to "ON" position, so that only the mud light is illuminated.



**NEXT** Pull back your hair, put on soft music, take a deep breath, and get ready to pamper yourself!

## BEGINNING YOUR FACIAL

### 1 CLEANSE

Cleanse with warm washcloth and your favorite cleanser. Pat dry.

**2 ONCE CLEANSING** step is complete, slide switch to the "Steam/Mud" setting so that both lights are illuminated, and move on to Step 3 while waiting for steam chamber to heat. (TIP: before steam appears, make sure steam nozzle is angled properly and remove both hand held attachments from facial center.)

### 3 EXFOLIATE

Place either brush (for sensitive skin) or sponge (normal skin) attachment on the exfoliator device.

Use spatula or fingertips to apply a thin layer of Healing Gems facial scrub directly to skin, or apply scrub to attachment head and work into an even layer across face. Exfoliate at desired speed for 2-4 minutes while steam from main unit reaches a steady, continuous flow.

Rinse face thoroughly with warm water and cloth to remove excess scrub. Wash again with cleanser, if desired (recommended for oily skin types). Pat dry and move to Step 4.



**4 POSITION FACE** in line with steam flow from main unit. Close your eyes and enjoy steam, for about 10 minutes. Slide switch back to Mud only when finished. (CAUTION: DO NOT TOUCH STEAM NOZZLE ONCE STEAM HAS APPEARED!)

**5 STIR THE MUD** and check the temperature by applying a small amount to the inside of your wrist. Slide the switch to "off" if mud is warm enough.

### 6 DEEP PORE CLEANSING

Dry skin thoroughly. Apply pore cleansing unit to nose and face. (Remember not to hold on one spot for more than 2 seconds or slide across skin!)



### 7 MUD MASQUE

Pat face dry, apply mud to face and neck with brush. After 10 minutes, wash away dried mud with dark washcloth.



**8 TONE AND MOISTURIZE** with your favorite toner and moisturizer and you're done!



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For replacement facial scrubs, mud and parts

[www.artemiswoman.com](http://www.artemiswoman.com)

877 212 1560