

# EXTRACTION PREP PROTOCOL

## EXTRACTION PREP

Can be paired with mask infusion enhancement.

Best on congested, dull, sluggish skin.

Products and Tools Needed: 1 or 2 Cowrie Shells, appropriate disincrustation formula and any other desired element to proceed with treatment.

Treatment: Start with the Welcoming Skin Cleansing Ritual. Next, massage the warm shells into the areas where heat would be most useful for the desired result. i.e. nose, chin, forehead pre-extraction.



### STEP ONE

Start at the interior Pectoralis Major, glide shell around to the upper trapezius. Hold briefly and glide down to lower trapezius. Press 3 x's and repeat on other side.