

# Stimulite honeycomb to cleanse, exfoliate and massage your face

**Cleansing:** Always use the natural (uncolored) side of Spa Cells to cleanse the face and neck. For cleansing and exfoliating hands use the colored side of Spa Cells. For the ultimate cleansing experience, use two Spa Cells, one on each hand with a mild cleanser. Move across the face with light, circular strokes. The flexing action of the honeycomb cells easily removes make-up and dirt, even in hard to access areas such as the creases of the nose. Follow with a soft, damp towel to remove all residue. The skin will be exceptionally clean and fresh.

**Exfoliating:** Apply a gommage or exfoliating cream and use the natural side of Spa Cells to exfoliate the skin with light, circular strokes. Follow with a soft damp towel to remove all residue. When performing a glycolic or other acid-type exfoliation, use the natural or colored side of Spa Cells (following the exfoliating treatment and after patting the skin dry) to gently remove dead skin, focusing on areas of hyperpigmentation.

**Massaging:** Use the colored side of Spa Cells to stimulate blood flow to facial muscles and promote lymphatic drainage. Work along the contours of the facial muscles in a slow, circular motion using light pressure and holding for several seconds at pressure points, e.g. corners of the eyes, mouth and between the brows.

