



MINDFUL BEAUTY
facesbykatey

SKIN & SELF CARE RITUALS

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SELF CARE RITUALS

With the right intensions you can transform your skincare routine into a healing self-care ritual.

USE CODE: **MINDFULBEAUTY10** FOR -10% ON YOUR SELF CARE RITUAL TOOLS & SKINCARE

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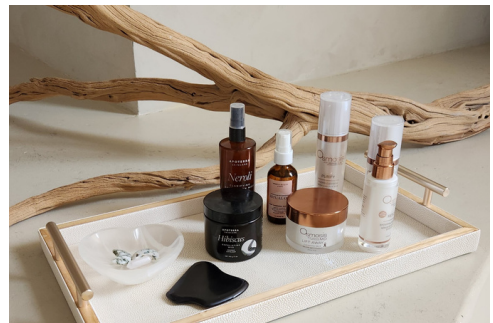
FACIAL MASSAGE BENEFITS:



Incorporate massage into your weekly at-home facials

LET IT MELT

FACE MASSAGE



Massage is a powerful method of healing and one of the oldest forms of therapy. Facial massage can help increase circulation and draw out toxins while supporting delivery of oxygen rich nutrients to the skin and create new cell growth. When your body goes into a deep state of relaxation it is likely to help boost your adrenals, kidneys, relieve strain in the liver, relax your heart, and release tension.

SELF LOVE INTENTIONS

*Set your intentions and energetic space before
and during your beauty ritual*

Love is the most powerful energy. When we understand that we are love, and we are meant to give and receive love is when we can truly open our hearts to healing and compassion.

Our skincare routine can help us physically and emotionally tune in to our mind and body soul experience.

**Create soft safe spaces for your soul within your body.
Call in the love & light.**



Self Care Love Affirmation:

**I am loved
I am love
I welcome compassion
I welcome the light
Nature flows through me
I flow with the beauty of nature
My skin is healthy
My skin is healing
I deserve happiness, I am happiness
I deserve peace, I am peace.**

DIY FACIAL RITUAL



GUIDE:

- Oil cleanse with [Vetiver Illuminating Oil Cleanser](#) or [Ritual Oil](#)
- Double cleanse with a non-oil based [cleanser](#).
- Mist the skin with your favorite [face mist](#).
- Pat Ritual Oil or facial oil of choice onto the skin to provide a gentle glide for your facial massage and [gua sha stone](#)
- Use your gua sha stone to melt away tension in the face, scalp, neck and shoulders. Use slow and gentle movements that feel soothing for you.
- Apply your favorite [face mask](#).
- Rest while enjoying some light therapy, your favorite music or meditation, sip some herbal tea or lemon water. Breathe and reconnect with your life force energy.
- Rinse your mask.
- Follow up with the rest of your finishing [skincare products](#).



SKIN TIP:

When applying your skincare, a good rule to follow is to layer thinnest to thickest. Each step is preparing your skin for the next. This is why a **thorough 60 second cleanse** is so important.

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HOW TO OIL CLEANSE

1. Begin with an oil based cleanser such as the oil-to-milk [Vetiver Illuminating Oil Cleanser](#)
2. Start with dry hands and a dry face. Apply a small amount (usually a coin-sized amount) of the oil-based cleanser to your palms.
3. Gently massage the oil cleanser onto your dry face in circular motions for about 1-2 minutes, focusing on congested zones and areas with makeup or sunscreen.
4. After thoroughly massaging, emulsify the oil by adding a small amount of water to your hands and continuing to cleanse your face. This will help the oil mix with water and rinse off easily.
5. Rinse your face thoroughly with warm water until all traces of the oil cleanser are removed.

Note: If you are not using an emulsifying oil cleanser, be sure to use a warm cloth to thoroughly remove your traditional oil cleanser.

HEALING CLAY



The intension of your weekly self care ritual is to rest your nerves, restore your skin, and give your soul some healing time.

Clays are a natural exfoliating alternative to harsh acid treatments or peels that have been used for thousands of years to treat the skin.

Clay is alive. It is rich in silica, calcium, iron and magnesium. It shimmers with electromagnetic energy, stimulates the lymph, and increases circulation and oxygenation to the surface of the skin.

Clay loosens clogged pores and draws out impurities without dissolving the protective epidermal layer! Clays absorb excess oil, refines and softens fine lines and wrinkles, while smoothing texture and fading scarring while providing deep nourishment to help support and strengthen the cells of the skin.

You can use a clay mask 1x a week to help gently renew the skin and are beneficial after facial massage/gua sha/steam to help further stimulate circulation.

MINDFUL PICK: [PURIFYING MINERAL MASK](#)

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