



sienna 

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# SKINCARE

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PRACTICAL MODULE

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# HELLO AND WELCOME

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Welcome to the Sienna X Skincare Practical Module, your final step to becoming a Sienna X Skincare Professional. We hope you enjoy the day!

## OUR HISTORY

The spray Tan Cubicle Company Ltd was formed in 2004 by Sienna X founder Nicola Matthews, when she identified a need in the spray tanning industry for a lightweight, easy to erect and cost-effective tanning booth for salons and mobile therapists.

Nicola's innovative led to a unique pop-up fabric patented booth that soon became a must- have for salons and mobile therapists throughout the country. Continued expansion then led to the development of the range of tanning solutions and spray machines along with the provision of quality accredited training for new and experienced therapists

Sienna X has developed into leading major force within the industry, with intensive PR and advertising activity, a high media profile and a huge fan base.

The dedicated team of hard-working Sienna X staff are all committed to offering continued high levels of customer service. This is evident in the following accomplishments. The retail range of Sienna X has achieved numerous accolades and are featured regularly in top glossy magazines, attaining consistent top scores.



# INTRODUCTION

The Sienna X skincare collection has developed from extensive proven testing, market research and vision of therapists and consumers needing a more transparent skincare offering.

Life has become busy enough without spending numerous hours confused by product names and daunting variety, wondering which product is right for your skin.

Nicola Matthews', founder of an award winning Professional Beauty Brand, own experience of skincare and subsequent market research found that many other people agreed they found skincare a confusing category. Each person is individual and whilst we understand skin behaviour differs throughout life, we are still made up of the same cells, layers and blood vessels which feed the health of our skin.

This capsule range allows you to create your own skincare regime for your personal skin or lifestyle needs. True to its vision, the range is easy to understand, simple to shop and accommodates/welcomes all skin types.

Use them alone, or in conjunction with each other for even further moisture when skin feels tight or dehydrated. Each product within the range is a blend of healthy natural formulas with high performance actives that have been dermatologically tested. You'll love the expert results that will leave your skin glowing from inside, out."





# WHY SIENNA X?

- One range to suit all skin types
- Natural formulas
- High percentage actives that work
- Anti-pollution
- Blue light and Infra Red Type A protection
- Subtle fragrances for a sensory treatment
- Vegan Friendly\*
- Cruelty free
- Dermatologically tested
- Clinically Proven
- Suitable for sensitive skin



# TREATMENT MENU

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## REFRESH AND REVIVE FACIAL

A quick pick me up "Cinderella" treatment.

- The Cleansing Lotion
- The Toning Solution
- The Facial Oil
- The Clay Mask
- The Miracle Mask
- The Retinol Serum
- The Eye Cream
- The Priming Day Cream



## BRIGHTENING FACIAL

Suitable for all skin types giving a radiant complexion

- The Cleansing Balm
- The Cleansing Lotion
- The Facial Polish
- The Toning Solution
- The Facial Oil
- The Miracle Mask
- The Retinol Serum
- The Eye Cream
- The Priming Day Cream





# TREATMENT MENU

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## MINI DETOXIFYING FACIAL

Ideal for congested or acne-prone skin.

- The Cleansing Balm
- The Cleansing Lotion
- The Chemical Peel
- The Toning Solution
- The Facial Oil
- The Clay Mask
- The Eye Cream
- The Priming Day Cream



## INTENSE HYDRATION FACIAL

Ideal for dry and/or dehydrated skin types.

- The Cleansing Balm
- The Cleansing Lotion
- The Toning Solution
- The Facial Oil
- The Facial Polish
- The Miracle Mask
- The Retinol Serum
- The Eye Cream
- The Priming Day Cream

# HEALTH AND SAFETY

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## HEALTH AND SAFETY AT WORK ACT 1974

The Health and Safety at Work etc Act 1974 is also known as HASAW or HSW and most health and safety legislation is contained in it.

HASAW places the duty on employers to take responsibility for the health and safety of their employees at work 'as far as is reasonably practicable.'

This requires employers to:

- Provide and maintain safe systems of work
- Provide adequate health and safety induction and training for staff
- Ensure safe operation and maintenance of working equipment
- Ensure adequate welfare provisions are made
- Provide a safe place of work including maintaining safe access and egress from the workplace
- Ensure any materials used are handled, transported, used and stored safely
- Communicate with safety representatives
- Costs of PPE or any other equipment needed in the interests of health and safety must not be passed to the employee

There are responsibilities for the employee too. Employees must:

- Take care of their own health and safety and that of others
- Not interfere with any health and safety equipment
- Co-operate with employers

## CROSS INFECTION AND HOW TO PREVENT IT FROM OCCURRING IN THE SALON

The importance of preventing cross-infection and cross-infestation to prevent cross-infection and cross-infestation within the salon environment, sterilisation of all tools, equipment and facial sponges.

Towels and sheets must all be washed on a 60°C wash to ensure complete destruction of any living microorganisms and bacteria. Therapists must know how to use the sterilisation equipment sponges, blankets e.g. sterilisation fluids, ultra-violet cabinet, and cleaning detergents.

A cross infection is the transfer of harmful microorganisms, usually bacteria and viruses. The spread of infections can occur between people, pieces of equipment, or within the body. These infections can cause many complications.

## DISINFECTION AND STERILISATION

Disinfection is the process or act of destroying pathogenic microorganisms and removes most organisms present on surfaces. Disinfectants are antimicrobial agents that are applied to non-living objects to destroy microorganisms that are living on the objects. Disinfectants work by destroying the cell wall of microbes or interfering with the metabolism.

Sterilisation is a term referring to any process that eliminates or kills all forms of life, including transmissible agents such as viruses, bacteria, fungi and spore forms. Sterilisation can be achieved by applying chemicals, high pressure, heat, and an ultraviolet cabinet.

## PERSONAL HYGIENE

Beauty therapist should identify contra indications (conditions under which a particular treatment cannot be undertaken) at the time of client consultation itself and advise client to consult their doctor if they suspect their client has visible sign of infection in the area where beauty treatment has been sought for example redness, itchiness, open wounds and sore skin.

Beauty therapists must avoid cross infections from their end by following these simple rules:

- Nails always trimmed and cleaned regularly to avoid harbouring harmful germs
- Hands to be washed/sanitized regularly after usage of toilet and every client treatment
- Clothes should be very clean & tidy and ideally should not come in contact with clients (short sleeves recommended)
- Cover your mouth with clean mask if you suspect having cough and cold
- Ideally therapist should take shower before they start their first service as they would carry plenty of microbes with them while on their way to workplace
- Refrain from work if have any condition which is likely to be contagious or infectious (any diseases which spread through direct contact or are air borne)



### **USE OF PPE AND DISPOSABLE ITEMS**

Specialist equipment of clothing to protect from harm against safety hazards e.g. gloves, uniform, tunic, goggles facial sponges, aprons, spatulas, bolsters, towels, hot mitts and bowls.

- An apron to protect the therapist's uniform
- Gloves for hygiene reasons during any stages of any treatment where cross infection is a risk.
- Goggles/safety glasses to protect both the therapist and client's eyes when necessary in certain treatments where this is a risk of particles entering the eyes
- Bolsters to support the clients legs or back.
- Spatulas to remove any product from the pots to avoid cross contamination.
- Towels/hot mitts must be clean and dry then washed on a hot wash after each use.
- Sponges must be washed and placed on a dry surface standing on its side to ensure thoroughly dry or sanitised in a UV cabinet
- All disposables should be disposed of after use

### **GOOD PERSONAL PRESENTATION**

Personal appearance should combine safety and professionalism to avoid accidents and give a positive professional image.

- The importance of personal appearance e.g. to be clean, hygienic and wearing acceptable uniform/clothing
- The avoidance of wearing jewellery which may be a hazard
- Always wearing correct protective clothing
- Having a high standard of personal cleanliness and hygiene e.g. tidy hair and nails, covering cuts and open wounds

# CLIENT CONSULTATION

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It is vital that you carry out a full consultation with your client before commencing a treatment to ensure there are no contra indications that would make it unsafe to continue.

This is also when you should explain the full treatment to your client that you will be performing. A consultation form should be signed and dated by both client and therapist as this is a declaration to say the client understands the treatment and they are happy to proceed.

Remember to always complete a consultation card and ask your client the relevant medical questions to ensure it is safe to proceed.

## THE CONSULTATION PROCESS

The purpose of a consultation is to provide your client with the correct most suitable treatment. During a consultation you should obtain:

- Obtain key information that will help you assess whether the treatment is suitable for your client
- Explain the treatment process
- Provides an opportunity to discuss the treatment with the client and for the client to ask questions
- Ask the client about their treatment preferences, needs and expectations
- Determine areas to be treated
- Make sure you are providing a safe and effective treatment
- Establish a rapport and build confidence
- Explain the treatment process
- Insurance purposes
- Consultation cards must be stored in a secure place for 15 years
- Remember that information discussed during a client's consultation MUST remain confidential at all times. Clients are entitled to access their records at any time, so make sure all entries are strictly professional
- Never disclose your client's personal information without their permission

When carrying out a consultation, greet your client:

- With a smile
- Say hello
- Introduce yourself and explain that you will be looking after them and carrying out their treatment
- Confirm what treatment they are having
- Complete a consultation card
- Agree a treatment plan
- Gain consent and get the client to sign the consultation card
- Sign the form yourself

Once you have verbally agreed your treatment plan with your client, you should both sign the consultation or consent form. This signature confirms that the information they have given to you is accurate and gives written consent that they are happy to proceed with treatment you have recommended.

**Please note:** A consultation form is not valid if you do not obtain a signature from your client

Consultation cards are not just to be completed and updated on the clients first treatment, each time that client receives a treatment, they must be shown their original consultation card and asked if anything has changed especially with their medical history since their last treatment. Any changes that your client informs you



### **DEFINITION OF A MINOR IN LAW**

**In England, Wales and Northern Ireland**, a child is someone who has not yet reached their 18th birthday. Once they turn 18, they are legally an adult. Anybody under the age of 16 is considered a minor in **Scotland**.

Currently there is no legal minimum age at which a client can receive a beauty, nail or holistic treatment. The onus is very much on the therapist to make the decision as to whether or not it is safe and to offer a treatment to any client who attends their salon.

### **OBTAINING WRITTEN CONSENT**

It is standard industry practice obtain written consent from a parent or guardian of a Minor prior to treating a Minor. If the Minor is under 16 years of age the parent or guardian will have to be present for the duration of the treatment.

The letter of consent from the parent/guardian should be stored alongside the client record card. You must retain the records for a period of at least seven years from the date of treatment and in the case of a minor, for a period of at least seven years after that minor attains majority (turns 18 years of age).

### **APPOINTMENTS FOR UNDER 16s**

A client under 16 years of age should never be allowed to attend the salon alone. You should insist that they are always accompanied by a parent or guardian, who should remain in the treatment room for the duration of the treatment. Salon owners should always insist that appointments for under 16s are booked out of school hours

You should never ask a minor to remove any items of clothing whilst you are alone in the treatment room with them. You must ensure that their modesty is protected at all times by providing them with bath robes or towels for them to cover themselves up with before the treatment commences.

How and when a client should be referred to their GP to obtain written consent.

If the client should be referred to a GP to obtain medical consent,

The therapist should refer the client to the GP, if the client has,

- become unwell.
- have suspicious moles, lumps or bumps
- unknown medical conditions
- undergoing a medical treatment that may prevent treatment

you should,

- In a formal letter.
- Stating clients name, address, date of birth.
- A personal introduction
- Desired treatment and procedure
- A list of ingredients and products used.
- A self-addressed envelope for consent to be returned.

It is important to safeguard and understand the client's medical conditions and limitations to treatment. To ensure no harm, discomfort or risk will occur to the client during or after treatment.

### **GDPR**

The mutually agreed General Data Protection Regulation (GDPR) came into force on May 25, 2018, and was designed to modernise laws that protect the personal information of individuals.

GDPR alters how businesses and public sector organisations can handle the information of their customers. Any company that stores or processes personal information about EU citizens within EU states must comply with the GDPR, even if they do not have a business presence within the EU.

For more information, please refer to The Guild of Beauty Therapists.

# CONTRA - INDICATIONS

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A contra indication is a reason why a treatment might be prevented or restricted. Your client's condition may be a contra indication, which means the client can not be treated at all, or one which may require the treatment to be restricted or modified.

During your client's consultation, this is the time you need to establish possible contra indications before the treatment commences.

If you have any doubt and think your client should seek medical advice, then suggest that they do so. Remember you are not a medical practitioner and you should not make any form of diagnosis as you are not qualified to do so. In some case, the contra indications can just restrict the treatment.

Examples of these are, a bruise or an area of open skin, such as eczema, You will need to work around this area. If your client has a product allergy, you might be restricted in what products you can use and the treatment you can offer.





# WHAT WOULD PREVENT TREATMENT?

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## FUNGAL INFECTIONS

Fungal skin infections can be itchy, but they're rarely serious. Common infections such as athlete's foot, jock itch, and ringworm are caused by fungus and are easy to get and to pass around.

## BACTERIAL INFECTIONS

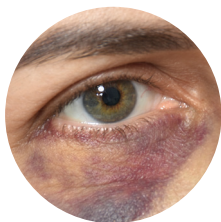
Our body is covered with millions of tiny bacteria at any given moment, bacteria can be good well as bad, but some bacterial infections are very contagious and can cause unpleasant infections. Examples are Impetigo, Conjunctivitis, Stye or Blepharitis.

## OTHER

- Severe skin conditions such as Eczema or Psoriasis
- Coldsore
- Contagious eye infections
- Recent laser treatment
- Sunburn to face, neck and/or shoulders
- Undergoing Chemotherapy or Radiotherapy
- Dermatological conditions

# WHAT WOULD RESTRICT TREATMENT?

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- Bruising
- Cuts and abrasions
- Recent scar tissue
- Broken bones
- Skin tags or moles
- Skin allergies
- Ingredient allergies
- Undiagnosed lumps or swellings
- Epilepsy
- Diabetes
- Skin Disorders
- Skin medication  
(topically applied steroid creams or prscription retinoids being applied to the treatment area)

# CLIENT ADVICE

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## PRE-TREATMENT ADVICE

- Wear comfortable clothing
- Don't worry about makeup – your therapist will cleanse your skin as part of your facial treatment
- Avoid exfoliation treatments a few days prior to your treatment. Your therapist will be providing an exfoliation as part of your facial treatment
- Stay out of the sun and away from tanning for five days before your facial to avoid sun damage
- Avoid any Botox or fillers prior to your facial treatment
- No sunbeds for at least 72 hours before your facial treatment
- No chemical peel or bleaching treatments

## AFTERCARE ADVICE

- Avoid touching the face
- No physical exercise for 24 hours including swimming
- No electrical facials for 48 hours
- No heat treatments for 24 hours such as, saunas, sunbeds, laser, IPL
- No make up for 8-24 hours
- No fake tans for 24 hours
- No exfoliation/peel treatments for 48 hours
- Drink plenty of water
- No waxing or hair removal for 48 hours

# CONTRA - ACTIONS

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A contra action is an adverse reaction that can happen during or after a treatment. If a client experiences any contra action you should record what happened and the action taken on the clients record card. If the contra action is severe and does not respond, the client should seek medical advice from a pharmacist and their GP

For any contra action that happens during treatment, it is strongly advised that you immediately stop your facial treatment, remove any product with a cool compress that your client could be having an allergic reaction too and inform your client to keep their skin clean, cool and free from makeup application.

## SWELLING

Swelling can occur in a result of injury or a reaction towards a product. If a client experiences any swelling within the area you have treated, advise them to seek medical advice



## REACTIONS

This can happen when a client has an allergic reaction to a product used. The appearance of the skin can be red, slightly itchy, burning sensation. The skin may feel warm to touch. Remove the product immediately and apply a cold compress. All reactions to products should be noted down on your clients consultation card.

## ITCHING/IRRITATION

Itchy skin is an uncomfortable, irritating sensation that makes you want to scratch. Repeated scratching can cause raised thick areas of the skin that may bleed. Advise your client to keep the skin cool, clean and avoid tight clothing. if irritation persists, seek medical advice



## SEVERE ERYTHEMA

Erythema is a reddening of the skin caused by dilation of the blood vessels. Clients can experience erythema if they have sensitive skin, or from the heat of your wax. This also could be a sign that your client is experiencing an allergic reaction to the products used.

The area will be red and can feel warm to touch. This reaction usually settles within 24-48 hours.

## BROKEN SKIN

Broken Skin can occur especially when the extraction process is carried out incorrectly. If you notice that you have broken your clients skin, please point this out to them and advise them to keep the area cool and clean.

## WATERY EYES

Tear over secretion is usually caused by irritation or inflammation of the surface of the eye and can occur when either a product has gone into your clients eye or an allergic reaction towards a product that has been used. Advise your client to use a cold compress on their eye area and avoid rubbing.





# PREPARATION

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Before you carry out a skin analysis or a facial treatment, it is important you are prepared. Health and safety requirements should be followed and carried out before every treatment.

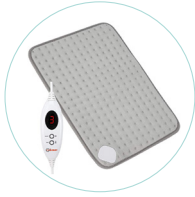
Knowing how to set up your treatment areas, which products and tools you should use are essential.

The below should all be checked and adjusted if necessary, so that the client is comfortable and can relax during their treatment.

- **SUBTLE LIGHTING**  
Make sure there are no lights shining into your client's eyes
- **ATMOSPHERE**  
Play soft, gentle music to create a relaxing atmosphere
- **HEAT**  
Create a warm, cosy room temperature
- **AROMA**  
Your treatment room should have a pleasant, relaxing smell
- **VENTILATION**  
Your treatment room should be well ventilated but without drafts
- **HAZARD FREE**  
Remove any potential hazards to reduce any risks
- **TROLLEY**  
Clean and tidy with all necessary products and equipment
- **HYGIENE**  
Ensure all equipment such as sponges, and mask brushed have been cleaned and sterilised
- **COUCH**  
This should be at an adjustable height that is comfortable for you and that your client get on and off easily. Ensure your treatment couch is lined with fresh laundered towels and necessary blankets.



# CHECKLIST



## PRODUCTS

- ☐ Sienna X The Cleansing Lotion
- ☐ Sienna X The Cleansing Balm
- ☐ Sienna X The Toning Solution
- ☐ Sienna X The Facial Polish or The Chemical Peel
- ☐ Sienna X The Facial Oil
- ☐ Sienna X The Miracle Mask or The Clay Mask
- ☐ Sienna X The Retinol Serum
- ☐ Sienna X The Eye Cream
- ☐ Sienna X The Priming Day Cream

## EQUIPMENT

- ☐ Couch
- ☐ Trolley
- ☐ Heated pad
- ☐ Hot towel caddy
- ☐ Support bolsters
- ☐ Magnifying lamp
- ☐ Facial steamer
- ☐ Robe
- ☐ 3 large towels
- ☐ Towelling mitts
- ☐ Headbands
- ☐ Mask brush
- ☐ Sponges
- ☐ Cotton wool pads
- ☐ Tissues
- ☐ Facial bowl
- ☐ Large facial cleansing towel
- ☐ Plastic or disposable spatulas

# MEET THE RANGE

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## THE CLEANSING LOTION

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A creamy lotion packed with nourishing **Organic Coconut Oil** to effectively remove makeup, help restore moisture and remove negative traces left behind by pollution. Perfect as a first or double cleanse and easily removed with a cleansing cloth or cotton pads.

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**ORGANIC COCONUT OIL** is a highly moisturising emollient known to help repair skins natural barrier function. It can also keep moisture within the skin and slows down evaporation.

**SHEA BUTTER** nourishes the skin with Vitamins A and E, known to keep skin clear and healthy.

**SWEET ALMOND OIL** contains a rich source of skin replenishing ingredients including triglycerides and several fatty acids.

**MEADOWFOAM SEED OIL** naturally helps skin effectively form a barrier to lock in moisture and deliver nutrients deep into your epidermis.

**HYDRATING SUGAR COMPLEX** helps with moisturisation and skin hydration.



## THE CLEANSING BALM

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A luxury balm that removes even long wear and waterproof makeup whilst deeply cleansing and removing negative traces left behind from pollution. The scent of **Rose Geranium Essential Oil** relaxes and calms for a perfect de-stressing treatment.

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**INCA INCHI OIL** hydrates and nourishes the skin. It restructures and repairs deep down and helps to maintain youthfulness and elasticity of the skin.

**MEADOWFOAM SEED OIL** naturally helps skin effectively form a barrier to lock in moisture and deliver nutrients deep into your epidermis.

**SWEET ALMOND OIL** has a rich source of skin-replenishing ingredients including triglycerides and several fatty acids.

**GRAPESEED OIL** is a very light moisturiser that is easily absorbed by the skin.

**ROSE GERANIUM ESSENTIAL OIL** helps improve the skin's ability to heal itself, while the relaxing scent helps to reduce stress.

Plus **AVOCADO OIL** and **SHEA BUTTER**



## THE TONING SOLUTION

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With a signature **Rose Water** fragrance, this gentle mist helps to brighten, hydrate and revitalise the skin after cleansing or at any time during the day. Can be used as a quick treatment, or a deep hydrating and brightening mask for a longer treatment.

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**ROSE WATER** is moisturising and hydrating.

**ALOE VERA CONCENTRATE POWDER** is well-known for its healing and rejuvenating properties. It hydrates and soothes in addition to improving skin texture.

**WHITE TEA LEAF TANNINS** are extracts derived from White Tea, reported to have powerful anti-microbial and anti-inflammatory characteristics.

**SODIUM HYALURONATE** is used for skin hydration and plumping.

**AMINO ACID DERIVATIVE** with skin brightening properties acts as a skin conditioner and pH-regulator. This has been demonstrated to help improve skin clarity and even skin tone.



## THE FACIAL POLISH

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**Mineral Volcanic Pumice** acts as a mechanical scrub while naturally occurring AHAs from fruit acids chemically exfoliate to remove dead skin. The results are super smooth, radiant and luminous skin, ready for optimum absorption of other skincare products.

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**MINERAL VOLCANIC PUMICE** from volcanic rock helps remove dead skin cells to gently smooth and purify the skin surface.

**POMEGRANATE ENZYMES** help to gently yet effectively exfoliate the skin, while also acting to smooth and even the skin texture.

**PANTHENOL (VITAMIN B5)** helps to deeply hydrate and moisturise the new skin.

**FRUIT ACID BLEND** including bilberry, sugar cane, sugar maple, orange and lemon that contain naturally occurring alpha hydroxy acids. This concentrated blend safely exfoliates dead skin cells and stimulates skin cell renewal which promotes skin radiance.

In addition: **ORGANIC COCONUT OIL** and **SHEA BUTTER**





# MEET THE RANGE

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## THE CLAY MASK

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This detoxifying formula absorbs excess sebum, toxins, impurities and traces of pollution, promoting a clean, healthy and glowing complexion. Includes **Chia Seed Extract** to help fight dehydration, skin irritation and banish blemishes.

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**CHIA SEED EXTRACT** is anti-inflammatory to help fight dehydration, skin irritation and blemishes.

**KAOLIN** is a natural mineral that helps to stimulate circulation while gently exfoliating and cleansing.

**GUAVA EXTRACT** helps to slow the signs of ageing. Rich in Vitamin A, B and C to prevent day to day wear and tear of skin.

**GRAPEFRUIT EXTRACT** has the ability to tone the skin and works as an astringent for oily and acne-prone complexions.

**BENTONITE CLAY** absorbs impurities and toxins from the skin by drawing excess oils and debris to the surface for easy removal.

**ILLITE CLAY** or French Green Illite Clay, is prized for its clarifying, toning, and detoxifying abilities.



## THE CHEMICAL PEEL

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A high strength liquid exfoliator formulated with **Glycolic Acid** to effectively and safely exfoliate skin and leave you with a smooth, radiant and luminous complexion. Ongoing use will give a more even skin tone.

10% GLYCOLIC ACID AND 5% FRUIT ACIDS

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**GLYCOLIC ACID** effectively removes dead skin cells to reveal brighter skin.

**FRUIT ACID BLEND** is a concentrated blend of extracts including bilberry, sugar cane, sugar maple, orange and lemon that contain naturally occurring alpha hydroxy acids (AHAs). This product safely exfoliates dead skin cells and stimulates skin cell renewal which promotes skin radiance.

**ALLANTOIN** acts as a skin protectant and has soothing, anti-irritating properties.

**WHITE WILLOW BARK EXTRACT POWDER** is an all natural, gentle skin exfoliant.



## THE MIRACLE MASK

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The most revolutionising hydration hit in a mask. Natural **Manuka Honey** helps to retain moisture with anti-inflammatory and antioxidant benefits, helping the skin appear instantly brighter and blemish free. Can also be used as a rich day (no SPF) or night cream.

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**MANUKA HONEY** leaves skin feeling hydrated and soothed.

**AMINO ACIDS** help boost the skin's moisture level.

**DL-ALPHA TOCOPHERYL ACETATE** is a natural skin-conditioning agent and antioxidant.

**BISABOLOL** is a natural and powerful remedy for sensitive and irritated skin.

**OAT KERNEL OIL** is a natural antioxidant, anti-inflammatory and anti-irritant, making it excellent for anti-ageing.

**CHICORY ROOT EXTRACT** is a natural prebiotic that rebalances skin's microbiota and provides skin conditioning.



## THE RETINOL SERUM

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This highly concentrated **Retinol** serum helps reduce the appearance of fine lines and wrinkles with ongoing use. Stimulates collagen production, while boosting radiance, luminosity and creating a smooth complexion with a youthful even tone.

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**Please note:** If new to using a retinol product, begin using 1-2 times a week and gradually increase to daily use as your skin adjusts. Do not use with other retinoid treatments. Avoid contact near eyes, nose and mouth.

**PURE RETINOL** This potent formula contains 0.3% PURE RETINOL, the maximum UK strength. Proven to be more effective in anti-ageing than other commonly used retinol derivatives or esters.

**KAKADU PLUM** helps provide visible wrinkle reduction and skin luminosity. It energizes dull looking skin and improves skin radiance and luminosity. Helps reduce skin redness and improves overall skin tone.

**PENTAVITIN** ensures instant, deep and lasting hydration.



# MEET THE RANGE

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## THE FACIAL OIL

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A lightweight oil, used to both massage and hydrate the skin with just one small drop. Contains a blend of five botanical lipids and natural **Rosehip Seed Oil**, expertly blended to create a nourishing and skin softening treatment.

**ROSEHIP SEED OIL** is intensely hydrating and helps nourish and rejuvenate skin while brightening it naturally.

**SWEET WHITE LUPIN SEED EXTRACT** is an active ingredient derived from white Lupin seeds, that increases the elasticity of skin.

In addition: **SWEET ALMOND OIL, BAOBAB OIL, CRAMBE OIL** and **OLIVE SQUALANE**



## THE PRIMING DAY CREAM

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SPF30 and anti-pollution formula designed to lift and brighten the skin. Contains Marine Bamboo, known to fight the damaging effects of blue light and infra red type A, while expertly reducing the appearance of wrinkles by firming and smoothing the skin.

**MARINE BAMBOO** is extracted from brown seaweed and fights against the negative effects of ageing and sun damage.

**COLOURSOFT SMF** helps reduce the appearance of fine lines and wrinkles through a soft focus effect.

**POLLUSTOP** protects against pollution and damaging UVs.

**BAKUCHIOL** helps to reduce signs of ageing, including dryness, fine lines and wrinkles.

In addition: **SHEA BUTTER, AVOCADO OIL, OLIVE SQUALANE** and **VITAMIN E**



## THE EYE CREAM

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SPF15 formula designed to brighten and tighten the eye area. Contains Marine Bamboo, known to fight the damaging effects of blue light and Infra red type A, along with Sodium Hyaluronate for a plumping effect. A mix of marine and plant extracts help to immediately lift and smooth the eye area.

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**MARINE BAMBOO** is extracted from brown seaweed and fights against the negative effects of ageing and sun damage.

**MINILKARA MULTINERVIS LEAF EXTRACT** improves skin firmness and elasticity.

**GINSENG AND GYNOSTEMMA PENTAPHYLLUM EXTRACT** helps maintain healthy skin by supplying nutrients to aged and damaged cells.

**SOFT FOCUS EFFECT** helps reduce the appearance of fine lines and wrinkles through a skin blurring effect.

**PLANT EXTRACTS AND KELP** is a complex mix of marine and plant extracts which helps give a lifting and smoothing effect.





# FACIAL MASSAGE

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All facial massage treatments in a spa environment involve a combination of at least two basic manipulations. These movements are performed on the superficial muscles of the face as well as the neck, shoulders and sometimes the arms. These movements can achieve a variety of results, including relaxation, skin tightening, an increase in circulation or a healthy glow from the skin.

## **EFFLEURAGE MANIPULATIONS**

Effleurage manipulations use light, continuous stroking with the fingers or the palms of the hand. These long, gentle stroking movements are commonly performed during a facial massage. This method is very rhythmic and relaxing for the client; no pressure is used. Sometimes only the cushions of the fingertips touch the skin's surface in gentle strokes across the forehead, cheeks or under the eyes. Effleurage is usually used at both the beginning and very end of the massage session.

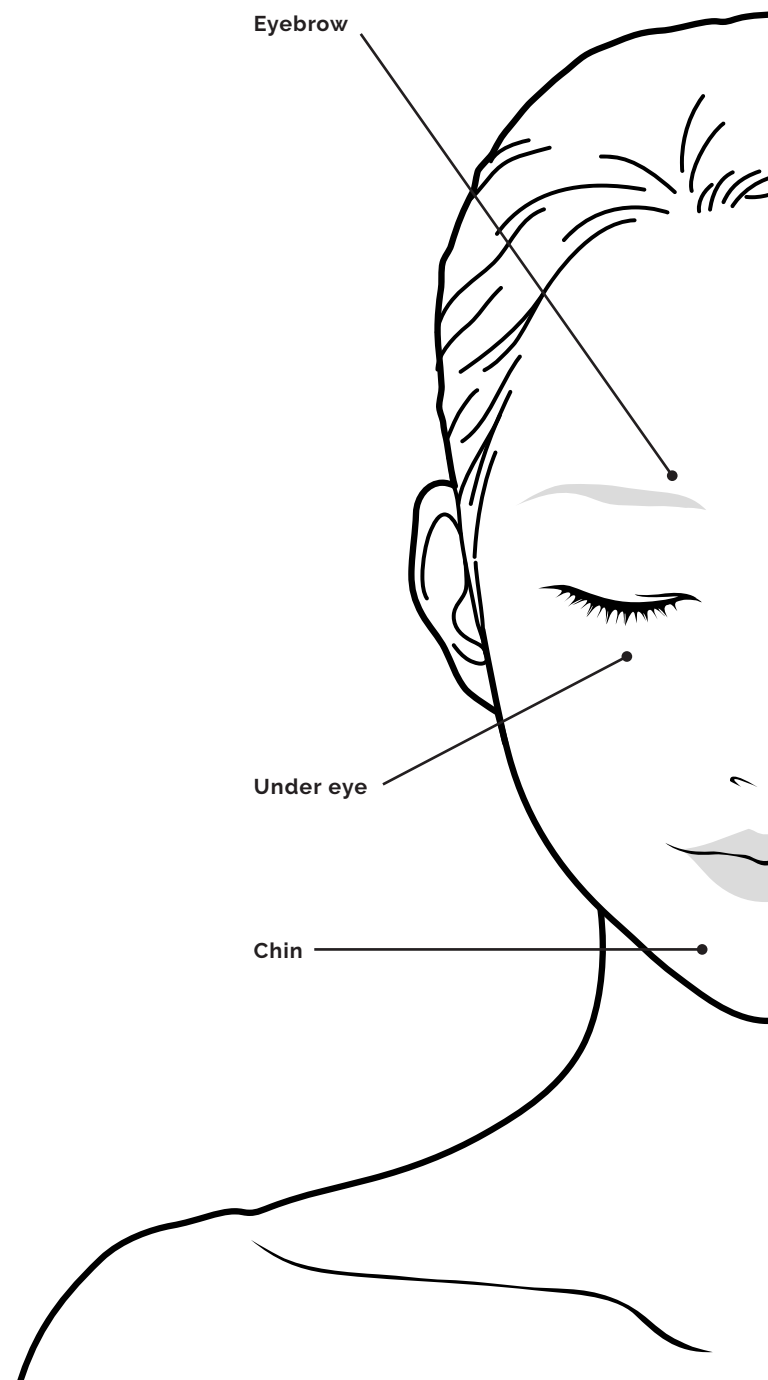
Petrissage Movements

## **PETRISSAGE MOVEMENTS**

Considered more kneading movements. Between the thumb and fingers, the skin is lifted and then squeezed with a firm but light amount of pressure. The benefits of this type of manipulation include stimulation of muscles, glands and nerves. This type of manipulation can be performed on the cheeks with a light pinching of the fleshy areas as well as on the shoulders and down the arms. Any deeper-kneading movements should be limited to the back and shoulders.

## **TYPES OF FRICTION MOVEMENTS**

Deep-rubbing movements utilizing the palms and fingers to apply pressure is known as the friction technique. Movements like chucking, rolling and wringing are all considered friction moves. Chucking involves a firm grasp in one hand, moving up and down the limb along the bone, while the other hand holds the limb steady. Wringing is a vigorous, downward motion here both hands apply a twisting motion in opposite directions. Rolling is when the tissues are being pressed and twisted back and forth.



# TAPOTEMENT TECHNIQUE

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The tapotement technique consists of short and fast tapping, hacking or slapping movements that are said to be the most stimulating of techniques.

It helps to tone muscles and can give the treated area a healthy glow. To perform such movements, you should have strong but flexible fingers.

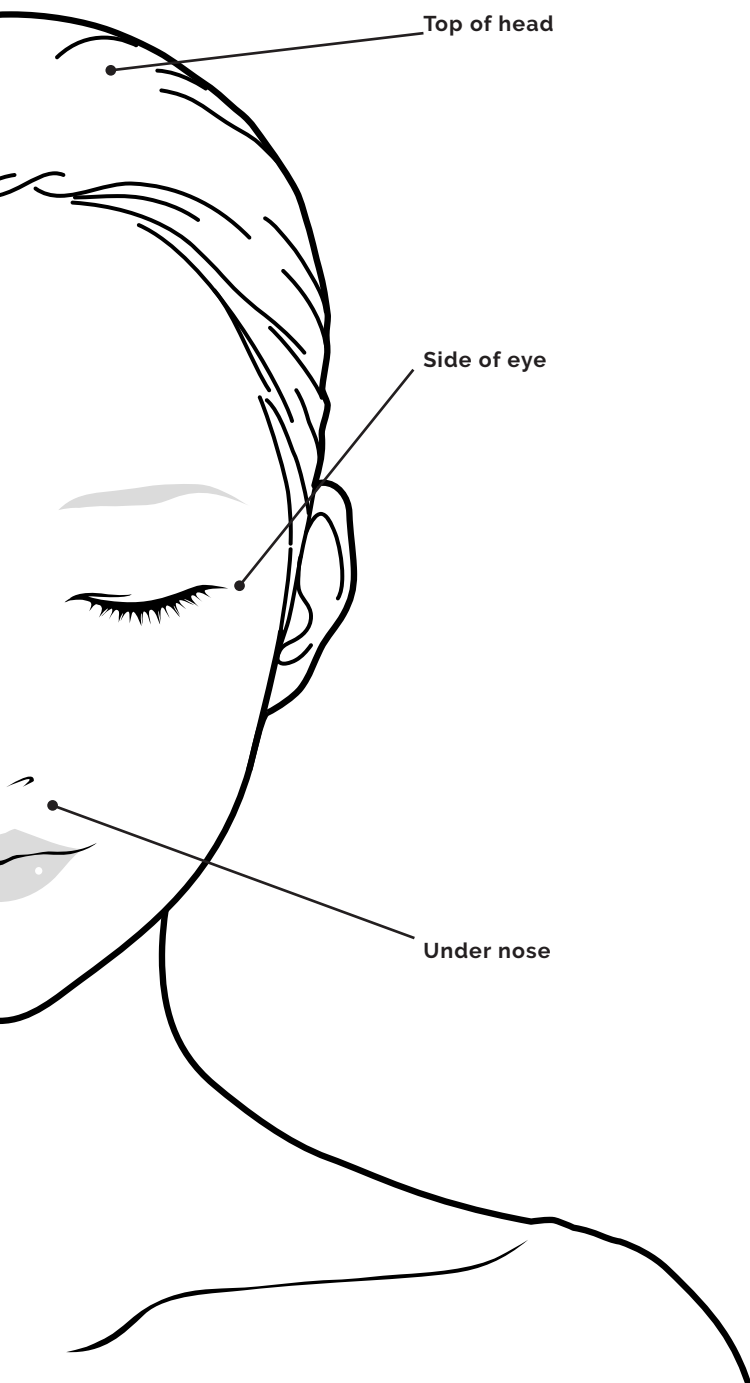
These types of movements are performed by bringing the fingertips down lightly, but in a rapid succession.

Key benefits of skin tapping:

- **Reduces wrinkles**
- **Boosts collagen**
- **Aids relaxation**
- **Can be done at home during your usual skincare regime**

Key areas for tapping:

- **TOP OF THE HEAD**  
Releases tension from headaches
- **EYEBROWS**  
Relieves tension if clients frown a lot
- **EYES**  
Relieves strain from computers or people whom wear glasses
- **UNDER EYES**  
Reduces puffy eyes and improves tone
- **UNDER NOSE**  
Releases stress
- **CHIN**  
Calms hormonal levels



# EXTRACTIONS

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There are many benefits of providing extractions during a facial treatment. It helps to understand what causes breakouts.

It all starts with a build up of dead skin cells and sebum (oil) blocking the follicle. This then blocks oxygen from getting inside the follicle and allows bacteria to breed leading to inflammation. When extracting the comedone, (a plug of dead skin and sebum), as the oxygen enters the follicle, it reduces inflammation on the skin surface. Steaming the skin first can aid the removal of congestion and reduce damaging the skin.

## EXTRACTION PROCEDURE

- After your thoroughly cleansing the skin following the sienna x prescription, cleanse, exfoliation and steaming of the skin, it is now ready for extractions.
- The fingers should be wrapped in your finger puppets or damp cotton pads, for your client's comfort. Gloves can also be worn for hygiene purposes.
- To extract position the wrapped fingers either side of the extraction area - stretch the skin and gently push down and gently rock back and forth, to ease the debris out. By gently rocking back and forth it will reduce and prevent causing discomfort and capillary damage.
- After extractions, use on a cotton pad Sienna X The Toning Solution. This will help close the pores and return the skins normal PH balance. Also killing off any bacteria and reduce inflammation.

**TOP TIP:** If the client has a very congested skin and a lengthy time is spent on extractions, this will reduce the clients massage time. Always allows at least 10 minutes to carry out the massage routine to allow the client time to relax.



# TREATMENTS

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## **FOOT CLEANSE (2 minutes)**

A reviving foot ritual which will allow your client to relax and unwind ready for their luxury facial.

## **EXPRESS FACIAL (30 minutes)**

This express facial is ideal for those on the go that need a complexion refresher.

1. **Pre-cleanse** (The Cleansing Balm)
2. **Second cleanse** (The Cleansing Lotion)
3. **Review skin**
4. **Exfoliate** (The Facial Polish)
5. **Tone** (The Toning Solution)
6. **Mask** (The Miracle Mask or The Clay Mask)
7. **Hand and arm massage**
8. **Serum** (The Retinol Serum)
9. **Moisturise** (The Eye Cream)
10. **Moisturise** (The Priming Day Cream)

## **LUXURY FACIAL (60 minutes)**

A luxury facial will leave you and your skin, relaxed, revived and refreshed.

1. **Pre-cleanse** (The Cleansing Balm)
2. **Second cleanse** (The Cleansing Lotion)
3. **Review skin**
4. **Exfoliate** (The Facial Polish)
5. **Tone** (The Toning Solution)
6. **Facial massage 10-20mins** (The Facial Oil)
7. **Mask** (The Miracle and with The Facial Oil)
8. **Indian head massage or arm/leg massage**  
(whilst mask is on)
9. **Tone** (The Toning Solution)
10. **Serum** (The Retinol Serum)
11. **Moisturise** (The Eye Cream)
12. **Moisturise** (The Priming Day Cream)



# FACIAL MASSAGE TECHNIQUE

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## STEP 1

Apply facial oil in the palm of your hands and slowly wave hands over your clients face to introduce facial oil fragrance. Ask your client to take three deep inhalations.



## STEP 2

Effleurage your clients décolleté, scooping round shoulders, using finger pressure around the back of shoulders pulling up to occipital ridge. Repeat three times.



## STEP 3

Having both hands in prayer position starting at your client's chin, pull your hands towards your clients hairline. Apply Flat hand effleurage pulling up your client's cheeks, over their eyebrows and frontalis, slide down, side of face. Repeat three times



## STEP 4

Place flat palm on tip of nose stroking hands upto the bridge of the nose, stop in between eyebrows, small rotation x3 dragging fingertips to hairline. use alternate hands. Repeat three times.



## STEP 5

Apply thumb pressure on 3rd eye, pull up and drain to ears in 4 strips, pushing down to the ears. Repeat three times



## STEP 6

Pick up and Pinch eyebrows, drain down to temples. Repeat three times



## STEP 7

Half-moon stroking with thumbs to under eyes. Repeat five times



## STEP 8

2 fingers pressure around eyes in a figure of 8, drain to ears. Repeat 5 times

# FACIAL MASSAGE TECHNIQUE

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## STEP 9

Using alternate hands dragging over zygomaticus lifting up cheeks, stroking across forehead down to the other side. Repeat 3 times



## STEP 10

Thumb massage around mouth. Repeat 5 times



## STEP 11

Using Thumb rotations, pull down on smile lines walking across top lip. Repeat 6 times



## STEP 12

Prayer effleurage from neck, cheeks, forehead, down to the temples. Repeat 3 times.



## STEP 13

Effleurage on décolleté, round shoulders, finger pressure around back of shoulders pulling up to occipital ridge. Repeat 3 times



## STEP 14

Knuckling to the deltoid muscle, round trapezius, around shoulder. Pull up to occipital ridge. Repeat 3 times



## STEP 15

Thumb pressure massage down trapezius, neck and shoulders, effleurage up to occipital ridge. Repeat 3 times

## STEP 16

Starting on the décolleté area, using a slow tapotement movement, travel up on to face to hairline finishing on temples.

## STEP 17

Finish with flat hand on your clients forehead, lean in and press down, gentle lift off.

# FOOT CLEANSE AND MASSAGE

As part of a Sienna X facial treatment, we have introduced a short, reviving foot cleanse which will allow your client to relax and unwind ready for their luxury facial.

## WHAT ARE THE BENEFITS?

Softens, conditions, soothes, relieves stress, tension fatigue, headaches, detoxifies the body via the feet. Clients report that the experience is deeply relaxing, leaving them feeling energised and revitalised and 'at one' with the World. Also helps to increase joint mobility and flexibility in the feet, improves blood circulation and lymphatic flow, aids the elimination of toxins and waste products.

## STEP 1

Standing at the foot end of the beauty couch, expose your client's feet. Using a pair of clean, warm towelling mitts, glide over the top then soles of your client's feet. Repeat 3 times.

## STEP 2

Remove mitts – wrap feet and dry  
Hold and support backs of ankles and gentle rock.  
Repeat 3 times.

## STEP 3

Push both feet down and hold for 5 seconds.  
Repeat 3 times.

## STEP 4

Push and pull both feet, each time slightly extending more. Repeat 3 times.

## STEP 5

Cover both feet - hold feet, stand on tip toes and gently come down gently raising your hands off the feet.





# BODY ALIGNMENT

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Proper body alignment helps with body mechanics. That means it helps your body move in a way that's smart, efficient and with less risk of injury. In other words, body alignment will keep your body moving, sitting, standing, working, exercising, and being active for a long time.

## WHAT ARE THE BENEFITS?

Correct alignment is very important, not only for your back, but for your overall health as well. Proper body alignment helps the major systems in your body work better: digestive system, respiratory system, nervous system, immune system and more. In other words, everything runs better when the body is aligned.

### STEP 1

With client laying on their back.

### STEP 2

Stand central, hold backs of the client's ankles.

### STEP 3

Take one large step to the left ( only to slightly raise the right hip) hold for 10 seconds.

### STEP 4

Step back to the centre.

### STEP 5

One large step to the right ( only to slightly raise the left hip) hold for 10 seconds.

### STEP 6

Place hands on top of clients feet push down, hold for 10 seconds.

### STEP 7

Place hands under feet and push up, hold for 10 seconds.

### STEP 8

Gentle release the feet. Finish.



# NECK AND SHOULDER MASSAGE

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## STEP 1

Stand at the head of the couch. Place hands on shoulders, effluerage using alternate hands sweeping across chest, round the shoulders, trapezius pulling up to occipital ridge. Repeat with other hand. Repeat 3 times



## STEP 2

Knuckling to the décolleté area over pectoral minimums, around deltoid and trapezius. Repeat 3 times



## STEP 3

Place thumbs on trapezius with a deep pressure in 3 steps press down step back to start Repeat 3 times



## STEP 4

Turn face to the side supporting and holding the weight of the head, efflurage down side of the neck around shoulder stretching to occipital ridge. Slide down to shoulder and push shoulder down supporting the head. Repeat 3 times



## STEP 5

Effleurage in 3 strips over chest area repeat 3 times, sweeping over shoulders stretching the neck. Repeat 3 times



## STEP 6

Press down on shoulders, hold and release. Repeat 3 times



# SCALP MESSAGE

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## STEP 1

With your hands at the front of your client's scalp, separate your fingers and use the tips of your fingers to perform a light, wave-like movement working over the scalp towards your client's neck.

Repeat 3 times

## STEP 2

Draw your fingers of both hands through the client's hair, from root to tip, in an upwards direction. Release the hair from your fingers, repeating several times.

Gather the hair between your fingers and give the hair a light tug.

## STEP 3

With one hand support one side of the client's head.

Working on the opposite side, use the tips of all your fingers and thumb to perform pressures (with a light pumping action) across the scalp, at intervals of approximately 2.5cm.

Carry out this sequence working from the hairline towards the back of your client's head

Use the fingers and thumb to press in slowly for a couple of seconds and then release.

Work across from one side of the head to the other, changing the supporting hand when you reach the Centre of your client's scalp.

Repeat 3 times

## STEP 4

With alternate hands, stroke through your client's hair using your fingertips. Work repetitively from the front of the scalp towards the back.

Repeat 3 times



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