

Sundãri Age-Defying Firming Facial (90 mins)

Step	Time	Procedure	Product / Usage	Quantity
1	1 min	Bindi Touch	Essential Oil for Skin type Inhalations, Bindi touch on the third eye, compress shoulders	1 drop
2	5 mins	Cleansing	Gentle Gel Cleanser Mix cleanser with water to create lather and gently cleanse the face and neck. Remove with hot towel.	1/8 tsp
3	5 mins	Second Cleanse Tonic Water	Neem and Copper Repairing Cream Cleanser Apply and gently massage over face and neck. Add water as necessary. Remove with hot towels. Rose and Lemon Tonic Water Lightly mist tonic water all over face. Blot if necessary.	1/4tsp 3 sprays
4	10 mins	MarMassage	Nighttime Nourishing Oil Apply to face and neck. Perform MarMassage. Follow marma point sequence.	6 drops
5	5 mins	Exfoliation & Steam (optional)	Honey and Enzyme Exfoliating Serum Apply to face and neck under steam. Remove with warm towels.	1 tsp
6	5 mins	Extractions – if needed	Perform extractions if needed	
7	10 mins	Facial Massage	Gotu Kola & Lotus Body Oil + Essential Oil for Skin type Perform Facial Massage.	1/2 tsp 6 drops
8	15 mins	Mask 1	Rose and Lavender Hydrating Mask Add water in hand. Apply mask to face and neck. Remove with hot towel or warm cotton 4 x 4.	1 tsp
9	15 mins	Mask 2	Gotu Kola and Indian Asparagus Mask Apply to face and neck. Remove with warm towel or cotton 4 x 4.	1 tsp
10	During Mask	Hand and Arm Massage Or Scalp Massage	Omega 3 and Soy Body Baume or Neem and Coconut Hair Oil (optional)	1/2 tsp 1/2 tsp
11	5 mins	Mask Removal	Remove mask using warm, moist towels	
12		Tonic Water	Rose and Lemon Tonic Water Lightly spritz over face and neck. Blot dry if needed.	3 sprays
13		Facial Serum	Gotu Kola and Yucca Facial Serum	1/4 tsp
14	5 mins	Eye Care & Moisturizer	Gotu Kola and Boswellia Eye Serum & Gotu Kola and Azulene Moisturizer or Gotu Kola and Geranium Moisturizer	1/16 tsp 1/4 tsp

Sundāri Healing Detox Facial (75 mins)

Step	Time	Procedure	Product / Usage	Quantity
1	5 min	Bindi Touch	Essential Oil for Skin type Inhalations, Bindi touch on the third eye, compress shoulders	1 drop
2	10 min	Back Abhyanga	Neem and Triphala Body Oil Perform Back Abhyanga (or other body oil)	1/2 tsp
3	5 mins	Cleansing	Neem and Burdock Balancing Cream-Gel Cleanser Mix cleanser with water to create lather and gently cleanse the face and neck. Remove with hot towel.	1/8 tsp
4	5 mins	Second Cleanse Tonic Water	Neem and Copper Repairing Cream Cleanser Apply and gently massage over face and neck. Add water as necessary. Remove with hot towels. Neem and Aloe Vera Tonic Water Lightly mist tonic water all over face. Blot if necessary.	1/4tsp 3 sprays
5	10 mins	MarMassage	Nighttime Nourishing Oil Apply to face and neck. Perform MarMassage. Follow marma point sequence.	6 drops
6	5 mins	Exfoliation & Steam (optional)	Honey and Enzyme Exfoliating Serum Apply to face and neck under steam. Remove with warm towels.	1 tsp
7	5 mins	Extractions – if needed	Perform extractions if needed	
8	10 mins	Facial Massage	Gotu Kola and Lotus Body Oil + Essential Oil for Skin type Perform Facial Massage.	1/2 tsp 6 drops
9	15 mins	Mask	Neem and Green Tea Cleansing Mask Apply to face and neck. Remove with warm towel or cotton 4 x 4.	1 tsp
10	During Mask	Hand and Arm Massage or Scalp Massage	Omega 3 and Soy Body Baume or Neem and Coconut Hair Oil (or other oils for massage)	1/2 tsp 1/2 tsp
11	5 mins	Mask Removal	Remove mask using warm, moist towels	
12	–	Tonic Water	Neem and Aloe Vera Tonic Water Lightly spritz over face and neck. Blot dry if needed.	3 sprays
13	5 mins	Eye Care & Moisturizer	Chamomile Eye Oil & Neem Eye Cream Neem and Avocado Balancing Moisturizer or Neem and Tamanu Corrective Moisturizer	1 drop 1/16 tsp 1/4 tsp

Sundāri Omega 3 Facial, Replenishing (90 mins)

Step	Time	Procedure	Product / Usage	Quantity
				1/2 tsp
				1/2 tsp
2	5 min	Bindi Touch	Essential Oil for Skin type Inhalations, Bindi touch on the third eye, compress shoulders	1 drop
3	10 min	Back Abhyanga	Omega 3 and Soybean Softening Body Baume Perform Back Abhyanga (or other body oil)	1/2 tsp
4	5 mins	Cleansing	Omega 3 and White Birch Cream Cleanser Apply and gently massage over face and neck. Add water as necessary. Remove with hot towels.	1/4 tsp
5	5 mins	Second Cleanse Tonic Water	Neem and Copper Repairing Cream Cleanser Apply and gently massage over face and neck. Add water as necessary. Remove with hot towels. Omega 3 and Raspberry Tonic Water Lightly mist tonic water all over face. Blot if necessary.	1/4tsp 3 sprays
6	10 mins	MarMassage	Nighttime Nourishing Oil Apply to face and neck. Perform MarMassage. Follow marma point sequence.	6 drops
7	5 mins	Exfoliation & Steam (optional)	Honey and Enzyme Exfoliating Serum Apply to face and neck under steam. Remove with warm towels.	1 tsp
8	5 mins	Extractions – if needed	Perform extractions if needed	
9	10 mins	Facial Massage	Gotu Kola and Lotus Body Oil + Essential Oil for Skin type Perform Facial Massage.	1/2 tsp 6 drops
10	15 mins	Mask	Apricot and Shea Hydra Soothing Mask Apply to face and neck. Remove with warm towel or cotton 4 x 4.	1 tsp
11	During Mask	Hand and Arm Massage or Scalp Massage	Omega 3 and Soy Body Baume or Neem and Coconut Hair Oil	1/2 tsp 1/2 tsp
12	5 mins	Mask Removal	Remove mask using warm, moist towels	
13	–	Tonic Water	Omega 3 and Raspberry Tonic Water Lightly spritz over face and neck. Blot dry if needed.	3 sprays
14	5 mins	Eye Care & Moisturizer	Chamomile Eye Oil & Neem Eye Cream Omega 3 and Algae Day Serum & Omega 3 and Amalaki Night Cream	1 drop 1/16 tsp 1/4 tsp 1/4 tsp

The Sundāri Signature Facial (for Pitta Dosha) (60 mins)

Step	Time	Procedure	Product / Usage	Quantity
1	1 min	Bindi Touch	Essential Oil for Normal/Combination Skin Inhalations, Bindi touch on the third eye, compress shoulders	1 drop
2	2 mins	Cleansing	Gentle Gel Cleanser Mix cleanser with water to create lather and gently cleanse the face and neck. Remove with hot towel.	1/8 tsp
3	2 mins	Second Cleanse Tonic Water	Sandalwood Cleanser Apply and gently massage over face and neck. Add water as necessary. Remove with hot towels. Rose and Lemon Tonic Water Lightly mist tonic water all over face. Blot if necessary.	1/4 tsp
4	10 mins	MarMassage	Essential Oil for Normal/Combination Skin Apply to face and neck. Perform MarMassage. Follow marma point sequence.	6 drops
5	5 mins	Exfoliation + Steam (optional)	Bamboo and Date Seed Foaming Exfoliator Mix exfoliator with Neem and Copper Repairing Cream Cleanser. Add water in hand to create a paste and apply. Remove with warm towels.	1/4 tsp 1/4 tsp
6	5 mins	Extractions – if needed	Extractions if needed	
7	10 mins	Facial Massage	Gotu Kola & Lotus Massage Oil + Essential Oil for Normal/Combination Skin Perform Facial Massage.	1/2 tsp 6 drops
8	15 mins	Mask	Neem and Green Tea Cleansing Mask Mix powdered misra with mask. Add water in hand. Apply to face and neck. Remove with hot towel or warm cotton 4 x 4. Or Rose and Lavender Hydrating Mask (1 tsp)	1 tsp
9	During Mask	Perform Hand and Arm Massage Or Scalp Massage	Omega 3 and Soy Body Baume or Neem and Coconut Hair Oil (or other body oil)	1/2 tsp 1/2 tsp
10	3 min	Remove Mask	Remove mask using warm, moist towels	
11		Tonic Water	Rose and Lemon Tonic Water Lightly spritz over face and neck. Blot dry if needed.	1/8 tsp
12	2 mins	Eye Care & Moisturizer	Chamomile Eye Oil Apply around the eye area. Neem Eye Cream Layer over the eye oil Lavender Moisturizer Apply over face and neck.	