

# Australian Skin Clinics At Home Edition Facial

Take a moment at home to feel your very best and give your skin (and yourself) a special treat! Achieve smooth, bright, glowing skin from the comfort of your own home with our "At Home Edition" Facial. This treatment will completely rejuvenate your skin in just 9 easy steps!

Perform our "At Home Edition" Facial at any time of the day or night (just be sure to stay out of the sun for the duration of your treatment). For optimal results, we recommend repeating this facial once a week before bedtime. Follow the steps below or look out for our step-by-step video guide on social media.

## Time:



20-30  
minutes

## What you will need:

- Warm Water – Hand Towel – Mirror
- **At Home Edition Balense Skincare Kit;** · Hydrating Gentle Cleanser · Microdermal Cleansing Scrub · Antioxidant Lift FX Serum · Enzymatic Sleep Masque · Ageless Eye Cream · Hyaluronic Acid Mist · Balense Facial Brush



**STEP 1** – Mix a pea size amount of your **Balense Hydrating Gentle Cleanser** with a small amount of water to create a foam-like texture.



**STEP 6** – Apply 1-2 pumps of your **Balense Antioxidant Lift FX Serum** to your face, neck and décolletage with sweeping motions - rub in until absorbed! Avoid eye area.



**STEP 2** – Apply it to the face, neck and décolletage with gentle, circular motions for 30 seconds then rinse with warm water and pat dry.



**STEP 7** – Apply a small amount (size of a 5c piece) of your **Balense Enzymatic Sleep Masque** to the face, neck and décolletage and massage into the skin until absorbed. Leave this on overnight for best results, or lightly remove excess with a damp wash cloth after 15 minutes and apply your regular moisturiser.



**STEP 3** – Dispense a pea size amount of your **Balense Microdermal Cleansing Scrub** onto your Facial Brush and apply a small amount of water to the brush.



**STEP 8** – Turn on your **Balense Ageless Eye Cream** massage applicator and squeeze out a rice grain size amount of product - apply 3 dots to the brow bone and under the eye (orbital bone). Massage the product from inner to outer corners of the eye for lymphatic drainage for 60 seconds per eye.



**STEP 4** – Use gentle, circular motions to exfoliate the entire face, neck and décolletage for 30 seconds - remember to focus on built up areas such as the nose, forehead and chin! Avoid eye area.



**STEP 5** – Rinse your face with warm water and pat dry- don't forget to rinse your **Balense facial brush** too and leave out to dry!



**STEP 9** – Apply your **Balense Hyaluronic Acid Mist** to the face neck and décolletage by spraying 20cm away from the face with eyes closed. Enjoy your beautiful skin.