

How to apply Devina`s Choice peel-off face and body mask.

It is advisable to carry out a patch test to make sure you are not allergic to any of the ingredients. A suitable area is on the inside of the wrist. If irritation occurs, do not use. Do not use near a fresh cut on the skin or too near the eyes. Avoid shaving immediately before or after using mask.

The mask is presented as a semi-solid resin and requires activating by warming before use.

1. The best time to apply the mask is in the evening when you are planning to stay in and relax. Before applying the mask you should wash the area to be treated with warm water and a deep cleansing soap to remove all traces of make-up and oil. For oily skin, gel based washes are best as these foam a lot to remove oiliness. An oil based cleanser is not recommended as this will leave a film of oil on the skin and prevent the mask from adhering to the skin. If you prefer not to use soap on your face, wash with warm water.

2. Steam face and/or other body area to "open" and loosen clogged up pores. Other parts of the body such as the back and shoulders may be cleansed by applying a hot, wet flannel (a hot compress) over the area to be treated, for 5 minutes.

3. Place sachet/pouch in a **tall cup or glass tumbler so that the nozzle of the pouch is at the bottom**. Pour enough **boiling hot water to cover the whole sachet**. Leave for 3 minutes. This will soften the mask into a gel and make it easy to apply. Place pouch on a towel or flannel to dry and massage the sachet gently to disperse heat and allow to cool to a gel before application. There should be no lumps at this stage.

If you find that the mask is still hard or lumpy, leave the pouch in the hot water a little longer, making sure that the water is BOILING hot.

If you have difficulty melting the mask, there is a more efficient and quicker method: Put the pouch into an electric kettle filled with the maximum amount of water, close the cover and switch it on. Let the water boil. Leave the pouch in the boiling water for 3 minutes. This will melt the mask very efficiently. The pouch will swell up due to the essential oils vaporising. Do not open the pouch until it has cooled and gone flat again. The essential oils will go back into solution on cooling.

4. Dry area to be treated and apply the mask by massaging the gel into pores and all over skin using a sweeping motion of fingertips, avoiding application too near the eye area. Leave a thick and uniform film of the gel on the skin by applying **TWO coats of the mask, one after the other and allow to dry**.

5. **Drying may take up to one hour**. This will allow the anti-bacterial oils time to get to work and help reduce the population of the spot causing bacteria on the skin and at the same time moisturize and condition the skin to reduce any redness on the spots. The longer the drying time, the easier it is to peel off the mask. You should try and relax during this time and take full advantage of the relaxing essential oil mix in the mask. It is best to avoid applying the mask in a damp place such as the bathroom as the steam will prevent the mask from drying.

However, it is a very good idea to apply the mask after a bath as the skin is soft and warm and the pores on the skin would be "open". Better results can be expected with this approach. **If you have acne prone skin, it is quite safe to leave the mask on overnight to take full advantage of the anti-bacterial and conditioning properties of the essential oils in the mask**. The oils will penetrate into the skin better and reduce the bacterial population on the skin more effectively. The dried film may be peeled off in the morning.

6. As the mask dries, it will harden and contract, causing the flow of blood towards the skin to increase. This will cause flushing of the facial skin and will leave a fresh glow on the skin when it is peeled off once dry.

7. Please remember that **DEVINA`S CHOICE** is an **incredibly strong deep cleansing and exfoliating mask** that BINDS to dead skin, blackheads and plugs in pores STRONGLY so when it is peeled off, you should prepare yourself for some tingling/temporary soreness. This is harmless and will leave the skin smooth and supple and totally cleansed, and is easily remedied by washing with cold water followed by an application of a soothing Toner.

8. The mask when dry can be peeled off in one piece. The best way to remove a peel-off mask is to **peel DOWNWARDS** from the forehead towards the T-ZONE and the chin on the face or other treated area. **Peeling IN THE DIRECTION of any fine HAIR growth on the face or other treated area**. Peeling the mask off by pulling at the dry film at the chin and in an upward direction will pull at any fine hair and can be un-necessarily painful. **Yawning by opening your mouth wide or frowning will help to crack the dried film of the mask**. If you have accidentally applied the mask to the eyebrows or hair, do not attempt to peel the dry film off this area. It is painful and un-necessary. The mask is water-soluble and may be washed off from this area or wiped off using a warm/wet flannel after peeling the film off the skin.

9. This exfoliating procedure will leave the pores "open" and need to be "closed" or tightened to prevent further clogging. Wipe clean the treated area with a cold, wet flannel or wash with cold water. A special toner that is astringent and anti-inflammatory needs to be applied to "close" the pores and sooth the skin, leaving it smooth and supple. If you are not happy to se a Toner because you have dry skin, you may apply ice-cold water to tighten the pores. A water-based moisturizer may then be applied. It is best to avoid application of any make up immediately after this deep cleansing procedure as you may clog up the pores again. Allow your skin to breath for a while (overnight preferably).

10. The mask may be used safely as often as you need to. As a guide, it is best to use it 3-4 times a week or daily for acne-prone skin.

For the removal of plugged pores and blackheads you may use it 2-3 times a week and as a deep cleansing, exfoliating facial, once a week is sufficient.

Devina`s Choice works by principally attaching itself to the plug in a pore and pulling it out on peeling, **the first time this mask is used, some plugged pores that may be compacted and deep may not be completely unblocked. This may leave an appearance of "worsening" of the condition due to the appearance of plugs that are literally "half way out" of the pores, seen as tiny, raised dots on the skin**. To achieve a perfect result, you may repeat the process a second time straight away or on the next day to "pull out" the plugs that are only half way out of the pores. This will ensure total emptying of the pores. Regular use after the first occasion should avoid this problem recurring.

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**Devina`s choice
peel-off mask
for blemish free skin**

