



*Skincare  
with  
Young Living*



**WELCOME**





*Invite  
your friends  
to join you in this  
Skincare  
workshop. have  
fun!*



*you will need:*

Cleanser. Scrub.

Toner. Serum.

Moisturizer. Mask.



# 5 STEPS TO YOUR MOST RADIANT SKIN EVER



Our skin care system meets traditional wisdom with esthetic expertise. Combining pure essential oils and botanicals with naturally derived formulas, Young Living skin care can help you uncover your natural radiance. Follow these five simple steps to find your glow:

1



### Exfoliate

Exfoliating removes the dead skin cells that can naturally build up and give the surface of the skin a dull appearance, leaving your complexion looking softer and smoother. Our invigorating Satin Facial Scrub™ Mint has soft jojoba beads to gently buff the surface of the skin and cleanse natural buildup for a smoother appearance. Depending on your skin type, you should exfoliate no more than 2–3 times per week to prevent irritation.

2



### Cleanse

Your skin collects dirt and impurities from the environment that need to be cleaned away daily. With help from an infusion of pure essential oils and other gentle, naturally derived ingredients, ART® Gentle Cleanser cleanses the skin and washes away pore-clogging residue such as oil, dirt, and makeup for a clean and irresistibly soft-looking complexion.

3



### Tone

Toner is the next button for your skin. While cleansing removes dirt and buildup from pores, toning is the next step in an effective skin care regimen for less-visible pores and smoother looking skin. Gentle and non-drying, ART Refreshing Toner nourishes, banishes the appearance of impurities, and balances, while infusing the skin with a combination of pure essential oils, green tea extract, and more for a more smooth look.

4



### Restore

Targeted care is important as your skin ages. Infused with essential oils and exotic orchid petal extract, ART Renewal Serum's unique formula applies smoothly to nourish the complexion, help restore a more youthful appearance, and rejuvenate delicate facial skin.

5



**ART Light Moisturizer:** Luminescing formula made with advanced botanical extracts

**Sheerline™:** Light cream designed to brighten and even the appearance of skin tone

**Borealis Wrinkle Cream:** Made with Frankincense essential oil for a deeply hydrating cream that may help smooth the appearance of healthy-looking skin\*

**Sandalwood Moisture Cream:** Ultra-hydrating cream with pure botanical oils to nourish and protect the skin

### Moisturize

Moisturizing daily is the essential beauty secret that's no secret. This crucial step hydrates, nourishes, and improves the appearance of skin, while locking in the benefits of previously applied products. Always be sure to choose a moisturizer that fits your unique complexion.

# Cleanse



Cleanse two times daily with lukewarm water and finish with cold water. It's important to remove dirt creating a clean canvas for the rest of your routine.



# Cleansing:

## ART Gentle Cleanser

Foaming cleanser for all skin types. Frankincense, Royal Hawaiian Sandalwood, Lemon, Melissa, and Lavender essential oils for soothing, cooling, relaxing. Removes dirt, oil, make-up and impurities, and supports the skin's natural pH.



## Orange Blossom Facial Wash

Contains: MSM, a sulfur component, is drying, makes this product great for oily skin. Wolfberry seeds promote hydration, Calendula extract conditions skin, St John's extract for minor skin imperfections. Orange blossom extract acts as a skin emollient.

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## Charcoal Bar Soap

Good for combination, oily, or acne-prone skin. It pulls out dirt and impurities without stripping the skin's natural moisture barrier. This helps maintain a clear, healthy-looking complexion. Use this on your face or your entire body!

# *Exfoliate*



Removes dead skin cells to reveal younger cells and give the skin a smooth and youthful appearance. Always do this after cleansing and only 2 times a week.



# *Exfoliating:*

## Satin Facial Scrub, Mint:

contains Peppermint essential oil along with jojoba oil, mango butter, MSM, and aloe. Works to remove layers of dead skin cells, draw impurities from the skin, minimize the appearance of pores, and give a fresh, rejuvenated look.

## Poppy Seed Lip Scrub

Made with four different types of butters - cocoa, mango, avocado, and shea - your lips have no choice but to be left feeling smooth and soft. Massage it in a circular motion, and the poppy seeds and moisturizing formula will gently exfoliate and cleanse to help remove dry skin, creating a flawless finish for your Savvy lipstick or gloss.



# Toner



Cleansing and exfoliating disturbs the pH of the skin. Use a toner after cleansing to balance the pH. This helps to minimize the appearance of pores and give a toned or plump look.



# ART Refreshing Toner

Combines Peppermint, Frankincense, Lavender, Melissa, Royal Hawaiian Sandalwood, and Lemon essential oils with Aloe vera, Orchis mascula flower extract, Witch Hazel, green tea extract and more to balance your skin's pH.



It will make your pores appear smaller and create the appearance of toned skin!

# Hydrate



Restoring the skin is a critical part in helping the skin retain moisture and it helps increase the appearance of skin radiance. Renewal Serum serves this function.



# *ART Renewal Serum*

In ancient times, orchids were highly valued.

Their extract can help keep the skin's moisture. Helps to increase the appearance of skin radiance. Angelica root gives you a youthful appearance. Crocus sativus is a great skin conditioner. All other premium ingredients are formulated to deeply nourish, hydrate, and help maintain a youthful appearance.



# Moisturize



Apply right after the Renewal Serum (a restoring product) to lock it into the skin. Helps reduce the appearance of fine lines and provides a barrier to protect the skin.

ART Light Moisturizer  
Suitable for all skin types, it works with your skin to retain and maintain proper hydration, something we all need. When our cells are properly hydrated, they can better replace themselves which keeps us looking younger longer.



# Moisturizing

## Orange Blossom Moisturizer

Moisturizers aren't just for dry skin. Helps skin maintain optimal moisture balance, controls excess oil and shine, and preps your face for makeup with its natural-looking matte finish, making it perfect for those with oily skin.



## The ART Intensive Moisturizer

Perfect for dry or mature skin. It has the combined benefits of Sandalwood and Boswellia creams. Pracaxi seed oil and blue bird hibiscus leaf extract even skin tone and promote hydration. Stem cells from Apple Fruit extracts and Hibiscus plants help to reduce the appearance of fine lines and wrinkles and help the skin feel smoother and more pliable. It contains Hyaluronic acid from fermentation of bacteria, providing a tremendous amount of hydration to your skin.

# Moisturizing

## Sandalwood Moisture Cream

Another powerhouse moisturizer that promotes younger, healthier skin! Wolfberry seed oil, Myrrh, Lavender, Sandalwood, and Rosemary, in addition to MSM which softens the skin and promotes elasticity. Wolfberry has many amazing benefits for our entire body, when it comes to our skin, high level of antioxidants combine with vitamins and minerals to help reduce acne, promote collagen production and even out skin tone.



## Boswellia Wrinkle Cream

also contains wolfberry seed oil with essential oils of Frankincense, Sandalwood, Myrrh, Ylang Ylang, and Geranium. Build collagen, relax facial tension, reduce the effects of sun damage, minimize shine, and minimize and prevent wrinkles.

# Refine & Pamper



## The ART Creme Masque

Formulated to deeply moisturize skin using an exclusive blend of hyaluronic acid and pure essential oils.

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## ART Beauty Mask

This mask was designed with all skin types in mind. Its formula of essential oils and exotic orchid petals is the perfect combination to provide radiant, soft, and hydrated skin.

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## Sheerlume

Tested in Europe, after only 56 days, it was found to significantly improve the appearance of complexion lightness and intensity of dark spots. It contains ingredients like Kakadu Plum as a natural vitamin C, Licorice root extract for a balancing effect, and Madonna Lily for a brightening effect.





# *DIY Skincare recipes*



# DIY Sugar Scrub



- Fill glass jar with brown sugar
  - add a teaspoon of coconut oil
    - 1 drop Peppermint
    - 3 drops Lavender
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Adjust recipe according to your size jar.

Add your favorite skincare oils

Test scrub on hands before applying to face.

- wet sugar to soften granules
- scrub face gently in circular and upward motion

# DIY Face Serum

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- 1 drop Myrhh
  - 3 drops Frankincense
  - 1 drop Geranium
  - 1 drop vitamin E
  - fill with grapeseed or jojoba oil
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Recipe for 2oz dropper bottle.  
Add your favorite skincare oils  
Test on wrist before applying to face.  
See page about serum for application tips.

# DIY Mud Mask

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- 3 drops Frankincense
  - 1 drop Geranium
  - 2 Tablespoons of Mud Powder
  - 3 Tablespoons water
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In a glass or ceramic jar  
add water and oils

dust the mud powder over the mixture and allow to absorb liquid. Adjust liquid or powder quantity until desired amount and texture. If stirring is needed do not use metallic utensil.

Apply mask on face,  
allow to dry completely then wash it off.

# *DIY*

## *Chamomile Ice*

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- Make Chamomile Tea
    - once it cools add:
      - 1 drop Chamomile eo
      - 1 drop lemon eo
    - or your favorite skincare oils
    - freeze in ice tray
- 

- Twice a week in your skincare routine
  - after cleanse and scrub
- massage skin with ice using a face cloth
  - do not apply ice directly to skin



*Skin  
care  
routines  
by  
skin type*



# Normal Skin Routine



GOAL: *Maintain + Balance*

## Morning

- ART Gentle Cleanser
- ART Toner
- ART Renewal Serum
- ART Light Moisturizer

## Night

- ART Gentle Cleanser
- ART Toner
- ART Renewal Serum
- ART Light Moisturizer

## Two times a week

- Exfoliate with Satin Facial Scrub, Mint
- ART creme masque

# Oily Skin



GOAL: *Clean + Close Pores*

## Morning

- Orange Blossom Face Wash
- ART Toner
- Renewal Serum
- Moisturizer of choice

## Night

- Orange Blossom Face Wash
- ART Toner
- Renewal Serum
- Moisturizer of choice

## Two times a week

- Exfoliate with Satin Facial Scrub, Mint
- DIY Mud Masque

# Dry Skin

GOAL: *Cool + Hydrate*



## Morning

- DIY Cleanser (no foam, no lather)
- ART Toner
- Renewal Serum
- ART Intensive Moisturizer

## Night

- ART Gentle Cleanser
- ART Toner
- Renewal Serum
- Wolfberry Eye cream
- Moisturizer

## Two times a week

- Exfoliate with Satin Facial Scrub, Mint
- ART Beauty Mask as needed

# Combination Skin

GOAL: *Clean + Hydrate*



## Morning

- Charcoal bar soap
- ART Toner
- Renewal Serum
- ART Light Moisturizer

## Night

- Gentle Cleanser of choice
- ART Toner
- Renewal Serum
- ART Light Moisturizer

## Two times a week

- Exfoliate with Satin Facial Scrub, Mint
- DIY Mud Masque
- Essential Beauty Serum

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THANK YOU



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