



## Nichola Joss Facial Massage Step by step

Nichola Joss, Celebrity Facialist & Sanctuary Spa Skincare Expert, says:

“All skin types suffer in the winter from the cold temperatures outdoors and heating indoors, leading to dry, uneven, dull looking skin. Oils are the best treatment for dull, parched winter skin as they penetrate into the deeper layers of the skin to nourish, hydrate and add radiance.

During the winter months I recommend massaging a skin boosting facial oil into your skin every evening before bed. Follow these step by step massage instructions when applying Sanctuary Therapist's Secret Facial Oil.



1. Pop 3-4 drops of Therapist's Secret Facial Oil into your palms and rub together to warm the oil.



2. Close your eyes and press your hands up to your face, taking a few deep breaths in to enjoy the aroma of the oil.

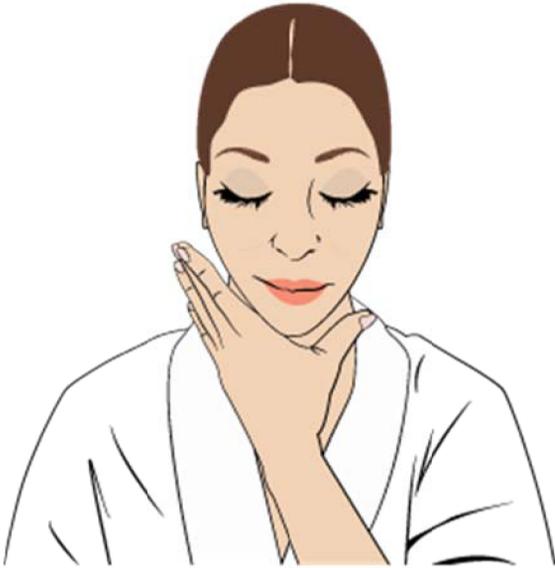


3. Gently apply the palms of your hands to your face and move your hands outwards in smooth sweeping movements, working from the centre of the face outwards.



4. Massage the oil into your skin for 1 minute using your fingertips and starting from the centre of the face, working outwards and upwards in small circular motions.

5. Use your palms to sweep the oil up the neck area.



6. Then sweep your palms across your chest from left shoulder to right shoulder, sweeping across the décolletage with the palm of the hand. Repeat both sides 3 times.



7. Finally, sweep residual oil onto the back of your hands.

