

anna lotan

PRO

Treatment Protocol

Cold Hydration Acne Therapy Facial

The Cold Hydration Acne Therapy is a pioneering treatment designed to offer deep detoxification without the use of heat. Recognizing the potential damage that steam can cause to the skin barrier, particularly in clients with acne, Anna Lotan developed this innovative protocol to provide an effective solution that maintains skin integrity. This treatment utilizes a blend of Mediterranean herbal ingredients and Dead Sea black mud to gently purify the skin, addressing acne concerns with a focus on hydration rather than heat. The Cold Hydration Acne Therapy is a modern adaptation of Anna Lotan's original approach, ensuring a soothing and non-invasive experience that delivers noticeable results with no downtime.

Step 1 - 1st Cleanse: Dispense 1 pump of the Seba-Foam Mild Facial Cleanser and gently massage into the face to thoroughly remove dirt and debris. This hypoallergenic, sulfate-free mousse is ideal for alleviating redness, especially in the T-zone. Its sustainable, non-drying formula, enriched with *Cyperus Esculentus* and undecylenic acid, ensures optimal skin tolerance and a comfortable, soft feel after rinsing.

Step 2 - 2nd Cleanse: Mix the Quillaja Papaya Enzymatic Cleansing Powder with water to create a lather and massage it into the skin. Optionally, use an Ultrasonic Spatula during the Cavitation phase. This environmentally friendly powder features mild surfactants from coconut oil and fermented sugar, along with papaya extract for gentle exfoliation and skin brightening.

Step 3 - Prep Desincrustation: In a bowl, mix 1/8 teaspoon of Green Tea Hydration Powder with 1 fl. oz. of lukewarm water. Let it sit for 15 minutes. Alternatively, use plant extracts like Chamomile or Sage for a herbal infusion.

Step 4 - Deep Pore Cleanse: Gently massage the Seba Flow Deep Pore Cleanser into areas of concern and remove with a warm towel. This non-foaming gel dissolves dried sebum and unclogs pores, improving oily skin conditions. Its mild emollients and salicylic acid work together to exfoliate and purify the skin, promoting a clearer complexion.

Step 5 - Tone: Apply the Propical Toner to the skin using a cotton round or 4x4 gauze. This herbal astringent purifies and tones oily and problem skin. It combines beehive propolis, tree resins, and Dead Sea minerals to bind moisture and prevent over-drying, while aloe leaf juice soothes and calms the skin.

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Step 6 - Exfoliation: Gently massage the mandelic acid exfoliating gel into the skin. Let Sit 1-2 minutes. Remove with warm towel. Mandelic and Lactic acids gently exfoliate the skin, enhancing skin renewal .This gel features extracts that are known for their clarifying effect on the skin like Bearberry leaves and Mulberry and Licorice roots, in addition to Kojic acid and Niacinamide (Vitamin 3B).

Step 7 - Hydration: Apply a layer of HA Hydration Gel to the skin and leave it on. This intensive hydration gel, enriched with natural hydro-colloids and sodium hyaluronate, provides deep moisture without heat. It soothes the skin, plumps, and prepares it for further treatments, enhancing the penetration of active ingredients..

Step 8 - Desincrustation: Soak EcoStripes or gauze in the Green Tea Hydration gel prepped in Step 3 and apply in sections. Layer another application of HA Hydration Gel on top. Let sit for 15 minutes. This herbal gel facilitates gentle exfoliation and hydration, reducing the need for mechanical rubbing and making the skin more receptive to deep cleansing.

Step 9 - Extractions: Remove the ecostripes section by section and perform extractions as needed. Targeted extractions help clear blocked pores, improving skin texture and reducing acne breakouts.

Step 10 - Spot Treatment: Apply the Propical Gel to areas where extractions were performed. This purifying gel contains antimicrobial agents and soothing aloe vera, offering local treatment for acne-prone areas while protecting and calming the skin.

Step 11- Detox Mask: Paint a layer of the Liquimud Dead Sea Body Mask over the face and leave it on for 10 minutes. Remove with a warm towel or 4x4s and warm water. This Dead Sea mud mask offers deep cleansing, exfoliation, and tightening effects. Its smooth texture makes application easy, while aloe leaf juice and softening emollients enhance skin comfort.

Step 12 - Serum: Apply 1-2 pumps of the Propical Moisture Serum and massage it into the face. This biomimetic serum balances, softens, and protects the skin. Enriched with amino acids, polysaccharides, squalene, and antioxidants, it provides comfort and protection without a greasy feel.

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Step 13 - Lip Care: Use a q-tip to apply the Shea Butter Lip Balm to the lips. This nourishing balm keeps lips soft and hydrated.

Step 14 - UV Daytime Protection: If the treatment is performed during the day, apply an appropriate SPF to the skin. Protects the freshly treated skin from harmful UV rays and prevents potential sun damage.

Give your client the home care program recommendations to continue their renewal that consists of the following items:

- Seba-Foam Cleanser
- Propical Toner
- Propical Gel
- Propical Moisture serum
- Mandelic Acid Exfoliating Gel

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On Demand Product Knowledge: Our US Distributor & Educator Barbara Devlin sits down and goes through all the products in the line broken down into different categories in 10-20 min segments that you can learn all about the different products in the line in your own time. Learn ingredients, uses, and tips and tricks straight from the best. Find this on www.annalotanusa.com under the Resources tab or [click here](#).

Protocol Demonstration Videos: Are you a visual learner? Well we have the tools for you. We are always working to add new Anna Lotan PRO protocols for you to use in your backbar to our protocol video library. You can not only read and download protocol documents, but you can also watch the full treatment performed from pre-cleanse to lip care. Find this on www.annalotanusa.com under the Resources tab or [click here](#).

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