



Dr. Temt *Anti-Aging Advanced* Protocol

PRODUCTS NEEDED	SUPPLIES NEEDED
1.Micellar Make-up Remover	1.Towel Warmer
2.Hydropholic Oil with Azulene	2.Warm Towels
3. Anti-Aging Advanced Mousse Cleanser	3.Esthetic 4x4
4. * Instant Peel, Hawaiian Peel, Micronized Scrub	4.Cotton Rounds
5.Advanced Anti-Aging Toner	5.Steamer
6.Anti - Age Advanced Ampoule	6. Head wrap or Head Band
7.Anti - Age Advanced Mask	7. * Microdermabrasion
8.Dr. Temt Hand Cream	8. * Iontophoresis
9.Dr. Temt Face Massage Cream	
10.Anti - Age Advanced Serum	
11.Anti - Age Advanced Eye Cream	* Optional Additional Service Add-on
12.Anti - Age Advanced Day Cream	* Always check manufactures manual
13. Vienna Eye & Lip Balm	For Product use.

Dr. Temt Anti-Aging Advanced Protocol

Steps/Protocol	Duration	Description
1. Warm Towel Compress <i>*Start Steamer</i>	3 Min.	Take two Warm Towels from towel warmer. Wrap the first around the face and butterfly the second towel on the Décolleté. Applying gentle, firm compressions over towels with your hands. Remove towels
2. Eye and Face Make-up Cleanse	2 Min.	Dispense a small amount of Micellar Water Make-up Remover on cotton rounds. Place over eyes. In a gentle downward stroke, removing eye makeup.
3. Pre-Cleanse	3 Min.	On damp skin apply a small amount of Hydrophilic Oil with Azulene to face, neck and décolleté for first cleanse. Next Massage the cleanser in with moist fingertips, until it emulsifies. Cleanse the skin remove with warm towels.
4. Cleanse	5 Min.	Under Facial Steam apply blueberry size of Anti-Aging Advanced Mousse Cleanser . Perform cleansing routine and remove with warm towel or 4x4 Aesthetic wipes.
5. Peeling or Exfoliate Treatment (Chose one) <i>*Microdermabrasion</i>	5 Min. 10 Min.	* Instant Peel for all skin types (except couperose and acne-prone skin) Apply a Raspberry size amount to skin in circular motion, starting at the chin and working up and outward then remove with warm towel. *Hawaiian Peel for normal, dry, and mature skin. Apply in a thick layer leave for 10-15 min and remove by rolling the gommage down and away. You can also Perform Microdermabrasion & Extractions in this Step. *Micronized Scrub for all skin types (except sensitive skin, skin with acne and couperose) Apply with wet fingers a Raspberry size amount to skin in circular motion, starting at the chin and remove with warm towel.
6. Tone Treatment	2 Min.	Anti-Aging Advanced Toner Apply the toner to cotton rounds, Swipe across the face, neck, and Décolleté.
7. Ampoule <i>*Iontophoresis</i>	5 Min.	Perform facial or pressure point massage routine with the Anti-Aging Advanced Ampoule to face, neck and décolleté you may also use iontophoresis.
8. Mask	10-15Min.	Next apply Anti-Aging Advanced Mask on top of the Ampoule for 10-15 min. Remove mask with a warm towel.
9. Arm & Hand Massage	4 Min.	Perform Massage on arms and hands using Dr. Temt Hand Cream
10 Neck Massage	5 Min.	Dr. Temt Face Massage Cream . After neck massage remove Mask and Massage Cream with warm towels.
11. Serum	2 Min.	Apply a pea size amount of the Anti- Age Advance Serum over the moist skin, to the face, neck, and Décolleté.
12. Finish Products	3 Min.	Finish by applying Anti- Age Advanced Eye Cream under the eye area. Apply an almond size amount of the Anti- Age Advanced Day Cream to the face, neck, and Décolleté. Apply the Vienna Eye and Lip Balm to the lips with disposable applicator.