



New Direction
Natural Medicine

Natural Home Care Nightly Beauty Routine

Step 1: Wash your face with a natural cleanser. You can make your own cleanser using organic coconut oil and essential oils (frankincense, lavender and/or elemi). Read our page on “oil cleansing” on our website to learn more.

Step 2: Apply a couple spritzes of *organic rose water* or use *witch hazel* on a cotton ball for a natural astringent and to clean skin more thoroughly.

Step 3: Apply *hyaluronic acid* or our *Chinese herbal wrinkle serum*.

Step 4: Perform *facial gua sha* (using the jade tool provided) on the face and neck. (See video on our patient portal page to learn how to use it.)

Step 5: Apply *Wrinkle Rescue moisturizer, tamanu oil* or moisturizer of your choice in a thick layer and perform *facial cupping*. (See video on our patient portal page to learn how to use it.)

Step 6: Use your *jade roller* (in your kit) to calm your skin, reduce puffiness and improve wrinkles. The jade roller is a naturally cool stone but it may be stored in the fridge for an extra cool sensation. (See video on our patient portal page to learn how to use it.)

Step 7: Enjoy the look and feel of your glowing complexion, take a scoop of *Collagen Replenish Powder* with lukewarm water daily (provided in your kit), drink plenty of water to keep your skin hydrated, and use a satin pillowcase on your pillow to prevent wrinkles while you sleep.

To watch instructional videos on how to do Facial Gua Sha, Facial Cupping and use the Jade Roller, log-in to our website:

- Visit our website: www.newdirectionnaturalmedicine.com
- Click the “Portal” heading at the top of the page
- Click “Exclusive Patient Portal” in the drop down menu
- Enter the following password: **newdirection409**
- Click the “Facial Rejuvenation Home Care” button

