

NAT.

Natural skin & body essentials



2013 Product Manual

Table of Contents

Story	4
Philosophy	5
Natural Wonders	6
Skin Anatomy	7
Skin Types and Skin Conditions	9
Product Directory - FACE	11
Facial Ritual	35
Pressure Point Techniques	45
Product Directory - BODY	51
BODY Ritual	63
Massage	67
Massage Ritual	71
Retail Tips	75
Ingredients Glossary	81





The NAT. Story

The Natalie Group is one of Australia's leading manufacturers of natural skin and body care, home fragrance, spa and well being products, aromatherapy and essential oils. Founded in 1987 the development and evolution of all Natalie Group products are influenced by the belief that plants, specifically plant essences, have natural therapeutic, restorative and regenerative properties.

NAT. natural skin & body essentials is the latest product range developed by the Natalie Group.

Resulting from extensive scientific research, cutting edge technology and the selection of the best natural ingredients, all NAT. products are derived from pure plant essences that carry with them the incredible powers that only nature can provide. The range has been specifically designed to restore balance, beauty, health and wellness.

The guarantee of our product performance comes with the knowledge that our stringent manufacturing process at the Natalie Group is second to none. Our team of dedicated scientific researchers, and quality controllers, ensure the integrity, consistency and unbeatable quality of our products.

NAT. products are not tested on animals and our formulas are inspired by centuries-old traditions.



NAT. Philosophy

We have captured nature's life force in our products ... Aromatherapy is at the heart of NAT. product development. Nature provides us with potent properties from flowers, herbs and plants that heal and nurture, so we have taken the goodness from these active botanical essences and fused it with advanced technology to produce natural products that work effectively within the skin and body.

The NAT. range use only pure plant essences that work in harmony with the body for cell support, skin regeneration, wrinkle defense and boost nourishment to the skin. Formulated and made in Australia where the air is clean, the water pristine and the sky blue, NAT. products are drawn from pure botanicals and are free from harmful chemicals.

Our GMP (good manufacturing practice) compliant and TGA licensed facilities safeguard rigorous quality control measures, ensuring the highest standards. The TGA or Therapeutic Goods Administration is the governing body of all therapeutic products in Australia.

For over 20 years, Australian beauty therapist have used and endorsed our products. Together, we continue our research to seek the best from nature and science.



Natural Wonders

As people realise how undesirable the effects of additives and preservatives are they look increasingly towards fibres, foodstuffs and skincare that occur in nature. Nowhere is this more evident than in the confusing world of skincare where there is an increasing trend to buy natural organic products. The popularity of these skincare has led to a proliferation and variety which makes informed selection incredibly difficult.

What is Natural Skin Care?

Natural skin care is the care of the skin using naturally-derived ingredients such as essential oils, herbs, roots and flowers combined with naturally occurring carrier agents, natural preservatives, surfactants, humectants and emulsifiers. The classic definition of natural skin care is based on using botanically sourced ingredients currently existing in or formed by nature, without the use of synthetic chemicals, and manufactured in such a way to preserve the integrity of these ingredients.

Natural skin care has its origins as far back as the 4th millennium BC in China and the Middle East. It is believed that the Egyptians developed many natural skin care treatments for a variety of skin conditions and in modern day, many with unique skin types and specific issues such as sensitive skin, excessively dehydrated skin or problem skin have turned to natural skin care solutions.



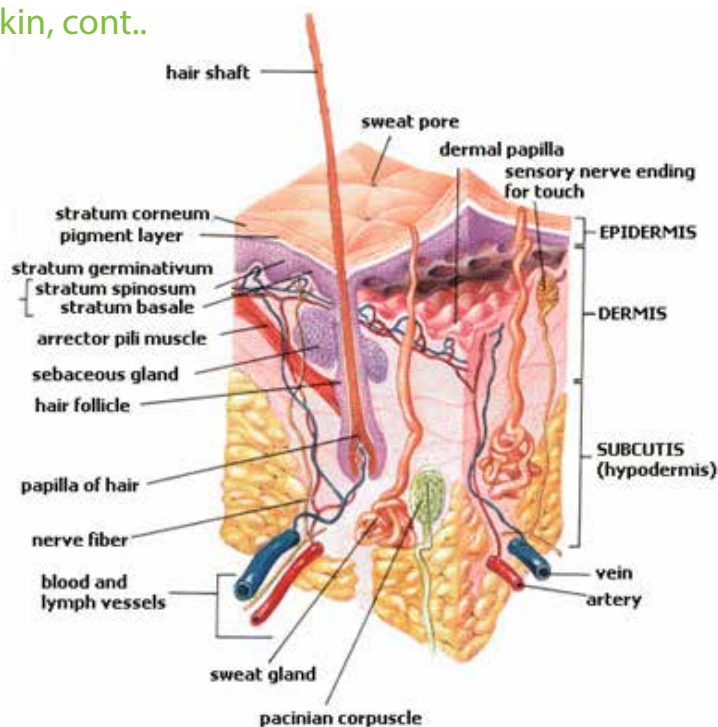
The Anatomy of Skin:

Now that we have established the connection between our internal wellbeing and the appearance of our skin, it is time to consider the skin itself.

The skin is made up of three layers:

- the epidermis
- the dermis
- the subcutaneous layer

The Anatomy of Skin, cont..



The layer which concerns us most is the epidermis or the outer layer. This is a tough protective layer that contains melanin, a class of compounds which protects against the rays of the sun and gives the skin its colour. Within the epidermis there are also horny layers which contain the keratinocytes or dead skin cells that continually shed and the basal cell layer, the regenerating layer where new skin cells are made to replace the keratinocytes. The process of cell regeneration which replaces old skin cells with new usually takes about 3 to 4 weeks although this process slows with age.

Under the epidermis is the dermis which contains nerve endings, sweat glands, oil glands, and hair follicles. To hold it all together is collagen - that best known of proteins whose fibroblasts gives skin its strength and resilience. It is the collagen in the dermis which supports the epidermis. Similar to collagen is elastin which gives elasticity to the skin and allows it to spring back when stretched. Both of these proteins tend to lose their potency with age.

Under these two skin layers is a fatty layer of subcutaneous tissue (the word subcutaneous means "under the skin"). It consists of a network of collagen and fat cells which serve as the body temperature regulator and so protect other organs from injury.

Now that we have an appreciation of the skin's basic structure, it should be quite easy to see why most topical products applied to the skin only work on the outer layer or epidermis. There are some that may penetrate deeper. For these products to be effective, they must contain active ingredients that nourish the dermis and help in the production of collagen.

All in all, a holistic approach to skin health is the simplest and most effective. To keep those skin layers healthy and firm enjoy a balanced and nourishing diet, exercise sensibly and reduce stress. Choose skin care preparations with natural plant extracts as active ingredients that protect and repair skin.



What's the Difference Between Skin Types and Skin Conditions?

There is often some confusion between the term 'skin type' and 'skin condition'. Understanding the difference between these two, knowing what type of skin you have and identifying it will help you in your selection of the most suitable skin care products.

Your skin type is what you were actually born with. It's genetic and isn't going to change. On the other hand, your skin's condition is something that has happened or is currently happening with your skin. Some examples are things like acne, redness, and dehydration. Your skin condition is changeable and is influenced by internal and external factors. However, your skin condition or concern could influence your skin type. Your skin condition is susceptible to external influencers and changes in:

- your environment (including weather and pollution)
- diet
- stress
- medications
- hormones
- sun damage
- age

A skin type is classified as oily, dry, normal or combination, and sometimes sensitive. Sensitive skin can be both a type and condition and can be corrected in most cases.

What's the Difference Between Skin Types and Skin Conditions? cont..

Normal skin is soft and has a smooth texture, where there are fine to medium pores. Normal skin is not too oily or dry and blemishes are uncommon; skin is firm, with a healthy appearance. It is generally smooth with small pores. Good care and the right products are recommended to maintain this type of skin.

Oily skin has excess oil or sebum and enlarged pores. This skin is prone to acne and can look shiny and coarse in texture and may have recurring blackheads due to the enlarged pores. It may also have patches of flakiness around the nose where excess oils have dried.

Dry skin lacks oil, has fine pores and is sometimes referred to as alipidic skin (dryness due to lack of fatty lipids). There is often confusion between dry skin and dehydrated skin. Dehydration is a lack of water, while dry skin has a lack of oil or sebum. Though it may look smooth with fine pores and few blackheads or blemishes, it may also have a tight, leathery appearance.

What people refer to as combination skin is skin that may be part oily and part dry. This skin type has an oily T-zone across the forehead, nose and chin, but a normal to dry area around the cheeks and throat. Another combination pattern is oily along the chin, jaw line and at the temples, but normal to dry skin everywhere else. During skin type analysis, it is important to look at pore size and how much sebum is being produced by the skin.

Sensitive skin is often characterised by broken capillaries, and vessels beneath the surface of the skin. Sensitive skin should not be over stimulated because it can react to anything extreme. Sensitive skin is sometimes skin that has been sensitised by using the wrong products or products that are too harsh for sensitive skin.

When analysing skin you need to touch and look at the skin. Be sure to check the skin for pore size, tone and texture. Check to see how far out do the enlarged pores around the skin go out onto the cheek area; find out and see how the skin reacts to a light pinch. Elasticity will tell you a lot about the condition of the skin as well. Is the skin dry or dehydrated? Be sure to know the difference. Is the skin oily with larger pores around the nose?

Age plays a great role in the dehydration factor of the skin and as we evolve and mature, dehydration becomes more complex. A person with oily skin may also be dehydrated. It can be confusing when more than one situation presents itself. If you remember to check pore size, tone and texture it will help narrow down the proper results. Healthy skin is balanced properly with hydration and lipids. You will come to recognise the difference immediately.



NAT.FACE Product Directory

REPLENISH CLEANSING LOTION

Description

Natural calendula extract from the petals of the marigold flower help to improve skin tone and provide a soothing action to dry skin. Sweet almond oil is rich in glycosides to help protect dry skin and vitamin B5 and E help to soften fine lines caused by excessive dryness. When used daily this delicate cleansing milk helps to hydrate and brighten normal to dry skins.

How to use

Pump a small amount onto fingertips and emulsify with water then massage gently in upwards circular motion and rinse well with water. Use morning and night, follow with recommended NAT. products. Gentle enough to be use as eye makeup remover * except waterproof mascara*.

Key Ingredients

active • calendula extracts

extracted by infusing the petals from marigolds into oil.
benefit: soothing action, improved skin tone and protects skin with couperose (fragile capillaries).

active • sweet almond oil

benefit: contains glucosides, minerals, vitamins A, B1, B2, B6 and E, rich in protein. assists eczema and dryness, sweet almond is not a penetrating oil making it a great protectant.

active • panthenol (Vitamin B5)

extracted from vegetable oils.
benefit: helps soften fine lines wrinkles, strengthen cell membranes and regulates sebaceous activities.

active • tocopheryl acetate (Natural Vitamin E)

extracted from vegetable oils - e.g. soy bean.
benefit: fat soluble vitamin that helps boost the production of collagen and assist in reducing scar tissue.

Ingredients

Purified water, caprylic capric triglyceride, cetearyl alcohol, sesame indicum (sesame) seed oil, prunus amygdalus dulcis (Sweet almond) oil, glycerin, cetearth 20, tricapylin, tocopheryl acetate (Natural Vitamin E), calendula officinalis flower extract, panthenol (vitamin B), xanthan gum, phenoxyethanol, caprylyl glycol, fragrance. **PH Level** : 5.5-6.0



Size
Retail : 100mL
Professional : 500mL

RESTORE CLEANSING LOTION

Description

A soothing cleansing milk designed to gently remove debris from the skin without stripping the skin's natural lipid barrier. Antioxidant rich papaya fruit extract gently works to improve skin tone and texture whilst rose hip oil, rose essential oil and oat extracts provide soothing, anti-inflammatory benefits.

How to use

Pump a small amount onto fingertips and emulsify with water then massage gently in upwards circulation motion and rinse well with water. Use morning and night, follow with recommended NAT. products. Gentle enough to be used as eye makeup remover * except waterproof mascara*.

Key Ingredients

active • **rose hip oil**

benefit: an emollient containing 80% essential fatty acids. repairs damaged tissues and aids in regeneration of skin cells.

active • **papaya fruit extract**

benefit: contains vitamins A and C. This helps to improve skin tone and texture.

active • **olive extract**

benefit: soothing, calming and healing

active • **oat protein**

benefit: Soothes, anti-inflammatory, helps to buffer and repair damage from other skin stressors. Promotes GAGs (Glycosaminoglycans) - body's natural hyaluronic acid production reducing depth and formation of fine lines and wrinkles.

Ingredients

Purified water, sodium methyl cocoyl taurate, stearic acid, glycerin, caprylic capric triglyceride, cetearyl alcohol, cetyl alcohol, carica papaya fruit (papaya) extract, vitis vinifera (grape seed) oil, pelargonium graveolens flower (rose geranium) oil, citrus grandis peel (grapefruit) oil, aniba rosaeodora wood (rosewood) oil, rosa damascena (rose) oil, avena sativa kernel (oat protein), olea europaea (olive) oil, rosa canina fruit (rose hip) oil, tocopheryl acetate (Natural Vitamin E), xanthan gum, sodium hydroxymethyl glycinate. **PH Level** : 6.0 - 7.0



Size

Retail : 100mL

Professional : 500mL

REBALANCE CLEANSING GEL

Description

This detoxifying skin cleanser helps to regulate excessive oil production and reduce bacteria with natural Australian tea tree. Botanical extracts of lavender and chamomile help to soothe and calm redness often associated with problematic skin. Leaves skin feeling clearer without compromising the natural protective barrier.

How to use

Pump a small amount onto fingertips and emulsify with water then massage gently in circular motions and rinse well with water. Use morning and night, follow with recommended NAT. products.

Key Ingredients

active • **tea tree essential oil**
extracted from the tea tree leaves.
benefit: antibacterial, antiviral, anti fungal,
healing agent.

active • **panthenol (Vitamin B5)**
extracted from vegetable oils.
benefit: helps condition ,soften the skin and
strengthens cell membrane preventing
bacterial breakouts.

active • **chamomile extracts**
extracted from chamomile flowers.
benefit: calming and soothing.

active • **lavender essential oil**
extracted from the flowering tops of the
avender herb.
benefit: cell renewal.

active • **glutamic acid**
extracted from vegetable oils.
benefit: an amino acid that assists in cell stimulation and
tyrosinase inhibitor which reduces pigmentation
formation as a result of post inflammatory healing.

Ingredients

Purified water, cocamidopropyl betaine, ammonium laureth sulphate, decyl glucoside, glycerin lactamide MEA, acetamide MEA, peg 60 almond glycerides, melaleuca alternifolia (tea tree) oil, lavandula angustifolia (lavender) oil, peg 120 methyl glucose dioleate , panthenol (vitamin B), chamomillia recutita (matricaria) extract, diazolidinyl urea, propyl hydroxbenzoate, methy hydroxy benzoate, propylene glycol, polysorbate 80. **PH Level** : 6.0 - 7.0



Size

Retail : 100mL

Professional : 500mL

REPLENISH TREATMENT TONERS

Description

An intense burst of hydration for normal to dry skin. This unique treatment toner is enriched with vitamin E, cucumber extract, orange, lavender and ylang ylang to hydrate, repair and regenerate skin cells. Also helps to condition the skin and prepare it for better absorption of other treatment products.

How to use

After cleansing apply a small amount of treatment toner onto fingertips and massage over face and neck in a gentle circular motion.

Key Ingredients

active • **retinyl palmitate (Vitamin A)**

benefit: considered as a milder version of retinoic acid. Stimulating the production of more epidermal protein and increasing skin elasticity. Reduces the depth of fine lines / wrinkles. Protects DNA of the cell from UV penetration and increase cellular turnover *safe form of vitamin A*.

active • **cucumber extract**

extracted from the cucumber pulp.
benefit: soothes and calms.

active • **rose hip oil**

benefit: an emollient containing 80% essential fatty acids. Repairs damaged tissues and aids in regeneration of skin cells.
obtained from the seed pods of the rose plant.
What remains after the petals fall off.

active • **essential oils orange, lavender and Ylang Ylang**

extracted from the outer rind of the fruits, petals and herbs.
benefit: blend that will help to balance calm and sooth the skin

active • **tocopheryl acetate (Natural Vitamin E)**

extracted from vegetable oils – e.g. soy bean.
benefit: fat soluble vitamin that helps boost the production of collagen and assist in reducing scar tissue.

Ingredients

Purified water, Hamamelis virginiana (witch hazel extract), cucumis sativus (cucumber) fruit extract, rosa canina fruit oil, citrus aurantium dulcis (orange) peel oil lavandula angustifolia (lavender) oil, cananga odorata flower oil, olea europaea (olive) leaf extract, hydroxyethylcellulose, retinyl palmitate (Vitamin A), vitis vinifera (grape seed) extract, tocopheryl acetate (Natural Vitamin E), sorbitan oleate, acrylates / C10-30 Alkyl Acrylate Crosspolymer, citric acid, glycerin, potassium hydroxide, phenoxyethanol, carylyl glycol, alcohol.



Size

Retail : 100mL

Professional : 500mL

RESTORE TREATMENT TONER

Description

A unique liquid vitamin treatment designed for delicate skin tissue. This gentle blend of plant extracts are designed to soothe, calm and repair damaged skin. Cucumber extract, rose hip oil, grapeseed and rose extracts repair and protect skin that may be damaged from environmental factors.

How to use

After cleansing apply a small amount of treatment toner onto fingertips and apply over face and neck.

Key Ingredients

active • **retinyl palmitate (Vitamin A)**

benefit: considered as a milder version of retinoic acid. Stimulating the production of more epidermal protein and increasing skin elasticity. Reduces the depth of fine lines / wrinkles. Protects DNA of the cell from UV penetration and increase cellular turnover *safe form of vitamin A*.

active • **cucumber extract**

extracted from the cucumber pulp.
benefit: soothes and calms.

active • **rose hip oil**

extracted from the seed pods of the rose plant. What remains after the petals fall off.
benefit: an emollient containing 80% essential fatty acids. repairs damaged tissues and aids in regeneration of skin cells.

active • **grape seed extract**

extracted from grape seeds.
benefit: emollient and anti oxidant.

active • **rose essential oil**

extracted from the petals.
benefit: calms, soothes, and strengthens capillary walls.

active • **passionfruit and pansy extracts**

benefit: a natural analgesic.

Ingredients

Purified water, hamamelis virginiana (witch hazel) extract, viola tricolor (pansy) extract, carica papaya fruit (papaya) extract, passiflora incarnata fruit (passionfruit) extract, hydroxyethyl-cellulose, retinyl palmitate (Vitamin A), vitis vinifera (grape seed) oil, pelargonium graveolens flower (rose geranium) oil, citrus grandis peel (grapefruit) oil, aniba rosaeodora wood (rosewood) oil, rosa damascena (rose) oil, tocopheryl acetate (Natural Vitamin E), sorbitan oleate, acrylates / C10-30 alkyl acrylate crosspolymer, citric acid, glycerol, potassium hydroxide, phenoxyethanol and caprylyl glycol, alcohol.



Size
Retail : 100mL
Professional : 500mL

REPLENISH EXFOLIATING TREATMENT

Description

An exfoliating treatment containing rice bran extracts to soften and brighten the skin whilst vitamin A and pro B5 improves skin elasticity helping to diminish fine lines and wrinkles. When used regularly skin will be left feeling smoother, clearer and more energized.

How to use

After cleansing apply a small amount of exfoliating treatment onto fingertips and massage all over face and neck in a gentle circulation motion, rinse well and warm water. Follow with recommended NAT. treatment toner.

Key Ingredients

active • **exfoliating rice bran**

rice bran extract.

benefit: softens and smooths leaving the skin radiant.

active • **retinyl palmitate (Vitamin A)**

benefit: considered as a milder version of retinoic acid. Stimulating the production of more epidermal protein and increasing skin elasticity. Reduces the depth of fine lines / wrinkles.

Protects DNA of the cell from UV penetration and increase cellular turnover *safe form of vitamin A*.

active • **tocopheryl acetate (Natural Vitamin E)**

extracted from vegetable oils

benefit: fat soluble vitamin that helps boost the production of collagen. helps repair the top layer of skin. Antioxidant properties and helps maintain cell integrity.

active • **panthenol (Vitamin B)**

extracted from vegetable oils.

benefit: helps condition, soften the skin and strengthens cell membrane preventing bacterial breakouts.

Ingredients

Purified water, cetearyl alcohol, sodium lauryl sulphate, cocoglycerides, hydrogenated jojoba oil, glycerin, persea gratissima (avocado) oil, oryza sativa (rice) bran wax, retinyl palmitate (Vitamin A), panthenol (vitamin B), allatoin, tocopheryl acetate (Natural Vitamin E), fagus sylvatica (beech tree) extract, phenoxyethanol, caprylyl glycol, fragrance.



Size

Retail : 100g

Professional : 250g

REBALANCE TREATMENT SCRUB

Description

Infused with rice bran extracts to reveal a brighter, more refined complexion this exfoliating treatment is essential to help clear combination and oily complexions. Natural Australian tea tree provides antibacterial properties while cucumber and vitamin e helps this scrub provide a gentle delivery to problematic skin.

How to use

After cleansing apply a small amount of exfoliating treatment onto fingertips and massage all over face and neck in a gentle circular motion, rinse well and warm water. Follow with recommended NAT. products.

Key Ingredients

active • **tea tree oil**

extracted from the tea tree leaves.

benefit: anti bacterial, anti viral, anti fungal

active • **rice bran**

benefit: exfoliant.

active • **tocopheryl acetate (Natural Vitamin E)**

extracted from vegetable oils

benefit: fat soluble vitamin that helps boost the production of collagen. helps repair the top layer of skin. Antioxidant properties and helps maintain cell integrity.

active • **cucumber extract**

extracted from cucumber pulp.

benefit: calming and soothing

Ingredients

Purified water, cetearyl alcohol and sodium lauryl sulphate, caprylic capric triglyceride, hydrogenated jojoba oil, glycerin, macadamia integrifolia (macadamia) oil, oryza sativa (rice bran) wax, phenoxyethanol and caprylyl glycol, cucumis sativus fruit (cucumber) extract, allantoin, tocopheryl acetate (natural vitamin E), melaleuca alternifolia (tea tree) leaf oil.



Size
Retail : 100g
Professional : 250g

ENZYME PEEL (PROFESSIONAL ONLY)

Description

This deeply exfoliating professional peel contains papaya fruit extract, rich in natural fruit enzymes to help exfoliate skin and stimulate new cell growth, improving skin tone and texture. Apricot oil and lavender essential oil allows this peel to be delivered gently to all skins and improves the skins circulation revealing a clearer, brighter complexion.

How to use

Apply NAT. enzyme peel masks to face and neck and leave on for 3 - 5 minutes. Roll off with gentle rolling action and remove any excess with clean warm towel.

Key Ingredients

active • **papaya fruit extract**

benefit: contains vitamins A and C. Its fruit enzyme "papain" helps to exfoliate the skin and stimulate new cell growth. It improves skin tone and texture.

extracted from the papaya fruit pulp.

active • **apricot oil**

benefit: easily absorbed. helps even the color tone, soothes inflammation. relaxes distressed skin.

extracted from the apricot kernel.

active • **Vitamin E**

benefit: powerful antioxidant.

active • **essential oils**

benefit: improves circulation.

extracted from the flowering tops of the lavender herb.



Size

Retail : N/A

Professional : 250g

Ingredients

Purified water, prunus armeniaca (apricot kernel) oil, papaya fruit extract, di-alpha-tocopheryl (Vitamin E) oil, polysorbate 60, propylene glycol, diazolidinyl urea, methylparaben, propylparaben, lavendula angustifolia (lavender) oil, pinus sylvestris (pine) oil, rosmarinus officinalis (rosemary) oil.

REPLENISH MASK (PROFESSIONAL ONLY)

Description

A skin regenerating treatment mask designed to lift and firm ageing skin tissue while providing a powerful delivery of essential vitamins and minerals to skins concerned with dullness and dehydration. Kaolin clay helps to detoxify and nourish the skin with essential minerals such as magnesium and silica while avocado oil, rich in vitamins a,d,e, lecithin and potassium, offer an excellent source of skin hydration. Also contains ginseng extract to energize and lift a dull, slackened complexion.

How to use

Apply all over face and neck after cleansing, leave it for 10 - 15 minutes and then gently remove with clean warm towel.

Key Ingredients

active • **white clay, kaolin**

benefit: a natural clay like mineral. Composed of silica, iron, magnesium, calcium, sodium and other mineral. Insoluble. Draws out impurities and toxins from the skin. one of the oldest cosmetic ingredients.

active • **avocado oil**

extracted from the avocado fruit seed.
benefit: deep penetrating oil, rich in vitamins a, d and e, lecithin and potassium, proteins, beta-carotene. Excellent for dehydrated, matured skin.

active • **ginseng extract**

benefit: skin tightening, physically lifts the skin reduces the appearance of fine lines and wrinkles. Increase collagen and promotes fibroblasts activity.

active • **wheat germ oil**

benefit: rich in vitamin e, moisturizes, rehydrates and aids repair of environmental damage to the skin. Contains squalane (for cell growth) Oxygenates and protects.

active • **tumeric**

benefit: skin softening properties, healing, tonic and mildly stimulating anti-inflammatory.

Ingredients

White clay, avocado oil, ginseng root extract, cucumber extract, coccinia grandis, wheatgerm oil, aloe vera extract, acrylamide / sodium acryloyldimethyl taurate, c13-14 isoparaffin, laureth-7, glycerine, ethyl, propyl, butyl, methyl parabens, phenoxyethanol, perfume, imidazolidinyl urea, ci 42090, tocopheryl acetate (Natural Vitamin E), turmeric extract.



Size
Retail : N/A
Professional : 250g

REBALANCE CLAY MASK

Description

Deeply cleanses, purifies and refines a combination to oily skin; using natural clay to purify and refine the skin, 100% natural lemon essential oil to brighten and deeply cleanse whilst aloe vera helps soften and soothe the skin.

How to use

Apply all over face and neck after cleansing, leave it for 10 - 15 minutes and then gently remove with clean warm towel.

Key ingredients

active • **bentonite clay (natural clay)**

benefit: deep cleansing clay that has purifying and refining properties

active • **aloe vera**

benefit: soothing, softening and healing properties

active • **retinyl palmitate (Vitamin A)**

benefit: considered as a milder version of retinoic acid. Stimulating the production of more epidermal protein and increasing skin elasticity. Reduces the depth of fine lines / wrinkles.

Protects DNA of the cell from UV penetration and increase cellular turnover *safe form of vitamin A*.

active • **tocopheryl acetate (Natural Vitamin E)**

extracted from vegetable oils

benefit: fat soluble vitamin that helps boost the production of collagen. Helps repair the top layer of skin. Antioxidant properties and helps maintain cell integrity.

active • **lemon essential oil**

benefit: deep cleansing properties and may also even and brighten skin tone.

active • **magnesium**

benefit: assist in various processes within the skin including amino acid synthesis, proteins (example - collagen) and also has astringent properties.

Ingredients

Purified water, aloe barbadensis leaf juice, bentonite, glycerin, propylene glycol, titanium dioxide, tricum vulgare (wheat) starch, tridecyl neopentanoate, simmondsia chinensis (jojoba) seed oil, prunus amygdalus dulcis (sweet almond) oil, magnesium aluminium silicate, allantoin, citrus medica limonum (lemon) peel oil, tocopheryl acetate (Natural Vitamin E), retinyl palmitate (Vitamin A), phenoxyethanol, methylhydroxybenzoate, propylhydroxybenzoate, ethylhydroxybenzoate, butylhydroxybenzoate, iso-butyl hydroxybenzoate, fragrance.



Size

Retail : 100g

Professional : 250g

REPLENISH SERUM

Description

Replenish serum is pure botanical serum for skin maintenance of normal to dry skin. A light but potent serum made from 100% natural plants extract containing jasmine essential oil. This product encourages cell growth by boosting skin's natural production of collagen and helps repair the skin's top layer.

How to use

Use one pump on skin after replenish treatment toner.

Key Ingredients

active • **jasmine essential oil**
extracted from the delicate petals.
benefit: jasmine essential oil encourages cell growth and increases skin elasticity making it a potent treatment for wrinkle defence.

active • **tocopheryl acetate (Natural Vitamin E)**
extracted from vegetable oils
benefit: fat soluble vitamin that helps boost the production of collagen. Helps repair the top layer of skin. antioxidant properties and helps maintain cell integrity.
100% natural, no preservatives.

Ingredients

Prunus amygdalus (sweet almond) oil, tocopheryl acetate (Natural Vitamin E) oil, jasminum grandifolrum (jasmine absolute) oil.



Size
Retail : 15mL
Professional : 100mL

RESTORE SERUM

Description

Restore serum is a natural serum containing pure rose essential oil for healthy cell renewal and nourishment of sensitive and fragile skin. Promotes healthy cell renewal and provides balancing, relaxing, and comforting benefits for a more refined skin. Vitamins work by boosting the production of collagen whilst antioxidant properties help maintain cell integrity for a healthy complexion.

How to use

Use one pump on skin after restore treatment toner.

Key ingredients

active • **rose essential oil**

extracted from rose petals

benefit: balancing, relaxing, comforting, refines the structure of the skin, promotes healthy cell renewal. Reduces redness and broken capillaries

active • **tocopheryl acetate (Natural Vitamin E)**

extracted from vegetable oils

benefit: fat soluble vitamin that helps boost the production of collagen.

helps repair the top layer of skin. antioxidant properties and helps maintain cell integrity.

100% natural, no preservatives.

Ingredients

Prunus amygdalus (sweet almond) oil, tocopheryl acetate (Natural Vitamin E) oil, rosa damascene (rose absolute) oil.



Size

Retail : 15mL

Professional : 100mL

REBALANCE SERUM

Description

A professional only massage medium containing a deep cleansing healing essential oil blend of lavender and juniper in a carrier of sweet almond oil.

How to use

Use one pump on skin after treatment toner.

Key Ingredients

active • **lavender essential oil**

extracted from the tops of the lavender flower.
benefit: soothing and calming will also assist in balancing oil secretions.

active • **juniper**

extracted from ripe berries
benefit: has a detoxifying and purifying effect on oily/combo skin.

active • **tocopheryl acetate (Natural Vitamin E) oil**

extracted from vegetable oils
benefit: fat soluble vitamin that helps boost the production of collagen.
Helps repair the top layer of skin. antioxidant properties and helps maintain cell integrity.
100% natural, no preservatives.

Ingredients

Prunus amygdalus (sweet almond) oil, tocopheryl acetate (Natural Vitamin E) oil, juniperus communis (juniper) oil, lavendula angustifolia (lavender) oil.



Size
Retail : 100mL
Professional : 100mL

REBALANCE CONCENTRATE

Description

Rebalance concentrate containing pure botanical extracts to heal, soothe, and normalize combination to oily skin. Light but effective formula of 100% natural essentials oil from Lavender and Tea Tree to treat skin breakouts and reduce inflammation associated with problematic skin.

How to use

Apply Rebalance Concentrate directly to problem areas as often as required. Follow with Rebalance moisture gel and also can be used as spot treatment in combination with Rebalance Clay Mask.

Key Ingredients

active • lavender essential oil

benefit: renown for it's healing and soothing to skin irritations.

Will help to normalise the skin.

active • tea tree essential oil

benefit: antiseptic, anti fungal, anti viral properties are especially good on a break out skin.



Size
Retail : 10mL

Ingredients

Lavendula angustifolia (lavender oil), melaleuca alternifonia (tea tree) oil.

REJUVENATING SERUM

Description

Rejuvenating serum is a natural serum to nourish and hydrate skin that is dehydrated to very dry (ideal for sun damage skin). Rich in essential fatty acid (EFA) from evening primrose oil that exerts anti inflammatory and anti ageing properties. Vegetable oils boost the production of collagen and repair the top layer of skin whilst antioxidant properties maintain cell integrity for a more youthful appearance.

Contains Neroli essential oil to stimulate cellular activity and growth.

How to use

Use one pump on skin after treatment toner.

Key Ingredients

active • **neroli essential oil**

extracted from the petals of the bitter orange tree.

benefit: relaxes and soothes muscles.

Helps to increase blood flow. promotes cell renewal.

active • **lavender essential oil**

extracted from the flowering tops.

benefit: relaxes and soothes muscles. Helps to increase blood flow. Promotes cell renewal

active • **evening primrose oil**

extracted from the evening primrose plant.

benefit: the essential fatty acid EFA called gamma-linolenic acid GLA exerts anti inflammatory and anti ageing properties.

active • **sweet almond oil**

benefit: contains glucosides, minerals,

vitamins a, b1, b2, b6 and e, rich in protein.

Assists eczema and dryness, sweet almond is not a penetrating oil making it a great protectant.

Ingredients

Prunus amygdalus (sweet almond) oil, tocopheryl acetate (Natural Vitamin E) oil, oenothera biennis (evening primrose) oil, lavendula angustifolia (lavender) oil, citrus aurantium var. arara (Neroli absolute) oil.



Size
Retail : 15mL

REJUVENATING FIRMING SERUM

Description

Rejuvenating firming serum is a natural firming serum to nourish and reduce wrinkles ideal for dehydrated to very dry skin. Promotes collagen production and antioxidant repair while maintaining cell integrity. Frankincense relaxes muscles reducing the appearance of fine lines and wrinkles whilst Australian Sandalwood essential oil richly nourishes and rejuvenates working wonders on dry, sun damaged and ageing skin types.

How to use

Use one pump on skin after treatment toner.

Key Ingredients

active • **frankincense essential oil**

extracted from the resin of the boswellia tree.
benefit: relaxation, ideal for wrinkle defence, soothes wrinkles and helps to increase blood flow.

active • **Australian sandalwood essential oil**

extracted from the evergreen tree.
benefit: it relaxes, purifies and richly nourishes the skin. A truly rejuvenating oil, works wonders on dry, sun damaged and ageing skin types.

active • **rose essential oil**

extracted from the delicate petals.
benefit: balancing, relaxing, comforting, refines the structure of the skin, promotes healthy cell renewal. Reduces redness and broken capillaries.

active • **tocopheryl acetate (Natural Vitamin E) oil**

extracted from vegetable oils
benefit: fat soluble vitamin that helps boost the production of collagen. Helps repair the top layer of skin. Antioxidant properties and helps maintain cell integrity.
100% natural, no preservatives.

Ingredients

Prunus amygdalus (sweet almond) oil, tocopheryl acetate (Natural Vitamin E) oil, rosa damascene (rose) oil, boswellia carteri (frankincense), santalum album (sandalwood) oil.



Size
Retail : 15mL

NAT. CERTIFIED ORGANIC ROSEHIP OIL

Description

Organic Rosehip oil is rich in essential fatty acids and vitamin C to help provide healing, regenerating and hydrating properties. Also full of age-fighting retinoic acid (vitamin A), this must-have face oil will stimulate collagen production, combat age-lines and improve overall skin texture making it the perfect product to treat all skin concerns associated with ageing.

How to use

Use one pump on skin after treatment toner.



Size

Retail : 15mL Australia only
Professional : 100mL

Size

Retail : 30mL New Zealand only
Professional : 100mL

Ingredients

Rosehip oil (Rosa Canina)
* Certified 100% Organic*

REPLENISH MOISTURE CREAM

Description

Replenish moisture cream is for maintenance of normal to dry skin; a rich emollient, that helps the skin to balance the loss and absorption of moisture. Powerful ingredients improve elasticity, tone and complexion whilst repairing environmentally damaged skin.

How to use

Apply evenly all over face and neck, avoid direct eye contact. Use morning and night.

Key Ingredients

active • **macadamia, almond and sesame oils**

extracted from the dried kernels and seeds.

benefit: emollient helps skin to balance the loss and absorption of moisture.

active • **hydrolyzed wheat protein**

benefit: moisturises, conditions the skin and increase skin firmness by minimising trans epidermal water loss.

active • **glutamic acid**

extracted from vegetable oils.

benefit: an amino acid that assists in cell stimulation and tyrosinase inhibitor which reduces pigmentation formation as a result of post inflammatory healing.

active • **carrot root**

extracted from the carrot root

benefit: excellent source of beta carotene and vitamin A. Restores elasticity of the skin, improves tone and complexion.

active • **wheatgerm oil**

extracted from wheatgerm

benefit: rich in vitamin E and antioxidants, moisturizes, rehydrates and aids repair of environmental damage to the skin. Contains squalane (for cell growth). Will stimulate the fibroblasts to produce collagen, elastin and structural glycol proteins.

active • **tocopheryl acetate (Natural Vitamin E) oil**

extracted from vegetable oils

benefit: fat soluble vitamin that helps boost the production of collagen. Helps repair the top layer of skin. Antioxidant properties and helps maintain cell integrity. 100% natural, no preservatives.

Ingredients

Purified water, caprylic capric triglyceride, glyceryl stearate, cetyl alcohol, cetearyl alcohol, glycerin, ecithin, dimethicone, sesame indicum (sesame oil), prunus amygdalus dulcis (sweet almond oil), glycine soja (soya oil), macadamia intergrifolia oil, tocopheryl acetate, tocopherol, glycine soja, daucus carota sativa (carrot oil), betacarotene, tocopheryl acetate (Natural Vitamin E), cetearth 20, glutamic acid, hydrolyzed wheat protein, viola tricolor extract (pansy), juniperus communis extract (juniper berry), panthenol (Vitamin B), cholecalciferol, retinyl palmitate (Vitamin A), phenoxyethanol and caprylyl glycol, fragrance.



Size

Retail : 50g

Professional : 250g

RESTORE MOISTURE CREAM

Description

Restore moisture cream contains natural anti-oxidants to soften, hydrate and balance sensitive and fragile skin. Herbal extracts of calendula, sweet woodruff and chamomile dramatically reduce redness and inflammation associated with delicate, fragile skin. Potent anti-oxidants soften and balance the skin and help it to retain adequate levels of moisture.

How to use

Apply evenly all over face and neck , avoid direct eye contact. Use morning and night.

Key Ingredients

active • **extract of calendula and sweet woodruff**
benefit: anti inflammatory, calming and reduces redness on the skin.

active • **chamomile herbal extract**
benefit: excellent on a delicate skin for soothing and hydrating.

active • **retinyl palmitate (vitamin A)**
benefit: considered as a milder version of retinoic acid. Stimulating the production of more epidermal protein and increasing skin elasticity. Reduces the depth of fine lines / wrinkles. Protects DNA of the cell from UV penetration and increase cellular turnover *safe form of vitamin A*.

active • **panthenol (Vitamin B5)**
benefit: softens and helps to balance the skin natural PH. Helps skin to retain moisture levels and a powerful anti-oxidant.

active • **tocopheryl acetate (Natural Vitamin E) oil**
extracted from vegetable oils
benefit: fat soluble vitamin that helps boost the production of collagen. Helps repair the top layer of skin. antioxidant properties and helps maintain cell integrity. 100% natural, no preservatives.

Ingredients

Purified water, caprylic capric triglyceride, glyceryl stearate, glycerin, tricaprylin, phenoxyethanol and caprylyl glycol, lecithin, sesame indicum (sesame) oil, asperula odorata (woodruff) extract, prunus amygdalus dulcis (sweet almond) oil, dimethicone, cetyl alcohol, cetearyl alcohol, calendula officinalis flower (calendula) extract, chamomilla recutita (chamomile) extract, panthenol (Vitamin B), tocopherol, tocopheryl acetate (Natural Vitamin E), cetareth 20, retinyl palmitate (Vitamin A), cholecalciferol, citric acid.



Size
Retail : 50g
Professional : 250g

REBALANCE MOISTURE GEL

Description

Rebalance moisture gel hydrates and renews problem skin, ideal for combination to oily skin. Antibacterial properties of Tea Tree essential oil address problem areas while Alpha Hydroxy Acids (AHA's) gently renews the skin for a more refined, less congested complexion.

How to use

Apply evenly all over face and neck, avoid direct eye contact. Use morning and night.

Key ingredients

active • **allatoin**

botanical extract derived from comfrey root.
benefit: healing, calming and soothing.

active • **natural alpha hydroxyl acids (AHA's)**

benefit: helps the skin shed cells easier thereby preventing a build up of dead skin on the surface which causes a dull complexion. the acids are said to stimulate collagen and elastin in the skin.

active • **tea tree essential oil**

extracted from the leaves and twigs of tea tree.
benefit: anti bacterial, anti viral, anti fungal.

active • **glutamic acid**

extracted from vegetable oils.
benefit: an amino acid that assists in cell stimulation and tyrosinase inhibitor which reduces pigmentation formation as a result of post inflammatory healing.



Size

Retail : 50g

Professional : 250g

Ingredients

Purified water, lactamide MEA, acetamide MEA, glycerin, carbomer, disodium EDTA, sorbitol, allantoin, glutamic acid, panthenol, cucumis sativus (cucumber) fruit extract, chamomilla recutita (matricaria) extract, pyrus malus (apple) fruit extract, tilia cordata (lime blossom) extract, melaleuca alternifolia (tea tree) oil, propylene glycol, diazolidinyl urea, methyl hydroxybenzoate, propyl hydroxybenzoate, potassium sorbate, sodium benzoate, potassium hydroxide.

EYE GEL AGEBLOC

Description

NAT. Eye gel soothes and calms puffiness and dark circles thanks to the natural cucumber, chamomile, pansy and lime blossom extracts. Natural AHA's along with powerful IBR - SNOWFLAKE gently shed dead skin cells minimizing fine lines and wrinkles.

How to use

Apply NAT. Eye Gel around eye area in morning before moisture cream.

Key Ingredients

active • **leucojum aestivum bulb extract**
- **IBR SNOWFLAKE**

extracted from the dormant bulb of the Summer Snowflake plant
benefit: effectively inhibit muscle contractions helping to reduce the appearance of fine lines and wrinkles.

active • **natural alpha hydroxyl acids (AHA's)**
derived from apple extracts
benefit: helps the skin shed cells easier thereby preventing a build up of dead skin on the surface which causes a dull complexion. The acids are said to stimulate collagen and elastin in the skin.

active • **cucumber extract**
extracted from cucumber pulp
benefit: soothes puffy skin.

active • **chamomile extract**
extracted from the flowers
benefit: soothes and calms.

active • **pansy and lime blossom extracts**
extracted from the blossoms
benefit: soothes.

Ingredients

Purified water, glycerin, lactamide MEA, acetamide MEA, leucojum aestivum bulb extract (IBR snowflake), pyrus malus (apple) fruit extract, cucumis sativus (cucumber) fruit extract, viola tricolor (pansy) extract, tilia cordata flower extract (lime blossom), chamomilla recutita (matricaria) extract, glutamic acid, sorbitol, allantoin, panthenol (Vitamin B), carbomer, disodium EDTA, phenoxyethanol, caprylyl glycol, potassium hydroxide.



Size
Retail : 15mL

EYE CREAM AGEBLOC

Description

Rich in a newly discovered and botanically derived skincare ingredient called 'IBR Snowflake' from the dormant bulbs of the Summer Snowflake plant. This botox-like ingredient has been shown in clinical trials to effectively inhibit muscle contractions therefore helping to reduce the appearance of fine lines and wrinkles. It also has the ability to naturally slow down cell proliferation and therefore help promote a younger, healthier looking eye area.

How to use

Apply NAT. Eye Cream around eye area morning and night .

Key Ingredients

active • **leucojum aestivum bulb extract - IBR SNOWFLAKE**

extracted from the dormant bulb of the summer Snowflake plant
benefit: effectively inhibit muscle contractions helping to reduce the appearance of fine lines and wrinkles.

active • **chamomile extract**

extracted from the flowers.
benefit: soothes and calms.

active • **tocopheryl acetate (Natural Vitamin E)**

extracted from vegetable oils
benefit: fat soluble vitamin that helps boost the production of collagen.
Helps repair the top layer of skin.
Antioxidant properties and helps maintain cell integrity.
100% natural, no preservatives.

active • **kakadu plum**

Kakadu plum is native to Australia.
An indigenous plant that has one of the highest concentrations of Vitamin C of any fruit.
benefit: richest source of Vitamin C , large quantities of antioxidant (5 times higher than blueberries).

Ingredients

Purified water, caprylic capric triglyceride, aloe vera, cetearyl alcohol and cetearlyl glucoside, glycerin, hydrogenated lecithin, prunus armeniaca (apricot oil *), butyrospermum parkii (shea butter*), persea gratissima (avocado oil*), leucojum aestivum bulb extract - IBR SNOWFLAKE, tocopheryl acetate (Natural Vitamin E), terminalia ferdinandiana (kakadu plum) extract, chamomile recutita (chamomile) extract, citric acid, xanthan gum, sodium benzoate, potassium sorbate, benzyl alcohol.

* certified organic





The NAT.FACE Ritual



THE NAT. FACIAL RITUAL

At NAT. we've harnessed the power of the ancient art of aromatherapy and fused it with the advanced skincare technology from our modern world to bring you an essential range of skincare for body and mind.

The NAT. experience can only feel complete when coupled with the therapeutic rituals that allow our products to come to life. We engage all the senses to provide a sense of escapism from our modern world. By changing the flow of our bodies systems through these deeply relaxing experiences we can increase the benefits to our skin.

Our philosophy at NAT. is to ensure that each and every user experiences complete skin and body restoration through the use of powerful plant essences and holistic treatment rituals.

As a NAT. skincare therapist you are the key to bringing all of these elements together and creating a treatment like no other for your clients. Following are the steps that are necessary for your clients to experience the NAT. difference...





Therapist Training Notes

Engage the 5 senses with NAT.

Sense of Taste - While client is completing / updating consultation card offer them a herbal tea. Relax / Energize / Calming teas are good options.

Sense of Sight - Ensure a calming ambience is created with soft lighting and candles. Ensure room is tidied and bed is set with gown etc so client is instantly relaxed when they enter the treatment room.

Sense of Sound - Have the client suggest what music they would like to enjoy throughout the treatment. (All different ages and music tastes come into your treatment room so why not have a selection of playlists on your ipod for clients to choose from. Take notes for the next time your client books as to what they enjoy.)

Sense of Smell - At the beginning of the treatment customize the client's steam towels with your choice of essential oil. (Also ensure that you are burning one of NAT's signature oil blends and have a sign up to highlight what you are burning in the salon that day - these little tips help to increase retail sales.)

Sense of Touch - Be sure to give the client a comforting touch as early as possible to make them feel at ease with your expertise. Each and every NAT. treatment will begin with a series of Therapeutic Touch techniques to allow clients to start treatment in relaxed state.

FACIAL TREATMENT MENU

Replenish Facial 60 mins

Intense treatment incorporating enzyme peel, replenish mask, exfoliate, serum, rich oils and massage. Encourages healthy cellular metabolism, strengthens skins elasticity and assists in smoothing expression lines and fine wrinkles and to leave the skin looking and feeling radiant and youthful.

Rebalance Facial 60 mins

Deep cleansing and balancing treatment for oily combination skin. This anti-inflammatory and antibacterial deep cleansing treatment will leave the skin looking radiant, clearer and balanced.

Restore Facial 60 mins

Skin calming treatment (fragile, reactive and sensitive skin) - a soothing treatment to assist in calming redness, to help strengthen capillary walls, whilst infusing nourishment into the skin. Leaves the skin cool, fresh and richly hydrated.

Rejuvenate Facial 60 mins

Serum infusion treatment for dehydrated skin types (including sun damaged) - a deeply nourishing treatment incorporating an enzyme peel, replenish mask, face serums and rich essential oil infusions. Rejuvenates cells, restores radiance, deeply hydrates leaving the skin looking firmer. Smooths expression lines, fine lines and wrinkles.

Age Renewal Facial 90 mins

Ageing is a combination of internal and external influences that change the nature of our body, skin and mind. To ensure longevity for our bodies systems our Age Renewal Facial centres around the benefits of NAT. Rose Hip Oil, rich in essential fatty acids, Vitamin A and C, alongside a range of therapeutic techniques that bring a sense of calm and renewed energy to create the complete NAT. Age Renewal experience.

Express Facial 30 mins

The skin pick me up mini facial - a refreshing and revitalizing booster treatment. Leaves the skin looking radiant, relaxed and uplifted for the client that is on a time limit.

NAT.FACE Replenish Facial Ritual

Products

- replenish cleansing lotion
- replenish treatment toner
- enzyme peel
- replenish exfoliating treatment
- replenish serum
- replenish mask
- eye gel AGEBLOC
- replenish moisture cream

step 1. Wrap client's feet with warm towel (optional: sprinkle warm towel with your choice of NAT.AROMA essential oil) and then give your client a gentle scalp massage.

step 2. Apply replenish cleansing lotion to client's face, neck and décolletage. Remove cleanser with warm towel. Repeat the process.

Tip - to make the cleanser creamier, dip your fingers in water before massaging it into the skin.

step 3. Complete cleansing process with replenish treatment toner to skin.

step 4. Remove any moisture with tissues then apply enzyme peel on to skin. Leave until peel is ready to be removed. While enzyme peel is on the skin, massage arms and hands with NAT.BODY product. As soon as enzyme peel is ready to be removed, support the skin using the middle finger (lightest touch) with gentle rolling action.

step 5. Apply replenish exfoliating treatment onto skin, dip your fingers in a little water and massage over face and décolletage area. (you may use vapozone at this stage) remove exfoliating treatment with a warm hand towel.

Tip - it is better to use a hand towel than sponges as it removes this product easily.

step 6. Apply replenish serum to skin and massage using the recommended NAT.FACE Pressure Point technique (see page 45).

step 7. When massage is completed, proceed with replenish mask. Apply and leave on for approximately 10 minutes. During this time you may wish to massage your client's feet and legs with NAT.BODY product.

step 8. Remove mask with warm towel, apply Replenish treatment toner all over and then use eye gel using pressure point technique.

step 9. Finish ritual with replenish cream.

NAT.FACE Restore Facial Treatment

Products

- restore cleansing lotion
- restore treatment toner
- enzyme peel
- replenish exfoliating treatment
- restore serum
- replenish mask
- eye gel
- restore moisture cream

step 1. Wrap client's feet with warm towel (optional: sprinkle warm towel with your choice of NAT.AROMA essential oil) and then give your client a gentle scalp massage

step 2. Apply restore cleansing lotion to client's face, neck and décolletage. Remove cleanser with warm towel. Repeat the process.

Tip - to make the cleanser creamier, dip your fingers in water before massaging it into the skin.

step 3. Complete cleansing process with restore treatment toner to skin.

step 4. Remove any moisture with tissues then apply enzyme peel on to skin. Leave until peel is ready to be removed. While enzyme peel is on the skin, massage arms and hands with NAT.BODY product. As soon as enzyme peel is ready to be removed, support the skin using the middle finger (lightest touch) with gentle rolling action.

step 5. Apply replenish exfoliating treatment onto skin, dip your fingers in a little water and massage over face and décolletage area. (You may use vapozone at this stage) remove exfoliating treatment with a warm hand towel.

Tip - it is better to use a hand towel than sponges as it removes this product easily.

step 6. Apply restore serum to skin and massage using the recommended NAT.FACE Pressure Point technique (see page 45).

step 7. When massage is completed, proceed with replenish mask. Apply and leave on for approximately 10 minutes. During this time you may wish to massage your client's feet and legs with NAT.BODY product.

step 8. Remove mask with warm towel, apply restore treatment toner all over face and then apply eye gel using pressure point technique.

step 9. Finish ritual with restore moisture cream.

NAT.FACE Rebalance facial treatment

Products

- rebalance cleansing gel
- restore treatment toner
- enzyme peel
- rebalance treatment scrub
- rebalance serum
- rebalance clay mask
- eye gel
- rebalance moisture gel
- rebalance concentrate (spot treatment)

step 1. Wrap client's feet with warm towel (optional: sprinkle warm towel with your choice of NAT.AROMA essential oil) and then give your client a gentle scalp massage

step 2. Apply rebalance cleansing gel to client's face, neck and décolletage. Remove cleanser with warm towel. Repeat the process.

Tip - cleanser can be whipped into a foamy consistency with bowl and facial brush.

step 3. Complete cleansing process by applying restore treatment toner.

step 4. Remove any moisture with tissues then apply enzyme peel on to skin. Leave until peel is ready to be removed. While enzyme peel is on the skin, massage arms and hands with NAT.BODY product. As soon as enzyme peel is ready to be removed, support the skin using the middle finger (lightest touch) with gentle rolling action.

step 5. Apply rebalance exfoliating treatment onto skin, dip your fingers in a little water and massage over face and décolletage area. (You may use vapozone at this stage) Remove exfoliating treatment with a warm hand towel.

Tip - it is better to use a hand towel than sponges as it removes this product easily.

step 6. Apply rebalance serum to skin and massage using the recommended NAT.FACE pressure point technique.

step 7. When massage is completed, proceed with rebalance facial mask. Apply and leave on for approximately 10 minutes. During this time you may wish to massage your client's feet and legs with NAT.BODY product.

step 8. Remove mask with warm towel, apply either replenish or restore treatment toner all over and then use eye gel with pressure point technique.

step 9. Finish ritual with rebalance moisture gel.

NAT.FACE Rejuvenate

Facial treatment for very dehydrated / dry skin (sun damaged)

Products

- replenish cleansing lotion
- replenish treatment toner
- enzyme peel
- replenish exfoliating treatment
- rejuvenate serum or firming serum
- replenish mask
- eye gel
- replenish moisture cream

step 1. Wrap client's feet with warm towel (optional: sprinkle warm towel with your choice of NAT.AROMA essential oil) and then give your client a gentle scalp massage.

step 2. Apply replenish cleansing lotion to client's face, neck and décolletage. Remove cleanser with warm towel. Repeat the process.

Tip - to make the cleanser creamier, dip your fingers in water before massaging it into the skin.

step 3. Complete cleansing with replenish treatment toner all over the clients face, neck and décolletage leave on the skin.

step 4. Remove any moisture with tissues then apply enzyme peel on to skin. Leave until peel is ready to be removed. While enzyme peel is on the skin, massage arms and hands with NAT.BODY product. As soon as enzyme peel is ready to be removed, support the skin using the middle finger (lightest touch) with gentle rolling action.

step 5. apply replenish exfoliating treatment onto skin, tip your fingers in a little water and massage over face (you may use vapozone at this stage).

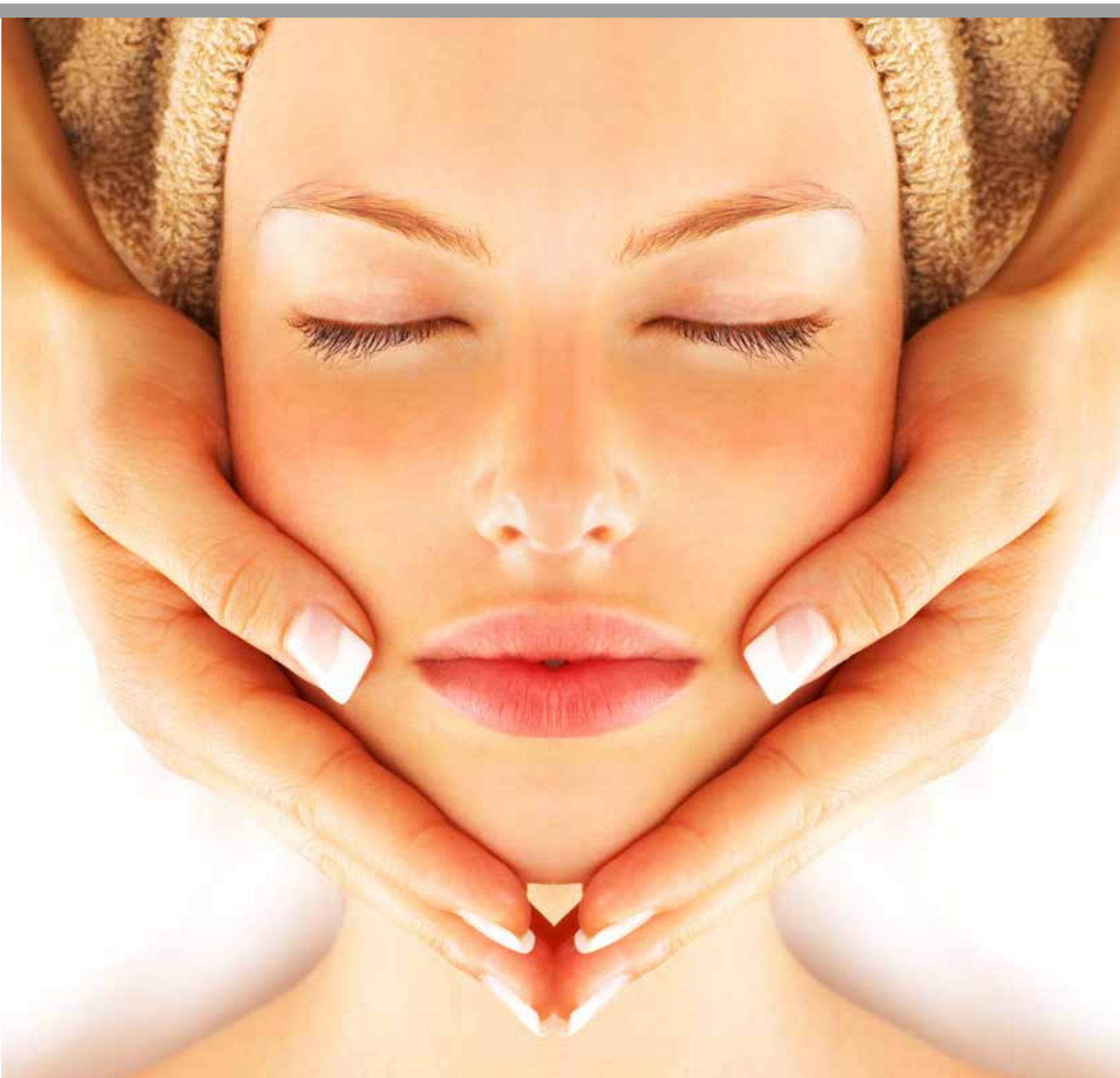
step 6. Remove replenish exfoliating treatment with a warm towel.

Tip - it is better to use a towel than sponges as it removes the exfoliate easily.

step 7. Apply rejuvenate serum and gently massage in using NAT.FACE Pressure Point technique.

step 8. When massage is completed, proceed with replenish mask. Apply and leave on for approximately 10 minutes. During this time you may wish to massage your client's feet and legs with NAT.BODY product.

step 9. Remove mask with warm towel, then apply eye gel gently using pressure point steps around eyes. Then apply firming serum (one pump), finish with replenish moisture cream.



Pressure Point Techniques

Pressure Point Techniques

RELAXATION MASSAGE MOVEMENTS

Gently massage using Nat. Massage Relaxing massage oil



Gently massage the shoulders to relax client. Slowly work down the trapezius muscle easing tension and stress held in this area



Slowly work your way back up the shoulders. If you have access, you can also work your way down to deltoids. In slow circle begin at 7th cervical vertebrae

NAT. FACE Pressure Point Technique Facial
Apply one of the Nat. Face serums.



1. Begin using firm pressure on forehead



2. Continue around eye contour



3. Work around nose



4. Starting at base of nose follow zygomatic (cheek) bone



5. Upper lip pressing gently



6. Finish working along jaw line and then continue down the neck massage the décolletage

NAT. FACE Pressure Point continued after mask is applied

When you have applied mask use slow pressure point start at forehead.



Continue down scalp working your way to across to temples press gently.



NAT. Signature Facial Ritual

Age Renewal Facial

step 1. Skin Consultation

step 2. Therapeutic Touch Techniques

Allow the client to rid the body and mind of stress through inhalation therapy. Place a drop of 'NAT. Rose 3%' essential oil on palm of hand. Ask the client to take 3 deep breaths (in through nose and out through mouth) and on final exhale stretch clients chest with palm of hands.

Push down on shoulders several times (alternating) to relax and gently squeeze down clients arms and legs to stimulate bodies sensory nerve endings. Stretch clients feet and then uncover to put aromatic steam towel over feet.

Gently massage clients scalp and then position head band loosely around head or disposable cap gently over hair.

step 3. Eye Make - Up Removal / Double Cleanse / Steam towel removal / Skin Analysis (Choose NAT. cleanser based on level of oil flow and sensitivity in skin)

step 4. Apply Treatment toner with light pumping movements starting from the chest and working way up face. (This will help to stimulate lymphatic system and reduce puffiness).

step 5. Remove any moisture with tissues then apply enzyme peel on to skin. Leave until peel is ready to be removed. While enzyme peel is on the skin, massage arms and hands with NAT.BODY product. As soon as enzyme peel is ready to be removed, support the skin using the middle finger (lightest touch) with gentle rolling action.

step 6. Replenish Exfoliating Treatment, use facial steamer (optional) / Steam towel removal. *Use uplifting circular motions for light and energising removal

Apply NAT. Rose Hip Oil and begin facial massage

step 7.

Age renewal massage (combination of pressure point and deep tissue face massage techniques to target muscles of face that experience ageing the most):

1. Application of oil : Starting at the sternum press oil onto the face. Then glide across the pectorals, along the trapezium and over the face. (3 times)
2. Lymph Drainage : Starting with one hand, either side of the sternum, pump and push outwards across to the axillae, pause and continue around the shoulders finishing at the occipital ridge. (3 times)
3. Corrugator Lift : Slide hands from the occipital ridge up, round and over the face. Position between the eyebrows. Squeeze and lift the corrugator muscle between the thumbs. Twist hands into a prayer position transitioning into ring finger circles under the eyes. Temple press as final movement. (3 times)

4. Forehead Frictions : Starting at the centre of the forehead. The right index finger will circle in a clockwise direction towards the left side, while the left index finger and middle finger surround it. Fingertips on both hands are facing inwards. Work towards the temple and then repeat across to the right side. Repeat back to the centre. (3 times)

5. Frontalis Rolling : Starting at the center of the forehead, apply alternate fingers. Work across to the right side, reducing the number of fingers from 4 to 2 as the hairline reduces. Continue movement across to the left side increasing and reducing fingers as necessary. (3 times)

6. Jaw and Cheek Lift : From the right temple, slide the right hand down, palm across pectoral towards the left side. Lift under the jaw (digastric muscle), twist and apply right palm down onto cheek. Hook up and lift under the left zygomatic bone and slide up over the forehead. Temple press. (3 times)

7. Pressure Point around mouth : Using both index fingers from the centre of the upper lip, apply 10 pressure points, following around the outside of the month, pause at the lower lip. Repeat back around to the upper lip; follow with an outward drain above and below the lips with index and middle finger.

8. Jaw Firming : With thumbs in the line with the jaw, apply gentle pumps along the jaw line towards the ear. Slide back with the fingers. (3 times)

9. Neck Lift : Slow but firm across the neck. (6 times)

10. Arm Stretch : Complete the massage by taking both arms up and over the client's head and supporting them flat in line with the bed, stretch firmly from behind the client observing their resistance. Return the arms to the resting position.

step 8. Apply Replenish Mask and perform foot & leg massage with a NAT.BODY product that is best suited to your client with steam towel removal of any excess product .

step 9. Apply treatment toner with light pumping movements
Apply eye gel with gentle pressures
Apply appropriate NAT. moisture cream
Remove headband
Squeeze down body to feet
Lift feet up and gently rock the body to wake up client

step 10. Allow client to get dressed. Offer water or herbal tea to finish.
Home Care Prescription



Express Facial (mini facial) - 30mins

Product Range: select products from the NAT.FACE range depending on skin type and skin concern.

- step 1.** Wrap client's feet with warm towel (optional: sprinkle warm towel with your choice of NAT.AROMA essential oil) and then give your client a gentle scalp massage.
- step 2.** Apply cleanser to client's face
Remove cleanser with warm towel.
Repeat process
- step 3.** Complete cleansing with treatment toner all over the clients face, leave on the skin.
- step 4.** Apply replenish or rebalance exfoliating treatment onto skin, dip your fingers in a little water and massage over face.
- step 5.** Remove exfoliating treatment with a warm towel.

Tip – it is better to use a towel than sponges as it removes the exfoliator easily.

- step 6.** Apply mask of your choice and leave on for 5 - 10 minutes. In this time you can massage the hands and arms with NAT.BODY hand cream.
- step 7.** Remove mask with warm towel, then apply eye gel and gently using pressure point steps around eyes, then apply moisture treatment suitable to your client's skin type.



NAT.BODY Product Directory



NAT.BODY - hands and feet

The skin is the largest organ of the body that balances the body's inner and outer worlds. It deserves as much nurturing and care as the skin on our face. The NAT.BODY range is specially developed to care for the body with the same meticulous attention as the face.

Using a selection of pure authentic botanical extracts, marine salts and minerals that soothe, NAT.BODY hydrates and restores the skin's natural suppleness.

We have refined our body product range to ensure that we don't overcomplicate this area of skincare. Therefore, we only offer our NAT. salons and customers with the body products and treatments that continue to deliver exceptional results, not only for the skin but for businesses too.

NAT.BODY

- sea salt smoother
- sea salt smoother plus
- mineral clay mask
- hand cream
- foot and leg cream
- body lotion
- body butter
- cuticle treatment serum



SEA SALT SMOOTHER

Description

Rich in minerals and magnesium, marine salt crystals, soya oil, peppermint and sweet fennel essential oils for a deeply smoothing and invigorating body treatment. Muscles are soothed and calmed while blood flow is increased, allowing more oxygen to the cells and tissues. Skin is left soft and supple for the application of a NAT. body moisturiser.

How to use

Massage sea salt smoother in circular motions on dry skin all over the body and then rinse with warm water or gently wipe it off with clean hot towel. Follow with NAT.BODY products.

Key Ingredients

active • **peppermint essential oil**
extracted from the leaves and flowering tops.
benefit: soothing, anti fungal, antibacterial, relaxation.

active • **sweet fennel essential oil**
benefit: soothes and calms the muscles.
Helps increase blood flow thereby increasing oxygen to cells and tissues.

active • **sea salt**
benefit: exfoliant and muscle soother.

active • **soya and waxes**
benefit: emollients.



Size
Retail : 200g
Professional : 800g

Ingredients

Caprylic capric triglyceride, polysorbate 80, microcrystalline wax, sodium chloride, cetearyl alcohol, sodium lauryl sulphate, ozokerite, ethylhexyl palmitate, peg 40 sorbitan peroleate, silica, sucrose, glycine soja (soyabean) oil , methan piperita (peppermint) oil, foeniculum vulgare (sweet fennel) oil, fragrance, caprylyl glycol, phenoxyethanol.

SEA SALT SMOOTHER PLUS

Description

This more intense body exfoliant has the added detoxifying and toning benefits of lemongrass, grapefruit, lime and peppermint essential oils. Tired muscles are relaxed, puffiness and fluid retention is reduced while soya and waxes moisturize dry skin and allow for better penetration of a NAT. body lotion or butter.

How to use

Massage sea salt smoother PLUS in circular motions on dry skin all over the body and then rinse with warm water or gently wipe it off with clean hot towel. Follow with NAT.BODY products.

Key Ingredients

active • **salt and sugar**
benefit: exfoliant and muscle soother.

active • **lemongrass essential oil**
extracted from perennial grass.
benefit: helps to cleanse and detoxify, toning and antiseptic.

active • **grapefruit essential oil**
extracted from the fruit rind.
benefit: reduces puffiness and fluid retention

active • **lime essential oil**
extracted from the fruit rind.
benefit: refreshing.

active • **peppermint essential oil**
extracted from the leaves and flowering tops.
benefit: soothing, anti fungal, antibacterial, relaxation.

active • **soya and waxes**
benefit: emollients.

Ingredients

Caprylic capric triglyceride, polysorbate 80, sodium chloride, microcrystalline wax, cetearyl alcohol, sodium lauryl sulphate, ozokerite, ethylhexyl palmitate, peg 40 sorbitan peroleate, sucrose, silica, glycine soja (soyabean) oil, phenoxyethanol, caprylyl glycol, citrus grandis (grapefruit peel) oil, cymbopogon schoenanthus (lemongrass) oil, citrus aurantifolia (lime) oil, metha piperita (peppermint) oil.



Size
Retail : 200g
Professional : 800g

MINERAL CLAY MASK (PROFESSIONAL ONLY)

Description

A rich blend of jojoba and almond oil, aloe vera and vitamins A, B, D and E. Mixed in bentonite, a volcanic clay this soft clay mask can be massaged into the skin.

How to use

Apply mineral clay mask to entire body and wrap in thermal blanket. Rinse away with warm water or remove clay mask with warm steamed towels.

Key Ingredients

active • **aloe vera**

benefit: to revitalize and restore.

active • **natural clay**

benefit: bentonite clay that comes from volcanic ash, it purifies by absorbing excess oil and dirt from the skin.

active • **jojoba oil**

extracted from the jojoba seed.

benefit: pure jojoba oil assists in minimizing wrinkles and will help rejuvenate the skin and new cell growth.

active • **magnesium**

benefit: assist in various processes within the skin including amino acid synthesis, proteins (example - collagen) and also has astringent properties.



Size
Professional : 800g

Ingredients

Purified water, aloe barbadensis leaf juice, glycerin, bentonite, titanium dioxide, triticum vulgare (wheat) starch, squalene, simmondsia chinensis (Jojoba seed) oil, prunus amygdalus dulcis (sweet almond) oil, montmorillonite (French Green Clay), allantoin, magnesium aluminium silicate, tocopheryl acetate (Natural Vitamin E), retinyl palmitate (Vitamin A), glyceryl caprylate, phenoxyethanol, fragrance.

HAND CREAM

Description

A beautifully nourishing hand cream with a rich blend of nut oils, calendula and essential oils of lavender, ylang ylang and geranium. It absorbs into the skin with no sticky residue and leaves hands feeling soft and hydrated.

How to use

Apply NAT. Hand Cream to hands and nails gently massage until absorbed.

Key Ingredients

active • **macadamia , almond and sesame oils**
extracted from the dried kernels and seeds.
benefit: emollient helps skin to balance the loss and absorption of moisture.

active • **lavender essential oil**
extracted from the flowering tops of the lavender herb.
benefit: cell renewal

active • **retinyl palmitate (Vitamin A)**
benefit: considered as a milder version of retinoic acid. Stimulating the production of more epidermal protein and increasing skin elasticity. Reduces the depth of fine lines / wrinkles.
Protects DNA of the cell from UV penetration and increase cellular turnover *safe form of vitamin A*.

active • **panthenol (Vitamin B5)**
benefit: softens and helps to balance the skin natural PH. Helps skin to retain moisture levels and a powerful anti-oxidant.

active • **tocopheryl acetate (Natural Vitamin E)**
extracted from vegetable oils
benefit: fat soluble vitamin that helps boost the production of collagen. Helps repair the top layer of skin. Antioxidant properties and helps maintain cell integrity.
100% natural, no preservatives.

Ingredients

Purified water, caprylic capric triglyceride (vegetable derived), stearic acid (vegetable derived), cetearyl alcohol, tricaprylin, glycerin, lactamide MEA, acetate MEA, sesamum indicum (sesame) seed oil, macadamia integrifolia seed oil, prunus amygdalus dulcis (sweet almond) oil, calendula officinalis flower extract, tocopheryl acetate (Natural Vitamin E), tocopherol, retinyl palmitate (Vitamin A), cholecalciferol, panthenol (Vitamin B), disodium EDTA, carbomer, dimethicone, cetareth 20, triethanolamine, methylparaben, propylparaben, ethylparaben, butylparaben, iso-butylparaben, phenoxyethanol, fragrance.



Size
Retail : 100g
Professional : 250g

FOOT & LEG CREAM

Description

This lightweight formula with peppermint and sweet fennel energizes and cools tired legs and feet. Perfect as a finishing treatment for pedicures.

How to use

Apply a small amount to feet and massage it in until is absorbed.

Key Ingredient

active • **peppermint essential oil**
extracted from the leaves and flowing tops.
benefit: soothing, anti fungal, antibacterial, relaxation.

active • **sweet fennel essential oil**
benefit: soothes and calms the muscles.
Helps increase blood flow thereby increasing oxygen to cells and tissues.



Size

Professional : 250g

Ingredients

Purified water, glyceryl stearate, s.e.ethyl alcohol (vegetable derived), caprylic capric triglyceride, propylene glycol, steric acid (vegetable derived), triclosan, mentha piperita (peppermint) oil, foeniculum vulgare (sweet fennel) oil, menthol, triethanolamine, methylparaben, propylparaben, ethylparaben, butylparaben, iso-butylparaben, phenoxyethanol.

BODY BUTTER

Description

NAT. body butter is a rich body moisturiser containing 31% oil extracted from cocoa butter, Shea butter and macadamia oil plus a rich gum harvested from a North African tree. These ingredients provide the ultimate healing, repairing and nourishing care for skin in desperate need of rehydration and nourishment.

How to use

Apply all over the body with extra attention to dry / dehydrated areas.

Key Ingredients

active • **essential oils of lime, sweet orange, patchouli, geranium, ylang, ylang and rose**
benefit: absorbs into the dermis to help relax and rejuvenate the body by increasing blood flow.

active • **coco butter**
cocoa butter is extracted from the theobroma cacao. Cacao means food of the gods. Seeds are inside the yellow red fruit, the tree bears its fruit, flowers and leaves all year round.

active • **shea butter**
shea butter is extracted from the karite tree. The nut kernel that yields precious butter by crushing impurities, removed by hot water treatment. benefit: a wonderful healing agent by accelerating cicatrisation of wounds and burns. It has ideal cell renewal properties.

active • **macadamia oil**
benefit: rich in emollient and moisturizing properties.

active • **sweet almond oil**
benefit: contains glucosides, minerals, vitamins a, b1, b2, b6 and e, rich in protein. Assists eczema and dryness, sweet almond is not a penetrating oil making it a great protectant.

Ingredients

Purified water, caprylic capric triglyceride, glycerin, polysorbate 60, stearic acid, cetearyl alcohol, glyceryl stearate, sorbitan stearate, theobroma cacao (cocoa) seed butter, butyrospermum parkii (shea butter), rhus succedanea fruit wax, glycine soja (soybean) oil, macadamia integrifolia seed oil, dimethicone, simmondsia chinensis (jojoba) seed oil, camelia sinensis lead extract (green tea extract), tocopheryl acetate (Natural Vitamin E), lime (citrus aurantifolia) oil, orange sweet (citrus sinensis) oil, patchouli (pogostemon cablin) oil, geranium (pelargonium graveolens) oil, ylang ylang (cananga odorata) oil, rose otto (rosmarinus officinalis) oil, glyceryl caprylate, beta-carotene, phenoxyethanol.



BODY LOTION

Description

Body lotion is full of pure extracts from macadamia nut, almond and apricot oils known for their skin repairing properties. It is rich in omega 7 (palmitoleic acid) and vitamin A to help moisturize and regenerate the skin. Skin is left feeling soft and supple.

How to use

Apply NAT. Body Lotion all over to nourish and protect.

Key Ingredients

active • **macadamia oil**

benefit: rich in emollient and moisturising properties.

active • **sweet almond oil**

benefit: contains glucosides, minerals, vitamins a, b1, b2, b6 and e, rich in protein. assists eczema and dryness, sweet almond is not a penetrating oil making it a great protectant.

active • **retinyl palmitate (Vitamin A)**

benefit: considered as a milder version of retinoic acid. Stimulating the production of more epidermal protein and increasing skin elasticity. Reduces the depth of fine lines / wrinkles. Protects DNA of the cell from UV penetration and increase cellular turnover *safe form of vitamin A*.

active • **tocopheryl acetate (Natural Vitamin E)**

extracted from vegetable oils
benefit: fat soluble vitamin that helps boost the production of collagen.
Helps repair the top layer of skin. antioxidant properties and helps maintain cell integrity.
100% natural, no preservatives.

Ingredients

Purified water, caprylic capric triglyceride, stearic acid, cetearyl alcohol, fragrance, glycerin, cetareth 20, C18-36 acid triglyceride, ethylexy palmitate, macadamia integrifolia seed oil, prunus armeniaca (apricot kernel) oil, prunus amygdalus dulcis (sweet almond) oil, dimethicone, allantoin, tocopheryl acetate (Natural Vitamin E), retinyl palmitate (Vitamin A), cholecalciferol, phenoxyethanol, caprylyl glycol.



Size
Retail : 250mL

CUTICLE TREATMENT SERUM

Description

Contains high levels of vitamin A from carrot oil, known for its healing properties as well as other active ingredients of calendula oil to help treat skin inflammation and rapid cell repair, jojoba oil for its moisturising properties and lavender oil to soothe.

How to use

Apply one pump on your finger and massage it on the cuticles gently.

Key Ingredients

active • **natural vitamin E**
extracted from vegetable oils
benefit: fat soluble vitamin that helps boost the production of collagen.
Helps repair the top layer of skin. Antioxidant properties and helps maintain cell integrity.
100% natural, no preservatives.

active • **jojoba oil**
extracted from the jojoba seed.
benefit: pure jojoba oil assists in minimizing wrinkles and will help rejuvenate the skin and new cell growth.

active • **lavender essential oil**
extracted from the flowering tops of the lavender herb.
benefit: cell renewal

active • **carrot root oil**
benefit: high content vitamin A.
Great healing oil.

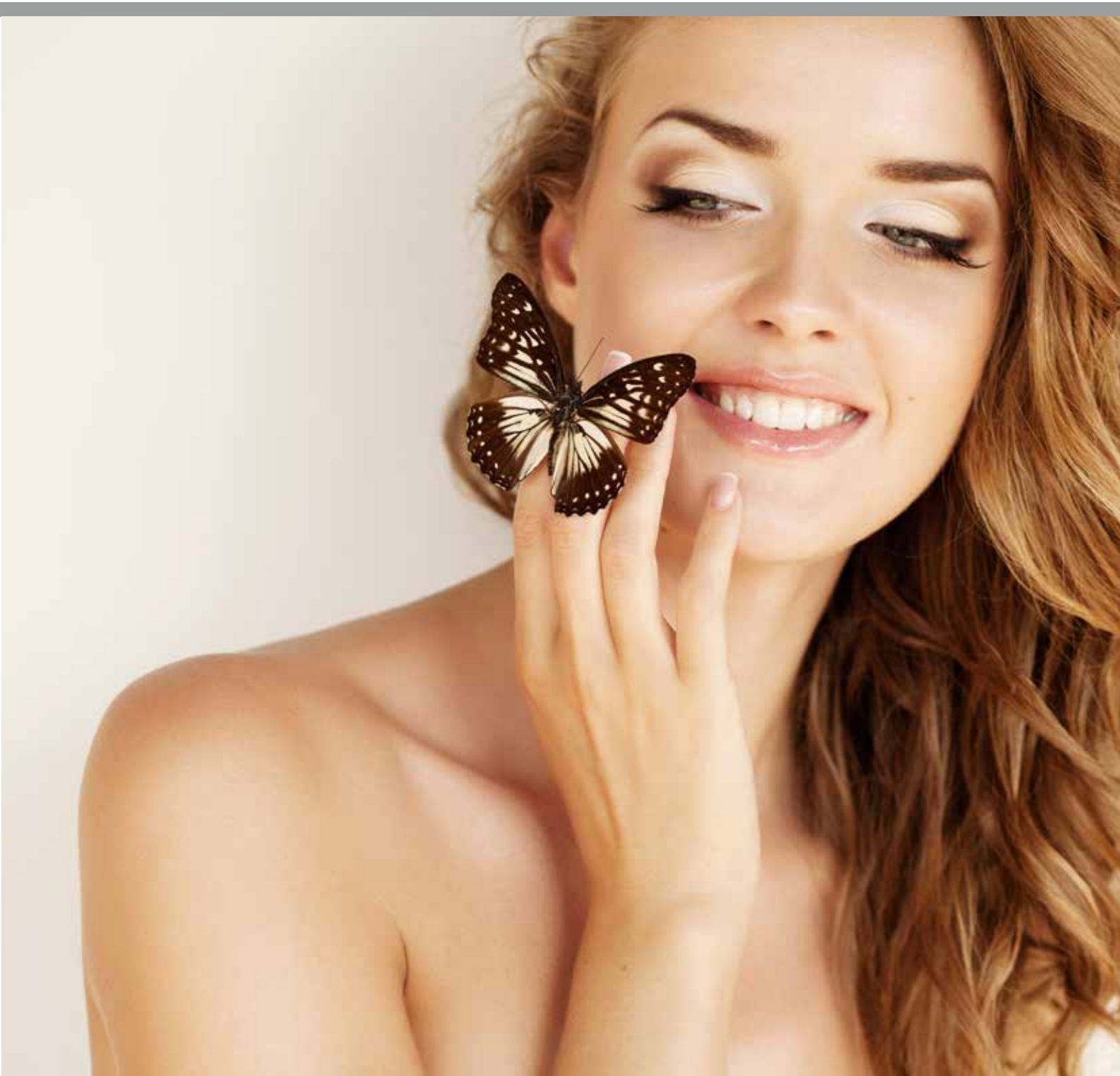
active • **calendula oil**
extracted from marigolds
benefit: anti-inflammatory oil,
excellent for all skin inflammations.

Ingredients

Calendula officinalis (calendula) oil, tocopheryl acetate (Natural Vitamin E) oil, simmondsia chinensis (jojoba) oil, lavendula angustifolia (lavender) oil, daucus carota (carrot) oil.



Size
Retail : 15ml
Professional : 100ml



The NAT.BODY Ritual

Body Wraps

NAT. Signature Body Rituals - 90 Minutes

Products

- Sea Salt Smoother / Plus
- Nat. Massage oil (This is decided by therapist and client after Body Consultation)
- Massage Mineral Clay
- Body Butter / Lotion

step 1. Body Consultation (Use NAT. Client Card)

step 2. NAT. Therapeutic Touch Techniques
Allow the client to rid the body and mind of stress through inhalation therapy.
Place a drop of one of NAT. Signature essential oils on palm of hand
(your client can select the essential oil blend of their choice).
Ask the client to take 3 deep breaths (in through nose and out through mouth)
and on final exhale stretch clients chest with palm of hands.
Push down on shoulders several times (alternating) to relax and gently squeeze
down clients arms and legs to stimulate bodies sensory nerve endings.
Stretch clients feet and then uncover to put aromatic steam towel over feet.
Gently massage clients scalp.

step 3. Before applying product you may like to dry body brush to begin to exfoliate and stimulate the skin.

step 4. Apply Sea Salt Smoother to your client's arms, legs and body using firm but gentle movements.
When moving from one section to another always keep one hand on your client so not to break contact. By doing this a feeling of continuous massage is experienced.
You can either turn your client over or sit client up to apply to back.
(Use uplifting circular motions for light and energising removal).
As Sea Salt Smoother can be removed with steam towels it is not required to ask client to get up from the beauty bed but if you or the client prefers to shower off or if you have access to a Vichy shower please feel free to use either options.
Steam towel removal.

step 5. Apply NAT. massage oil, best suited to your clients concerns and massage all over body.

step 6. Apply NAT. mineral clay mask all over body (this can be warmed in hot towel cabinet). Cocoon your client in thermal blanket covering with extra blanket or doona if needed. It's important that your client is comfortable as you will leave the clay on for 15 minutes. Place the NAT. eye pillow over eyes for total relaxation.

step 7. Remove clay with steam towel or shower if preferred then squeeze down body to feet. Lift feet up and gently rock the body to wake up client.

Step 8. Allow client to get dressed. Home Care Prescription offer water or herbal tea to finish.

SPA SALT MASSAGE PEDICURE - 60 Minutes

Products

- Sea salt smoother plus
- Massage oil (your choice)
- Mineral clay mask
- Cuticle treatment serum
- Foot and leg cream

- step 1.** Soak feet in a bowl of warm water, add essential oil of your choice.
- step 2.** Prepare feet in your usual way - i.e. filing etc.
- step 3.** Apply sea salt smoother plus with warm towel.
- step 4.** Remove sea salt smoother plus with warm towel.
- step 5.** Massage feet and legs with massage oil
- step 6.** Leave massage oil on and apply the mineral clay over the top.
- step 7.** Leave mineral clay mask on feet and legs while you do the other foot with steps 1 to 7
- step 8.** Remove mineral clay with warm towel
- step 9.** Apply foot and leg cream and a drop of cuticle treatment serum to nails and massage cuticles. Only 1 drop needed per foot.
Tip - apply 1 drop to the middle toe of foot and massage across all 5 cuticles.
- step 10.** Repeat step 10 on another foot

Finish with polish.



NAT.MASSAGE

- Herbal balls
- Relaxation massage oil
- Prenatal massage oil
- Detoxify massage oil
- Back massage oil
- Pure body rejuvenation



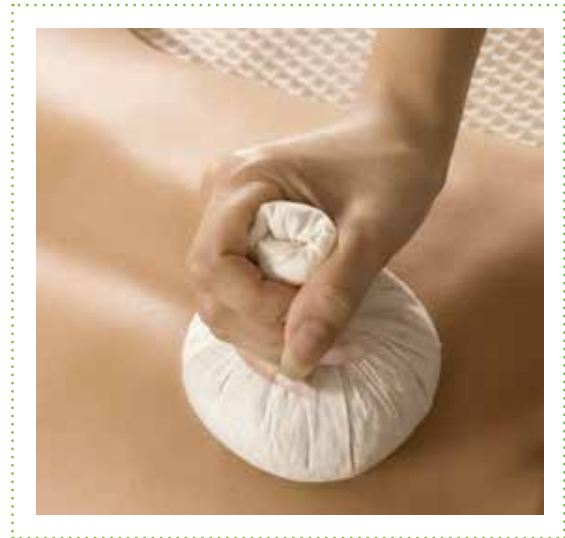
HERBAL BALLS (Professional only)

Description

A healing and revitalizing blend of powerful herbs including lemongrass, ginger, lime, basil, cinnamon and turmeric inspired by the ancient spas of Thailand.

This therapeutic treatment offers a unique alternative to the therapists hands and offers benefits to skin, body and mind.

These herbal balls can form part of many body treatments from salt glows and aromatic massages to body wraps.



Key Ingredients

active • **Blend of herbs in a calico compress** which when steamed will release the powerful healing properties to relax and revitalize.
benefit: soothes muscles of aches and tightness.

active • **Tumeric (Curcuma Longa Linn) & Ginger (Zingiber Officinale Roem)**
benefit: healing , mildly. stimulating and has anti inflammatory properties.

active • **Cinnamon (Cinnamon Sedge)**
benefit: Cinnamon is also used for its astringent, anti-bacterial properties to soothe skin irritations as well as its property of accelerate the blood flow circulation

Ingredients

Zingiber cassumunar roxb, curcuma longa linn, curcuma zedoaris rose, crytolepis buchanani roem, tamarindi pulpa, citri hystricis pericarpium, citri hystricis pericarpium follium, zingiber officinale roem, carton sublyratus kurz, pandanus amaryllifolius, ocimum gratissimum, cinnamomum camphora, curcuma aromatica salisb, nelumbo nucifera gaertn, cinnamon sedge, lemongrass essential oil.

RELAXING MASSAGE OIL (PROFESSIONAL ONLY)

Description

Relaxing massage oil contains soothing lavender from the flowering tops, luxurious ylang ylang from the flowers and sensual geranium. A truly beautiful oil. Its tranquil character is ideal for a peaceful salon massage to unwind after a stressful day.

Key Ingredients

active • **lavender essential oil**
benefit: relaxation.

active • **Ylang Ylang essential oil**
benefit: excellent in reducing stress

active • **geranium essential oil**
benefit: calms and soothes.

active • **tocopheryl acetate**
(**Natural Vitamin E**)
extracted from vegetable oils
benefit: antioxidant.



Size
Professional : 500mL

Ingredients

Vitis vinifera (grapeseed) oil, prunus amygdalus (sweet almond) oil, tocopheryl acetate (Natural Vitamin E) oil, lavendula angustifolia (lavender) oil, cananga odorata (ylang-ylang) oil, pelargonium graveolens (geranium) oil.

PURE BODY REJUVENATION

Description

A rich luxurious blend ideal for use in salon for clients with dry, sun damaged or ageing skin on the body. Can be combined with NAT. body butter for further enhance the massage treatment.

Key Ingredients

active • **Australian sandalwood essential oil**

sandalwood extracted from the heart of the evergreen tree.

benefit: relaxes, purifies and richly nourishes the skin.

A truly rejuvenating oil and works wonders on dry, sun damaged and aging skin types.

Actives of sandalwood and Vitamin E will absorb deep within the epidermis and dermis to replenish and renew the cells.

active • **tocopheryl acetate (Natural Vitamin E)**

extracted from vegetable oils

benefit: antioxidant.

active • **benzoin essentil oil**

benefit: excellent on dry, cracked skin.

Will relieve irritated skin while improving the skin's elasticity.



Size _____
Retail : 100mL

Ingredients

Vitis vinifera (grapeseed) oil, santalum apicatum (sandalwood) oil, styrax benzoin (benzoin) oil, tocopheryl acetate (Natural Vitamin E) oil.



The NAT.MASSAGE Ritual

HERBAL BALL MASSAGE TREATMENT



Products

- 2 herbal balls
- herbal relaxation massage oil

2 squares of gauze (facial wipe), approximately 30cm x 30cm

Prior to treatment, fold 1 piece of gauze and wrap it around the base of the herbal balls shank. Place herbal balls into steamer and steam for at least 15 minutes before commencing the treatment. Take 1 herbal ball from steamer. If the shank is still too hot you can wrap another piece of gauze around the shank and remove once shank is cooler.

- step 1.** Wrap client's feet with warm towel (optional: sprinkle warm towel with your choice of NAT.AROMA essential oil) and then give your client a gentle scalp massage.
- step 2.** Commence the herbal ball massage, client facing down.
- Initially while the ball is very hot do a very quick presses all over the exposed area of back. This will bring pinkness to the skin.
 - When the shank of the ball starts to cool slightly you can slow the movements over the exposed area of back.
 - When the shank of the ball is cooler you can concentrate on specific areas of the exposed back by pressing deeply into the tight spots.
 - At this point you can concentrate on the upper neck by pressing deeply into area.
- step 3.** When the herbal ball has lost its heat, cover the exposed area of the back with the towel. Place the herbal ball back into the steamer and take the other herbal ball out. Uncover the other side of the back and REPEAT STEP 2.
- step 4.** Continue herbal ball massage down each arm with client's palms up; place your hand under your client's hand for support and press herbal ball firmly into their hand. Roll herbal ball right to the tips of their fingers and with your hands, curl the client's fingers around the herbal ball. Repeat process on the other arm and hands.
- step 5.** With fresh hot herbal ball, commence treatment on legs by starting from the sole of the foot. Gently roll the ball over the sole of foot and press firmly into the arch. Work your way up to the leg using back herbal ball massage technique all the way up to the thigh and buttocks.
Repeat same process on other leg.

HERBAL BALL MASSAGE TREATMENT cont

- step 6.** To complete herbal ball treatments, take fresh warm ball from steamer and commence at the base of the spine using slow gentle pressure point massage working your way right up to the top of client's head.
- step 7.** To continue the treatment, apply herbal relaxation massage oil in using effleurage strokes all over the body. This oil contains ginger and lemongrass and will work deeply into the muscles for relaxation.

POINTS TO NOTE

Although the shank of the herbal ball will lose its heat the herbal ball itself stays hot for some time so only finish using the ball once the herbal ball has lost its heat, not just the shank.

You must talk to your client as soon as you apply the herbal balls to the skin to make sure the ball is not too hot and that they're comfortable with the heat of the ball.

Make sure you explain to your client exactly what you are doing so they are aware something warm will be placed on their body.

STORAGE AND USE

Once treatment is completed, throw all gauze away and cool balls. Once cooled place in a plastic bag and store in fridge.

Herbal balls can be used 3 to 4 times (approximately).

Optional - you can use once only and give to your client to take home.





NAT. Retail Tips

This is a step by step guide to assist you the “beauty professional” in recommending our retail range for your clients’ skincare regime at home.

As therapists you spend a lot of time and knowledge looking after you clients in the salon so it makes perfect sense to extend that care when they leave the salons by way of recommending products that will optimise the benefits of the exceptional treatments you offer in the salon.

Step1 : Consultation

We provide a NAT. client card for the NAT. salons to use in the diagnosis of their clients’ status and concern. Before commencing any treatment, it’s best that you request your client to fill out the card in full. This is a questionnaire that will help you get an overview of your clients’ general health and well being. By starting with this you save yourselves and your clients’ time. This is vital diagnostic tool which will enable you to provide your client with a treatment that best suits their requirements the. This is also a good “ice breaker” particularly if the client is new.

Look over your client’s filled in card and take the opportunity to discuss any other concerns they may have. Remember to ask the most important question of your client, which is: “What is YOUR main concern? Or “What would you like to change about your skin” What you see as the most pressing problem may not be of any concern to your client.

We recommend that you always first treat your clients’ perceived main concerns, then as you build a relationship with them you can address any other issues that you have analysed during the diagnostic process.

Client Name: _____

Date of Consultation: _____ **Therapist's Name:** _____

Address: _____ **Postcode:** _____

Telephone (W): _____ **(H):** _____ **Email:** _____

BIRTHDAY: _____ day _____ month Under 21 21-30 31-40 41-50 Over 50

How did you hear of us? _____

This information should be completed by all NAT Skincare clients for diagnostic purposes. This enables the beauty therapist to cater for the client's special needs, in both salon treatment and home maintenance to the best of the therapist's ability. All information given is **completely confidential**.

YOUR SKIN TYPE PROFILE

NAT. Retail Tips cont

In order to complete this first step in the treatment process, we suggest using our point of sale booklet as reference for the skincare regime in conjunction with our client card. This allows you to prescribe the correct products and samples that you would like the client to incorporate into their skin care regime at home.

If you have a new client we suggest you tick off every product that you would like them to use; then you can prioritise, never make the mistake of judging for yourselves whether a client can afford the products. Appearances can be deceiving and only your clients are in the position to decide if and when they can or wish to purchase from you. Your role as the skin care authority is to prescribe and recommend. Clients come to you for this very reason so remember and be assured that if you don't make the effort to recommend what you believe is beneficial for their skin care maintenance they could miss out on the opportunity to try a good skincare regime.

Your skill, expertise and knowledge are the reasons why clients come to you for treatments. You are in a good position to complete or complement this service by making sure that all the positive results from the treatment is optimised with a good skincare regime for use at home.



Step 2 : Treatment

The beginning of the treatment is the best time to briefly discuss the NAT. treatment ritual and how it can relate to their method of skincare regime at home. Obviously, depending on the type of service your clients is having this may be an appropriate moment to speak about the client's current skincare regime. Do remember that some clients love to know everything that you are doing while others prefer quiet and enjoy their "downtime". This is something that you can gauge from them yourselves.

We recommend that you introduce each product as you apply to the skin briefly explaining the features and benefits, and then let the clients relax. During the massage phase, be it face or body recognise this is a special part of the treatment when total quiet is essential to allow them complete relaxation.

Step 3 : Post treatment

Once you have completed the treatment offer your client a cool drink of water or herbal tea and allow them time to get dressed in their own time. Let your client know that when they are ready you will meet them in the reception area or back at the consultation desk.

This is an important time! This is when you need to plan and remember a few things.

- a. Start by asking your client to book in for the next treatment in a recommended timeframe that you have previously outlined in the consultation step.
- b. Next ask the customer what products would they like to take home with them today? Always sample two other products that you have discussed and note this on your client card as you will need to follow up with your client to get their feedback on how they enjoyed their samples. This will help highlight the next products you would like your client to purchase.
- c. Remember if your client can maintain the glowing smooth revitalised look of their skin weeks after you have given them their treatment they will be advertising you the therapist, your salon and the fantastic products that you recommended!

NAT. Retail Process

This is a guide on how you can maximise the sales opportunity that you are presented with, when a customer walks into your salon to purchase products over the counter (without having a treatment.)

These customers can be in a hurry so you need to work efficiently to maximize the time that the customer is in your salon. Even a small salon can hold some retail products. Remember that selling retail products requires much less effort and time on your part than providing salon services but you are adding extra income therefore profit for the business.

Many salons have acknowledged that selling is part of their job as a therapist. Often the concern is appearing pushy or "hard sell". If your approach is professional and you have taken the time to have a good product knowledge you have no need to worry. Remember the client has come into your salon. Be assured they want to buy from you and not any other retail outlet. It is your job to actively listen so you can effectively meet their needs and create new ones by using a professional sales approach.

Step 1 : Greet you customer warmly!

Right away! Even if you are with another customer always acknowledge that you have seen them and will either get another staff member to attend to them or you will be with them as soon as possible. Be approachable, friendly and most of all, genuine.

Step 2 : Ask questions

Establish their needs first and prescribe the appropriate products before talking to the customer about other products that may be suitable in the "up selling" process. Remember there is nothing more frustrating to a customer than asking to buy, for example only a cleanser, then the therapist talking to them about the great new moisturisers that have just been launched!

If the customer has come in to buy a cleanser get this product ready first before moving forward to upselling.

NAT. Retail Process cont

Step 3 : Up selling

Try and make the most of the short amount of time you may have with the client. This can be challenging at times! You may have your next client waiting for you or it is five minutes before your much earned tea break. Remember the customer has chosen your salon to purchase the products from and their expectations are to experience exceptional customer service. Try and meet those and always try and go above and beyond normal expectations. Be prepared to give the walk in customer a couple of samples with their purchase if they are not ready to purchase the add on items that you have recommended to them.

You are not only selling retail products, you are also promoting your salon. As you process the sale request the customer to fill in their details utilising the NAT. client card, simply filling an email address is another client in your database. You may want to follow with a call or email to see how they enjoyed their samples. If they have time also help them fill in the questionnaire.

Always keep up to date with your salon promotions. You are trying to convert the walk in customer to a loyal client that will not only purchase their skincare from you but also start having their treatments with you. You should always be trying to build your salon's clientele and word of mouth recommendations can help build your salon reputation as the place to go for not only beautiful treatments but informed friendly advice on how to look after their skin at home.

Having a salon business means also for you and your staff to continuously be trying to build your salon's good reputation.

Your Personal Selling Style

Take some time to think about how you have introduced a skincare regime to your clients in the past. How successful have you been? If you don't feel confident with your selling style practice on your colleagues until you feel comfortable and be open to feedback or even ask for help from team members who are successful.

If you are an owner/operator visit a department store's cosmetics area, here you will find many different sales techniques in use! This can be helpful to develop your own selling style.

Be professional in your approach but be yourself, you need to feel relaxed and confident with your clients. You are there to help and advise your clients with their needs by asking questions and by really listening to them.

You can match products in the NAT. skincare range that will give your clients the very best results!



NAT. Ingredient Glossary

NAT. INGREDIENT GLOSSARY

almond oil

- source • natural almond fruit.
- purpose • contains glucosides minerals, vitamins a b1 b2 b6 and e. Rich in protein.
A skin protectant and lubricant. For inflammation, eczema, psoriasis and wrinkle defence.

alpha hydroxyl acids (ahas)

- source • natural fruit acids (apple, berries, etc).
- purpose • active ingredient. A mild peeling of the epidermis resulting in a softer skin, a more radiant complexion and smoother texture.

apricot oil

- source • apricot kernel.
- purpose • rich emollient, softening to the skin, revitalising properties.

ascorbic acid

- source • fruits.
- purpose • antioxidant, a preservative.

avocado oil

- source • avocado.
- purpose • high in essential polyunsaturated oil. moisturises and helps the skin retain its elasticity.

black pepper

- source • crushed unripened black pepper berries.
- purpose • active ingredient to soothe muscular tension, arthritis, rsi and other muscle and joint pain.

ceteth - 20

- source • derived from natural fatty alcohols from coconut oils.
- purpose • emulsifier, helps spread ability of product.

cetyl alcohol

- source • fatty acid from coconut oil.
- purpose • emulsifier and thickener.

chamomile extract

- source • aromatic herb chamomile.
- purpose • used as a natural fragrance, soothes the skin and helps redness.

cholecalciferol

- source • part of the vitamin d group.
- purpose • vitamin d3 that helps retain even skin colour and is used in conjunction with vitamin a.

NAT. INGREDIENT GLOSSARY cont..

citric acid

- source • fermentation of citrus fruits.
purpose • antioxidant, used to adjust pH, also a preservative.

camphor

- source • camphor tree.
purpose • cooling and stimulating, also a preservative.

chamomile essential oil

- source • chamomile flowers.
purpose • active ingredient to soothe skin, ideal for calming red sensitive skin types.

candelilla

- source • reed-like candelilla plant.
purpose • adds viscosity to cleanser and creams, also moisturises skin.

caprylic/capric triglyceride

- source • vegetable derived.
purpose • emollient.

carrot root oil

- source • carrot extract in soybean oil.
purpose • vitamin a, rich emollient, helps balance skin oils and a great pore cleanser.

cetearyl glucoside

- source • based on alkyl polysaccharides derived from coconut oil and glucose.
purpose • emulsifier. gives creams and lotions a unique dry feel.
Excellent in roll-on deodorants and anti-perspirants.

cetomacrogal 1000

- source • vegetable derived.
purpose • emulsifier to mix oil and cream.

cholecalciferol

- source • part of the vitamin d group.
purpose • vitamin d3. Helps retain even skin colour. Used in conjunction with vitamin a.

cocamidopropyl betaine

- source • fatty acids derived from coconut oil.
purpose • a mild secondary surfactant, excellent in shampoos. Combined with a primary surfactant, produces a product with a low irritancy profile.

cocoa butter

- source • obtained from the seeds of the obroma cacao.
purpose • emollient and moisturiser.

NAT. INGREDIENT GLOSSARY cont..

coconut butter

- source • coconut tree.
purpose • lubricant to soften skin.

coconut fatty acid and derivatives

- source • coconut palm and various fractions, sometimes mixed with other vegetable oils.
purpose • emulsifier and humectant that helps the skin retain moisture.

dimethicone

- source • silicone.
purpose • lubrication.

d-alpha tocopheryl acetate

- source • naturally derived vitamin e - vegetable oils e.g. soya bean.
purpose • antioxidant for essential oils, helps all body tissue.

eucalyptus oil

- source • eucalyptus tree.
purpose • antiseptic action on skin surface.

evening primrose oil

- source • evening primrose (oenothera).
purpose • rich in gamma linolenic acid (gla) and exceptional moisturising properties.

fagus silvatica (gatuline rc)

- source • beech tree buds.
purpose • helps reduce the appearance of fine lines and improves skin moisturisation.

fatty acid esters & derivatives

- source • coconut, cottonseed, castor, olive, safflower and other vegetable oils.
purpose • humectants, emollients, thickening agents, emulsion stabilisers, soothes and adds silken feeling to formulations.

glutamic acid

- source • vegetable amino acid.
purpose • protein-cell stimulant for healthy tissue.

glycerin (glycerol) vegetable

- source • obtained from coconut and palm oils.
purpose • an excellent moisturiser and humectant for hair and skin care products.

grapefruit essential oil

- source • obtained from the rind of the fruit.
purpose • active ingredient. has an excellent toning affect on the skin and body.

NAT. INGREDIENT GLOSSARY cont..

geranium essential oil

- source • obtained from the herb.
purpose • active ingredient for relaxing muscles. soothes and calms nerves.

glycerin (glycerol) vegetable

- source • obtained from coconut and palm oils.
purpose • an excellent moisturiser and humectant for hair and skin care products.

iris florentina extract

- source • obtained from the orris root.
purpose • active ingredient.

rosemary essential oil

- source • obtained from the herb.
purpose • active ingredient to help balance an oily skin type. Invigorating to the body.

sweet woodruff

- source • obtained from the sweet woodruff plant growing in woods and shaded hedge banks.
purpose • excellent moisturising properties for sensitive skin types.

imidazolindinyl urea

- source • natural mineral excretion.
purpose • topical antiseptic. Preservative in formulation, soothing.

japan wax

- source • rhus tree fruit.
purpose • botanical substitute for beeswax, thickening agent.

jojoba oil

- source • jojoba bean.
purpose • softens hardened oil and wax build-up under skin, emollient.

kakadu plum

- source • kakadu plum fruit.
purpose • high levels of vitamin c.

Leucojum aestivum bulb extract - IBR SNOWFLAKE

- source • extracted from the dormant bulb of the summer Snowflake plant
purpose • effectively inhibit muscle contractions helping to reduce the appearance of fine lines and wrinkles

laureth-3

- source • vegetable - fatty alcohol.
purpose • dispersant and emulsifier.

NAT. INGREDIENT GLOSSARY cont..

lactamide mea

- source • lemongrass and lime.
purpose • fluid retention, helps maintain healthy capillaries, refreshing and energising.

lavender oil

- source • lavender flowers.
purpose • deep cleansing, the fragrance has a soothing and calming effect.

lecithin

- source • derived from soybean.
purpose • emulsifying, dispersing, antioxidant, penetrating agent. Essential to cells, great conditioner of skin.

macadamia nut oil

- source • macadamia nuts.
purpose • moisturiser, helps keep skin smooth and supple.

colliadated oat flour

- source • oat grain. pure ground.
purpose • soothing protection for skin.

palm oil

- source • seed of the palm tree nut.
purpose • used in making botanical soap.

panthenol

- source • part of the vitamin b group, vegetable derived, other name pro - vitamin b5.
purpose • of particular value in hair care products, it is readily absorbed into the hair shaft, giving excellent moisture control and imparts gloss and sheen.

peppermint oil

- source • peppermint leaves.
purpose • soothing and cleansing to skin, a fresh clean fragrance.

polysorbate 20 & 80

- source • sorbitol and fatty acid esters.
purpose • surfactant, emulsifier and dispersing agent.

retinyl palmitate

- source • naturally derived vitamin a.
purpose • alleged skin-healing properties, helps retain small pores.

rice bran

- source • rice bran extract.
purpose • soothing protection for skin.

NAT. INGREDIENT GLOSSARY cont..

safflower

- source • safflower seed.
purpose • softening agent, high in linoleic acids and sterols of vitamin f, moisturiser.

sesame oil

- source • sesame seed.
purpose • emollient, softener.

shea butter

- source • fruit of karite tree.
purpose • softens and moisturises the skin.

sodium bicarbonate

- source • common baking soda.
purpose • deodoriser, absorbent and extremely soothing to skin.

sodium chloride

- source • common sea salt.
purpose • exfoliating and softening.

sodium p.c.a. sorbitol

- source • hydrogenation of fruits and berries.
purpose • emulsifier and stabiliser, moisture conditioning humectant.

sorbitol

- source • naturally occurring sugar from fruits and vegetables.
purpose • humectant, attracts water

soybean oil

- source • soybean.
purpose • softening agent and moisturiser.

spearmint oil

- source • spearmint leaves.
purpose • fragrance, stimulant and cooling to skin.

stabilising buffer

- source • secret combination of natural digestive enzymes and minerals.
purpose • used in aloe vera gel as a digesting and preserving compound which prevents oxidation and deterioration of fresh gel.

stearic acid

- source • coconut or vegetable.
purpose • lubricant, builds body and thickens creams.

NAT. INGREDIENT GLOSSARY cont..

tea tree oil

- source • melaleuca alternifolia tree.
purpose • an antiseptic and healing agent.

tincture of benzoin

- source • balsamic tree derivative.
purpose • healing agent, soothing and preservative.

titanium dioxide

- source • natural mineral.
purpose • colouring agent, broad spectrum UVA and UVB protection.

tricaprylin

- source • derived from coconut oil.
purpose • soothes and relaxes.

tetrasodium edta

- source • synthetic amino acid.
purpose • used as a pH buffer and an emulsifier.

vanilla

- source • vanilla bean.
purpose • natural fragrance.

wheat germ oil

- source • vegetable oil.
purpose • natural emollient.

witch hazel

- source • hammamelis vergeniana herb.
purpose • skin freshener, cleanser, deodorant, healing and soothing to skin and local anaesthetic.

xanthium gum

- source • polysaccharide gum.
purpose • used as a thickener in gels and lotions.

ylang ylang

- source • white flower grown in South Pacific.
purpose • soothes and relaxes.

zinc oxide

- source • natural mineral.
purpose • broad spectrum UVA and UVB protection, also have mild astringent, antiseptic and protective properties.



