

Lay Back & Relax Treatment

An exfoliating and brightening back treatment that renews skin texture, clears congestion, and intensely detoxifies, combining gentle resurfacing with massage for a smoother, glowing appearance.



KEY BENEFITS

- ✓ Leaves back feeling soft, refreshed & detoxified
- ✓ Helps reduce back congestion and breakouts
- ✓ Ideal for pre-event prep, congestion, sun-damaged skin & ongoing maintenance

SKIN TYPE: All Skin Types

DURATION: 60 minutes

COST PER TREATMENT: \$13.36

SUGGESTED MENU PRICE: \$150-\$200

CONTRAINDICATIONS: Broken, irritated, or inflamed skin/ Impaired barrier function / Recent professional or medical treatments / Recent cosmetic injectables / Prescription or over-the-counter retinoids / Isotretinoin (Accutane) within 12 months / Recent hair removal / Consult modality manufacturer for safety guidelines.

STEP 1: CLEANSE & PREP

- Combine quarter-sized amount of **Brightening Cleanser** with quarter-sized amount of **Icy Revitalizing Mask** in a cup. Wet fan brush in water and whip cleanser to emulsify. Apply evenly to full back and shoulders with gentle massage. Remove with warm towel.
- *Optional:* Process with steam during cleanse routine.

STEP 2A: EXFOLIATE

- *Optional:* Spray **Iso-Cell Recovery Solution** onto cotton round (10 sprays) and swipe over full back and shoulders to prep skin and remove excess debris.
- Use Peel Solutions application method. Saturate 1x1 loose weave gauze with 2-3 droppers of **AML20** and apply to half of the back and shoulders. Resaturate gauze with 2-3 droppers and repeat with remaining area(s). Gauge sensations. Do not use steam. Process no more than 10 minutes total. Remove with wet cotton until no sensations are felt. Spray **Iso-Cell Recovery Solution** generously.

STEP 2B: MICRODERMABRASION

- Microdermabrasion may be incorporated as an alternative resurfacing modality in place of peel solutions. Microdermabrasion may also be used alongside AML20 based on client skin condition and treatment history. Please use professional discretion when combining treatments.
- Perform microdermabrasion passes following manufacturer's recommendations. Work in small sections, holding skin taut.

STEP 4: EXTRACT

- Spray **Iso-Cell Recovery Solution** generously to full back and shoulders, wetting skin.
- Turn on **Skin Perfecter** (High Mode) to perform manual extractions with light pressure on wet skin. Resaturate skin with **Iso-Cell Recovery Solution** to keep skin wet during passes.

STEP 5: MASK

- Apply 3 pumps of **Hydra Azulene Gel Masque** to back and shoulders with a fan brush.
- *Optional modalities:* **Skin Perfecter**, LED, (+) Microcurrent, (+) Galvanic.
- Remove **Hydra Azulene Gel Masque** with steamed towel.

STEP 6: MASSAGE

- Apply thin layer of **Pomegranate Massage Cream** with a fan brush to back.
- Use flat side of 2 **Bell Zhong** tools to gently massage shoulders and back.
- Begin at the center of the upper back, avoiding the spine, and glide the tools outward.
- Continue with smooth, even strokes down the entire back.
- Refer to the instructional video for the recommended massage passes.
- Remove **Pomegranate Massage Cream** with warm towel.

STEP 7: FINISH

- Fill the **Ionized Oxygen Infuser** flask with one-third **Iso-Cell Recovery Solution** and 5-6 drops of **Vita-C Serum**. Evenly mist the solution across the entire back and shoulders.
- *Optional:* For additional hydration, apply 2-3 pumps of **Essence Moisturizer**.
- *Optional:* Apply **Kizo Lab UV Defense Clear Sunscreen SPF 50+** if the client is leaving with their back exposed.



Scan to watch protocol video.