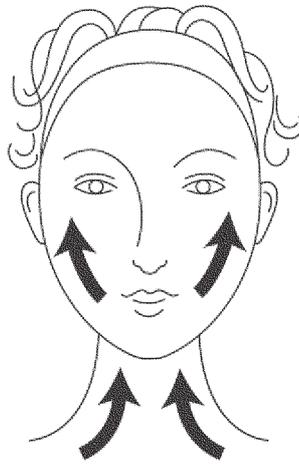




Facial Massage

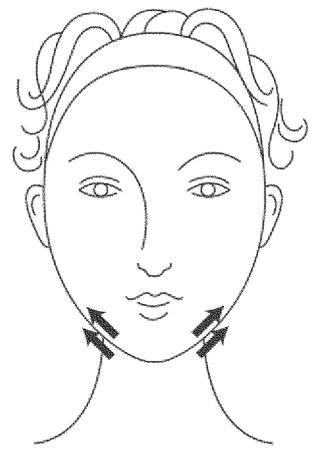
Apply the power within your own hands to give yourself a daily face massage using Essenture Night Serum. Massage can lift headaches, release tension and improve the tone of your skin.

www.essenture.com.au



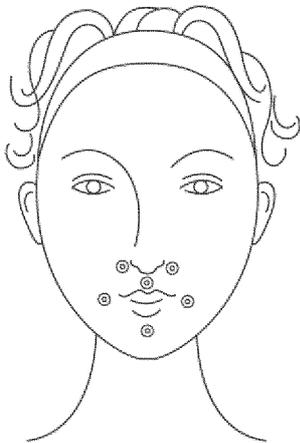
Step 1 - Applying the oil

Place 3 drops of essenture Night Serum in the palm of your hand and combine with 3-4 drops of water. Pat lightly, over your neck and face in an upward and outward direction with gentle pressure. **DO NOT RUB UP AND DOWN AS THIS WILL STRETCH THE SKIN.**



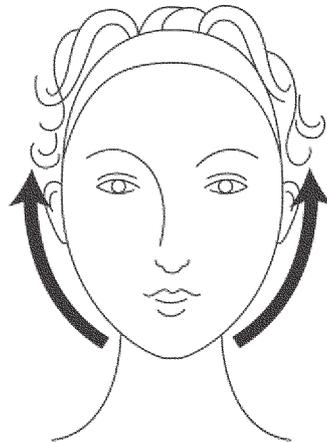
Step 2 - Massaging the jawline

To massage the jawline you will need to use the right hand to massage the left side and the left hand to massage the right side. Position the jawline between your middle and ring finger, gently sweep up to the ear.



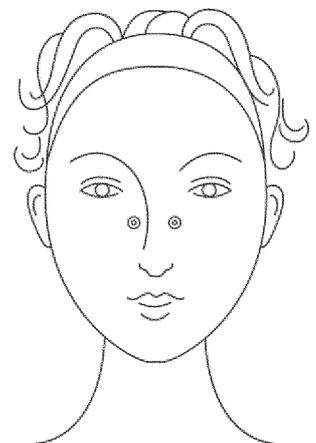
Step 3 - Massaging the chin, Lip and Nose

Position your ring finger at the mid point between your lower lip and chin and make gentle stationary circles in clockwise motion for about 15-20 seconds. Move to the sides of the mouth, repeat, now move to the upper lip, finishing at the sides of the nostrils.



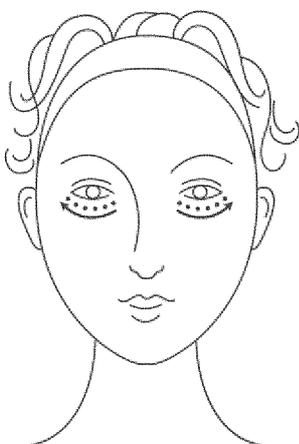
Step 4 - Massaging the side of the face to the Temples

Have the palms of your hands facing you. Place them at the sides of your face just above the jawline and gently sweep your palms up to your temples. Repeat 2-3 times.



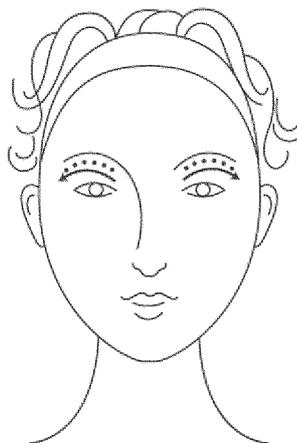
Step 5 - Massaging the bridge of Nose

Place your ring fingers just above the bridge of your nose and a little to the right. As before, use your ring fingers to make gentle stationary circles on either side of the nose.



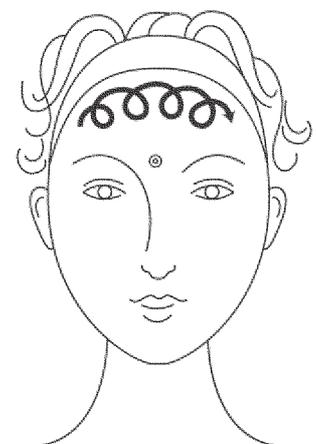
Step 6 - Massaging under the eye area

At various points from the inner corner to the outer corner of the underneath of the eye- gently press your ring finger and release. Do not pull the skin - just press and release.



Step 7 - Massaging the Brow area

Place thumbs under the eyebrow and at various points as before press and release under the brow line.



Step 8 - The "Third Eye" and Forehead

Position your ring finger above the bridge of the nose and in the centre, this is commonly referred to the Third Eye area. Make small stationary circular movements and still using your ring finger move to the forehead and massage using a large circular motion.

Step 9 - The finishing touch

With both your palms facing you, cup them together. Gently press your cupped palms to your face 3 times.