

*of our
cup*

beauty rituals to elevate your self-care

gua sha

BENEFITS

may include a more lifted and sculpted face, improved circulation, reduced puffiness, lymphatic drainage, enhanced skin elasticity, relieved tension in face and neck

STEPS

- easiest to follow one of the several video short tutorials online but here are some basic steps:*
- start with a clean face and gua sha tool, apply a facial oil or serum for smooth gliding*
- use each stroke 5-10 times before moving to a new area*
- hold your gua sha at a 15-30 degree angle against your skin*
- starting at your neck, use your tool to make smooth upward strokes from your collarbone to your earlobe*
- next, put the double-edged part of your tool at the center of your chin, then move it along your jawline to your ear.*
- slowly, drag the long edge of the tool across your cheekbone to your ear.*
- starting under your eye, gently slide your gua sha tool outward toward your ear*
- starting in the middle of your eyebrow, drag the notched side of your tool outward until you reach your hairline.*
- firmly press the long edge of your tool from the top of your eyebrow to the top of your forehead*
- gently clean your gua sha tool and follow with your regular skincare routine.*

lip-care

BENEFITS

may include improved texture, increased blood flow, healing, better lipstick application, prevention of chapping, lips appear plumper

STEPS

gently rub a soft toothbrush over your lips to exfoliate

rinse with warm water

apply Aquaphor

dry brushing

BENEFITS

may include baby-soft skin, improved circulation, lymphatic drainage, skin tone improvement, enhanced absorption of moisturizers, increased skin elasticity

STEPS

dry brush before showering

begin brushing at your feet and work your way up your legs using firm, but gentle strokes always brush toward your heart to promote lymphatic drainage

*use clock-wise circular motions on your stomach
shower to remove dead skin cells and toxins released*

moisturize

clean brush and allow to dry fully

dermaplane

BENEFITS

may include improved skin texture, brighter skin, smoother makeup application, better absorption of skincare products, facial hair removal, reduced pore size, rejuvenated skin

STEPS

cleanse face thoroughly

pull skin taut

holding tool at a 45 degree angle to your skin, use short, light downward strokes

regularly wipe the blade clean with a tissue or cotton pad

apply facial moisturizer to replenish moisture

castor oil

BENEFITS

applying castor oil to brows and lashes may promote brow and lash growth

STEPS

gently swipe the wand over your eyelashes, coating from root to tip (avoid getting in eyes)

use the same technique as above, brushing the oil onto your eyebrows to cover all hair strands.

allow to sit at least 30 minutes or overnight for best results

remove with a gentle cleanser

slugg

BENEFITS

may include improved hydration, skin, barrier repair, improved skin care product absorption, reduced appearance of fine lines and wrinkles

STEPS

(use on nights that you don't apply retinol)

cleansse face thoroughly

apply moisturizers and serums

apply Aquaphor or petroleum jelly over your entire face as the final step of your skin care routine

wash off in morning
