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## *Sacred Beauty Skincare Home Ritual*

The complete skincare regime as shown is an advanced approach for a full facial treatment.  
A most basic routine follows below. Add on other products as you'd like.

- Step 1: Cleanse with Sri or Jai;  
Step 2: Hydrate & treat with Mana;  
Step 3: Moisturize with Shanti or Shakti.

### **Step 1: CLEANSE / Purify, Balance skin's pH, Hydrate**

**Product:** **SRI Creamy Facial Cleanser** / *For Dry, Normal, Sensitive or Irritated Skin*  
**JAI Facial Cleansing Gel** / *For Normal, Combination, Oily & Blemished*

1. Choose the cleanser for your skin type or condition. Apply 2-3 pumps to dry or wet skin. Massage all over face for one minute, then rinse well to remove all cleansing residue.
2. Cleanse Morning & Night.

### **Step 2: EXFOLIATE / Refine, Smooth, Soften, Hydrate, Stimulate cell renewal**

**Product:** **GAIA Facial Exfoliant** / *For All Skin (except Hypersensitive)*

1. Use 1-3 pumps. Apply to dry or wet skin. Massage all over face except around eyes for one minute or longer. Rinse or for a deeper, more softening and refining treatment, leave on your skin for 5-10 minutes, then gently massage GAIA on your skin as you rinse. Gently pat your skin dry and feel the soft, smooth, moist finishing touch on your skin.
2. **Beauty Tip 1:** If your skin is feeling sensitive, blend 1 pump of GAIA with 1-2 pumps of SRI cleanser in your palm. Gently massage all over your skin for 30-60 seconds, avoiding the eye area. Then rinse well and softly pat dry.  
**Option:** Follow with a VIDA face mask treatment to soothe and hydrate your skin.



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3. Beauty Tip 2: If you want to have a deeper purifying, cleansing exfoliant, blend 2-3 pumps of GAIA with 1-2 pumps of JAI in your palm. Massage your skin with this duo blend for 1-2 minutes, then rinse well.  
Option: Follow with a PURA face mask treatment for a deeper skin detox.
4. Beauty Tip 3: Use GAIA to smooth and soften the backs of hands or any other skin on your bod
5. Suggested Use:
  - Mature Dry Skin: Exfoliate 3-7 x/wk
  - Normal & Combination Skin: Use 3-4 x/wk
  - Sensitive Skin: Use GAIA/SRI blend to exfoliate 1-3x/wk
  - Oily & Blemished Skin: Use GAIA/JAI blend 3-5x/wk

### Step 3: MASKS / PURA Detoxify, Nourish VIDA Moisturize, Soothe, Rejuvenate

Products: **PURA Facial Mask** / *For All Skin for a deep skin purification*  
*Excellent for Blemished, Acneic, Oily & Combination skin*

**VIDA Facial Mask** / *For Dry, Normal, Sensitive & Combination skin*

1. Apply 3-5 pumps of the mask best suited for the needs of your skin. VIDA may be applied around eyes, but avoid applying PURA around the delicate eye area.
2. Suggested Use:
  - VIDA Facial Mask:**
    - Use as often as desired.
  - PURA Facial Mask:**
    - Dry Skin: Use to detoxify skin 1x/wk.
    - Normal & Combination Skin: 1-3x/wk
    - Oily, Acneic, Blemished Skin: 3-5x/wk
    - Sensitive Skin: Spread thin, leave on 5-10 min. 1-2x/wk
3. Beauty Tip: VIDA is lovely to apply to the neck, decollete' and backs of hands as well. Leave VIDA mask on for 10-20 minutes, then rinse well and pat skin dry.
4. Beauty Tip: For a more aggressive skin refining purification, blend 3-5 pumps of PURA with 3-5 pumps of GAIA Facial Exfoliant. Layer thickly on skin avoiding the eye



area. Leave on for 15-20 minutes. Apply water to skin and massage the moistened mask for at least 1 minute. Continue to massage as you rinse until the mask is completely removed. Follow with MANA Probiotic Hydrosol Mist. Amazing!

#### **Step 4: MIST / Balance, Soothe, Hydrate, Strengthen, Protect, Tone**

**Product:** MANA Probiotic Hydrosol Mist / *For All Skin. Great for acneic-prone skin.*

1. After exfoliating and masking ... soothe, hydrate and bring balance to any skin type or condition as you fortify your skin's protective microbiome with MANA Probiotic Hydrosol Mist. Mist your skin then very lightly smooth all around face and neck with clean fingertips.
2. Suggested Use:
  - Shake, then mist your skin then very lightly smooth all around face and neck.
  - Use Morning and Night.
  - Always use on clean skin as part of your skin care routine.
  - NOTE: This is a potent, yet gentle treatment product and not a refresher mist to be used any time.

#### **Step 5: SERUM / Repair, Regenerate, Protect, Slow skin aging, Calm, Hydrate**

**Product:** ANA Facial Serum / *For All Skin. Especially maturing skin.*

1. For powerful skin rejuvenation, skin damage repair and prevention of environmental aging effects or premature aging in skin, apply 2-3 pumps of ANA serum to your face and neck, including the eye area. ANA is best applied after misting with MANA.
2. Suggested Use:
  - Dry or Mature Skin: Use Morning and Night. Follow with SHAKTI Facial Oil moisturizer.
  - Normal Skin: Use Morning and Night. Follow with SHANTI Facial Oil moisturizer.
  - Sensitive Skin: Use Morning and Night. Follow with either SHAKTI or SHANTI Facial Oil moisturizer.
  - Combination Skin: Blend ANA with SHANTI in your palm and apply



together.

- Oily Skin: First mist with MANA. While skin is still damp, apply ANA. Or, apply ANA alone after cleansing. No facial oil is needed.

3. Beauty Tip: Use on backs of hands.

### **Step 6: MOISTURIZER / Deep moisture, Boost collagen, Prevent skin damage, Calm**

Products: **SHANTI Facial Oil** / *Normal, Combination, Sensitive Skin*  
**SHAKTI Facial Oil** / *Dry, Normal or Sensitive Skin*

1. Alchemically blended facial oils high in polyphenols (powerful plant antioxidants), are the most harmonious with skin and have the highest vitality and activity in skin than any other form of moisturizer. They are pure, alive, calming and protective from environmental damage to our skin, and naturally result driven like none other.
2. Suggested Use:
  - Layering of products produces the optimum results. For damaged or aged skin, layering is recommended. However, wonderful benefits are also derived from using single products alone. This is especially true for our highly nourishing facial oils - SHANTI & SHAKTI.
  - Use Morning and Night. Apply to face and neck. Avoid applying within ¼” under eyes and do not apply to eye lids. Oils can ‘creep’ into the open eye and cause some irritation, though not dangerous.
    - Dry Skin: 3 pumps
    - Normal & Sensitive Skin: 2 pumps
    - Combination Skin: 1-2 pumps alone, or blend 1 pump with 1-2 pumps of ANA Facial Serum.

### **Step 7: EYE CARE / Moisturize, Soothe, Rejuvenate, Protect, Reduce puffiness**

Product: **AUM Eye Care** / *For All Skin*

1. The delicate tissue surrounding the eyes is thin and fragile and is lacking in fat cells. For this reason, the skin around the eyes tends to be drier and ages faster than other facial skin. To best protect, replenish and rejuvenate the tissue around the eyes, a



nutrient-rich cream is best suited. AUM Eye Cream is packed with enriching nutrients and fatty acids that ideally nourish and protect the delicate tissues.

2. Suggested Use:

- Apply ½ drop of AUM on the skin under each eye.
- For best results, apply AUM after applying ANA serum and before applying the facial oil of choice (SHANTI or SHAKTI).
- Use Morning and Night or as desired.

3. Beauty Tip: For a special rejuvenating eye treatment, blend 1 pump of VIDA mask, 1 pump of ANA serum and 1 pump of AUM eye cream together in your palm. Generously apply the 'Eye Mask' under eyes. Leave mask on for 15-30 minutes. Rinse & pat dry. Option: Moisten cotton pads with cool water and lightly lay over eyes when lying down.

**Step 8: LIP CARE / Moisturize, Soothe, Soften, Protect**

Product: **EROS Lip Balm** / *For All Skin*

1. Suggested Use:

- Apply nourishing EROS Lip Balm to keep lips moist, supple and healthy. Keep handy and use EROS as often as needed or desired.

**Step 9: SPECIAL FINISHING TOUCH / Uplift Mood, Soothe Senses & Refresh**

Product: **AGAPI Face & Body Mist** / *For All Skin*

An uplifting, soothing finish to your facial ritual is a light mist of AGAPI ... A gorgeous blend of Rose De Mai, Tiare (Tahitian Gardenia) and Sacred Frankincense essential oils infused in crystal energized water ... Pure and unadulterated with any other ingredient.

Shake well to ideally disperse the essential oils into the water, then mist up into the air, turn your head upward and move it into the falling mist, allowing it to very gently touch your skin and soothe your senses.

If you like the beautiful sacred aroma of the essential oils in the Agapi Mist, may we suggest our Agapi Aromablend of Rose De Mai, Tiare (Tahitian Gardenia) and Sacred Frankincense to use as a lovely natural perfume or to elevate and soothe your spirit when you need a calming



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lift. Apply to pulse points on your body, or a tiny dab under your nostrils, or use in a room diffuser, or in any other way your spirit leads you.