



## Step - by- Step Guide

What  
You'll  
Need



A chemically active treatment system designed to rapidly and safely resurface the skin, reducing fine lines and wrinkles, smoothing and encouraging cellular renewal.

1. **Cleansing Complex – Pod Marked “A”**  
After tying hair back with head band or cap, dampen sponge in warm water bowl. Use a small pea size amount or about half of the pod container to gently cleanse skin. You will need the other half for step 4.
2. **Shield Recovery or Aquaphor – Pod Marked “B”**  
Load Q-Tip with Shield Recovery or Aquaphor to begin occluding or blocking areas of the face that can become raw or sensitive. Areas include around the nose, any irritated or acne areas, corners of lips or sensitive under eye area. **NOTE:** If you’ve had any history of skin cancer, these areas must be blocked off as well.
3. **Intensive Resurfacing Mask/Peel – Pod Marked “C”**  
With your wooden spatula gently distribute the contents of your pod all around your face and neck. Be sure to stay away from your eyes, lips or any areas that can become irritated easily. Leave the mask on for 3-5 minutes only. Gently remove mask with warm sponge and water. **NOTE:** Fire effect heats up as you remove the mask and is completely normal.

**4. Cleansing Complex – Pod Marked “A”**

Now it's time to neutralize the peel with the remaining contents of your Cleansing Complex. Gently coat skin with the cleanser, moving in circular motion to remove the remaining traces of your mask.

**5. Rejuvenating Mask – Pod Marked “D”**

To cool and nourish the skin with a rich hyaluronic mask, gently distribute the contents of your pod evenly around your face and leave on for up to 5 minutes. Replace your water and rinse sponge so there are no traces left of your resurfacing mask. Then gently remove this cooling rejuvenating mask with your sponge.

**6. Reparative Moisture Emulsion – Sample Pack Marked “E”**

Now you are ready to moisturize and seal in hydration. Poke a needle size hole in your packet to squeeze out your moisturizer. Save the remaining amount for the next day as your skin will most likely need some extra hydration.

**7. Youth Intensive Eye Cream - Sample Pack Marked “F”**

To treat delicate undereye area, poke a needle size hole in your packet to squeeze out your eye serum. This too can be saved for the next day to add an extra hydration boost.

**8. Sunscreen – Pod Marked “G”**

Regardless if you're staying indoors, it's important to finalize all treatments with a zinc based sunscreen. This brings down any inflammation as well as protects your new skin from harsh UV rays. Apply a thin layer on newly treated skin and save the rest for touch ups every 3-4 hours.

**NOTE:** This is a professional grade treatment. It's important you allow a Lüz staff member to coach you through your treatment as you perform it. If you haven't set up an appointment, please log into your Mindbody account and choose a time under the DIY Facial Coaching. For added safety, please watch the complete training video before you begin: <https://bit.ly/3a5no7h>

