



## GENTLEMAN'S LAVA SHELL® SHAVE FACIAL

### PURPOSE:

This decadent gentleman's ritual is not only extremely relaxing, but also softens and hydrates the skin. The added benefit is that facial hair is moistened, pores opened, leaving the hair more pliable, preventing ingrown hairs and razor burn. The actual shaving process becomes much less abrasive.

### SUPPLIES NEEDED:

- Self-Heating Lava Shells® (1-2), Prepared and Charged
- Glacial Shells® (1-2), Prepared and Charged - **optional**
- Hand Towels (4)
- Cleanser of Choice
- Exfoliator of Choice
- Toner of Choice
- Shaving Product of Choice
- Moisturizer with SPF of Choice
- Bowl of cool water or cool, damp cloth

### PREPARATION:

- Charge Lava Shells®
- Charge Glacial Shells® - **optional**
- 4 Moist Towels, Rolled and Placed in Towel Cabi

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## SUPINE:

1. Ensure client's comfort. Place a neck roll under the neck, or elevate the upper body.
  2. Place one warm, moist towel on face, with nose and mouth exposed, and compress.
  3. Sitting at client's head, apply cleanser of choice and proceed with cleansing process. Remove cleanser with warm, moist towel.
  4. Apply exfoliation product. Begin massaging and exfoliating the face and neck. Remove exfoliation product with warm, moist towel.
  5. Apply toner to face and neck.
  6. Begin massage with heated Lava Shell(s)®, ensuring the client is comfortable with the shell's temperature. With small circular motions, utilizing the crown of the shell on this sensitive area, begin massaging the neck, applying little to no pressure.
- Note:** If ever the Lava Shell® is too warm, use the cool bowl of water or cool, damp cloth to quickly reduce the shell's temperature.
7. Turning the shell onto its edge, massage/scrape the upper trapezius (more pressure can be applied in this area.) With a smooth flow, transition to the crown of the shell and massage with long effleurage strokes through the trapezius and back of the neck.
  8. Transition and repeat on the other side of the neck/shoulder.
  9. When finished with neck/shoulder massage, transition to the face.
  10. Utilize the crown of the shell to perform small circular, fluid motions, being mindful of pressure on bony landmarks of the face. As in cleansing and toning, the massage strokes should always be in an upward direction, beginning with the chin and ending at the forehead. Massage entire face.
  11. Repeat steps 7-11, continuing the massage for 8-10 minutes.
  12. Apply shaving product of choice to the shave zone.
  13. Begin the shaving process, remembering to shave in the direction of hair growth. Repeat with a second pass, if necessary.
  14. Upon completion of the shaving process, apply a warm, moist towel and compress. Remove all residual product and hair.
  15. Apply the moisturizer with SPF product of choice and massage in with the hands.
- Optional:** Utilize prepared Glacial Shell(s)® with the moisturizer product of choice, repeating the same massage strokes and process of the Lava Shells®. The cooling effect of the Glacial Shells® will close pores and assist with any possible inflammation that naturally occurs in the shaving process.
16. Inform client that the service is complete and assist to a sitting position.