

MONUSKIN

THERAPIST TREATMENT GUIDE



Unique | Natural | Proven

FACIAL PROTOCOLS

MONU SKIN Aromatic Facial Treatment

MONU SKIN Hydra Lift Collagen Facial

MONU PLUS Resurface and Peel Facial Treatment

MONU PLUS Prescriptive Facial Treatment

RENU SKIN Intense Lift Anti-aging Facial Treatment

MONU SKIN For Men Total Reviver Facial Treatment

30 Years of Natural
Skincare Excellence

MONUSKIN
PROFESSIONAL SKINCARE

visit www.monuhub.com | see our full professional training videos and to discover more details behind the MONU products

www.monuhub.com



Unique | Natural | Proven

30 Years of Natural
Skincare Excellence

MONUSKIN
PROFESSIONAL SKINCARE

BODY PROTOCOLS

MONU*Spa* Luxury Thermal Back Treatment

MONU*Spa* Exotic Hot Oil and Salt Scrub Polish

MONU*Spa* Massage Candle Treatment

MONU*Spa* Ultimate Signature Body Ritual

MONU*Spa* Body Boosting Detox Wrap

MONU*Spa* Lime & Walnut Wrap

MONU*Mama* Pregnancy Ritual

visit www.monuhub.com | see our full professional training videos and to discover
more details behind the MONU products

www.monuhub.com





Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |

MONUSKIN
PROFESSIONAL SKINCARE

MONU SKIN Aromatic Facial Treatment

All skin types

Duration: 45 mins.

STEP 1 CLEANSE & EXFOLIATE

- Remove Eye Make-up
- Eye Lotion
- Cleanser
- Toner
- Peeling Cream
- Delicate Facial Wash

STEP 2 MASK & MASSAGE

- Essential Compress procedure using either the Lavender, Geranium or Lemon Essential Oil
- Fiji, Hawaii or Capri Aromatherapy Facial Treatment Oil
- Relax Massage Routine
- Hydrating Mask, Aromatic Mask
- Leave mask on the skin for 10 minutes
- Essential Scalp Massage
- Remove Facial Mask

STEP 3 SPECIAL CARE

- Eye Cool Gel or Collagen Eye Cream
- Lip Balm

STEP 4 AFTER CARE

- Serum
- Collagen Cream, Skin Perfector, Recovery Balm or Mattifying Lotion
- Rosewood Reviving Mist

visit www.monuhub.com | see our full professional training videos and to discover more details behind the MONU products

www.monuhub.com





Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |

MONUSKIN
PROFESSIONAL SKINCARE

MONUSpa Luxury Thermal Back Treatment

All skin types

Duration: 45 mins.

STEP 1 WELCOME INTRODUCTION

- Signature Welcome Ritual
- Body Brush (Optional)

STEP 2 CLEANSE & EXFOLIATE

- Cleanse and Tone the back area
- Apply chosen Body Oil (Calming Vanilla/Relaxing Ginger)
- Apply chosen Bath salt (Arabica Bath salts/Papaya Bath salts)
- Body Buffer

STEP 3 MASSAGE & MASK

- Apply Aromatic Mask
- Essential Hot Compress/ Lime Essential Oil
- Remove mask after 10 minutes
- Choice of body oil: Ginger, Vanilla, Kyoto or Bali
- 25 minute Back, Neck and Shoulder Massage

STEP 4 AFTER CARE

- Enriched Body Cream
- Blemish Treatment
- Body Buffer
- Arabica Bath Salts - Calming Vanilla Body Oil
- Papaya Bath Salts - Warming Ginger Body Oil
- Aromatic Mask
- Energy Rub
- Rosewood Reviving Mist

visit www.monuhub.com | see our full professional training videos and to discover more details behind the MONU products

www.monuhub.com



Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |

MONUSKIN
PROFESSIONAL SKINCARE

MONU SKIN Hydra Lift Collagen Facial Treatment

Dry, Sensitive & Mature skin

Duration: 60 mins.

STEP 1 CLEANSE & EXFOLIATE

- Remove Eye Make-up
- Eye Lotion
- Cleanser
- Toner
- Peeling Cream
- Delicate Facial Wash

STEP 2 MASK & MASSAGE

- Essential Compress procedure using either the Lavender, Geranium or Lemon Essential Oil
- Apply Ampoule and the Active Collagen Mask
- Leave mask on skin for 20 - 25 minutes
- Essential Scalp Massage, Hand and Arm Massage, Foot and Leg Massage
- Remove Active Collagen Mask

STEP 3 SPECIAL CARE

- Collagen Eye Cream
- Lip Balm

STEP 4 AFTER CARE

- Moisture Rich Collagen Cream
- Rosewood Reviving Mist

visit www.monuhub.com | see our full professional training videos and to discover more details behind the MONU products

www.monuhub.com



Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |

MONUSKIN
PROFESSIONAL SKINCARE

MONUSpa Exotic Hot Oil and Salt Scrub Polish

All skin types

Duration: 60 mins.

STEP 1 WELCOME INTRODUCTION

- Signature Welcome Ritual
- Body Brush (Optional)

STEP 2 EXFOLIATE

- Apply chosen Body Oil-
Warming Ginger or
Calming Vanilla
- Apply chosen Body
Scrub- Arabica Salt Scrub
or Papaya Salt Scrub

STEP 3 MOISTURISE

- Enriched Body Cream
- Super Sculpt

STEP 4 AFTER CARE

- Enriched Body Cream
- Super Sculpt
- Arabica Bath Salts
- Papaya Bath Salts
- Calming Vanilla
Body Oil
- Warming Ginger
Body Oil

visit www.monuhub.com | see our full professional training videos and to discover
more details behind the MONU products

www.monuhub.com





Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |

MONUSKIN
PROFESSIONAL SKINCARE

MONUSpa Massage Candle Treatment

All skin types

Duration: 25 mins.

STEP 1

AROMAS BASE ACTIVES

- Shea butter & Vitamin E

RELAX

- Rose and Patchouli
Essential Oils

REVIVE

- Grapefruit and
Lemongrass

REJUVENATE

- Jasmine and Ylang
Ylang Essential Oils

STEP 2

MASSAGE

- Refer to the Relaxation Back
Massage Routine.

STEP 3

AFTER CARE

- Candle Trio
- Diffusers

visit www.monuhub.com | see our full professional training videos and to discover
more details behind the MONU products

www.monuhub.com





Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |

MONUSKIN
PROFESSIONAL SKINCARE

MONUSpa Ultimate Signature Body Ritual

All skin types

Duration: 2 Hours.

STEP 1 WELCOME INTRODUCTION

- Signature Welcome Ritual
- Body Brush (Optional)

STEP 3 MASSAGE

- Apply chosen Body Oil-
Relaxing Bali or
Stimulating Kyoto

STEP 5 AFTER CARE

- Enriched Body Cream
- Super Sculpt
- Arabica Bath Salts
- Papaya Bath Salts
- Calming Vanilla
Body Oil
- Warming Ginger
Body Oil

STEP 2 EXFOLIATE

- Apply chosen Body Oil-
Warming Ginger or
Calming Vanilla
- Apply chosen Body
Scrub- Arabica Salt Scrub
or Papaya Salt Scrub

STEP 4 FACIAL CARE

- Express Facial Treatment

visit www.monuhub.com | see our full professional training videos and to discover
more details behind the MONU products

www.monuhub.com





Unique | Natural | Proven

30 Years of Natural
Skincare Excellence

MONUSKIN
PROFESSIONAL SKINCARE

MONU PLUS Resurface and Peel Treatment

All skin types

Duration: 45 mins.

STEP 1 CLEANSE & EXFOLIATE

- Remove Eye Make-up
- Eye Lotion
- Gentle Cleanser
- Active Toner
- Micro Exfoliant

STEP 2 Application

- Recovery Balm applied to Nostrils, Eyes and Lip area
- Apply the Resurface and Peel Paste and massage into the skin for 2 minutes
- Apply Peel Lotion
- Hydrating Mask
- Leave mask on the skin for 10 minutes
- Essential Scalp Massage
- Remove Hydrating Mask

STEP 3 SPECIAL CARE

- Eye Cool Gel or Collagen Eye Cream
- Lip Balm
- Recovery Balm

STEP 4 AFTER CARE

- Hydrating Moisturiser SPF15
- Rosewood Reviving Mist

visit www.monuhub.com | see our full professional training videos and to discover more details behind the MONU products

www.monuhub.com





Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |

MONUSKIN
PROFESSIONAL SKINCARE

MONUSpa Boosting Detox Wrap

All skin types

Duration: 90 mins/105 mins/120 mins.

STEP 1 CLEANSE & EXFOLIATE
Not applicable for this treatment

STEP 3 SPECIAL CARE
• Super Sculpt

STEP 2 MASSAGE/MASK
• Slim Gel
• Wrapping Bandages,
Clips, Tape Measure
• Toner

STEP 4 AFTER CARE
• Super Sculpt
• Kyoto Body Oil
• Arabica Salt Scrub and
Vanilla Body Oil

visit www.monuhub.com | see our full professional training videos and to discover more details behind the MONU products

www.monuhub.com





Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |

MONUSKIN
PROFESSIONAL SKINCARE

MONU PLUS Prescriptive Facial

All skin types

Duration: 60 mins.

STEP 1 SKIN ANALYSIS

- Skin Analysis.
- Double Cleanse.
- Double Tone.

STEP 2 EXFOLIATE & MASK

- Exfoliate using the Micro Exfoliant.
- Compress Procedure.
- Relax Facial Massage.

STEP 3 MASK

- Apply Ampoule to the face and neck.
- Mix 10ml of the Prescriptive Gel Mask with two-four drops of the chosen Essential Oil.
- Apply Prescriptive Gel Mask to the face and neck using a fan brush.

STEP 4 MASSAGE

- Leave mask on the skin for 10 minutes.
- Carry out our Relax Scalp Massage.
- Remove mask using sponges or mitts.

STEP 5 SPECIAL CARE

- Apply serum.
- Apply Eye and Lip Products.
- Moisturise the face and neck.

visit www.monuhub.com | see our full professional training videos and to discover more details behind the MONU products

www.monuhub.com





Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |

MONUSKIN
PROFESSIONAL SKINCARE

MONUSpa Lime & Walnut Wrap

All skin types

Duration: 60 mins.

STEP 1 WELCOME RITUAL

- Welcome Ritual
- Body Brush (optional)
- Heat 15ml of Grapeseed Oil in warm water (10 mins).

STEP 2 EXFOLIATE

- Blend 15ml of Grapeseed Oil with 4 drops of Lime Essential Oil.
- Apply the warm oil to the body.
- Apply Body Buffer to body (paying particular attention to dry areas or other areas of concern).
- Wrap Client in foil and leave to relax for 15 minutes.

STEP 3 MASSAGE

- Massage the facial contours and scalp (15 minutes).
- Remove wrap and remove product residue using mitts or shower off.

STEP 4 MOISTURISE

- Apply Enriched Body Cream.
- Apply Aroma Compress - Lime Essential Oil.
- Recommend homecare.

visit www.monuhub.com | see our full professional training videos and to discover more details behind the MONU products

www.monuhub.com





Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |

MONUSKIN
PROFESSIONAL SKINCARE

RENU SKIN Intense Lift Anti-aging Facial Treatment

Mature skin

Duration: 75 mins.

STEP 1 **CLEANSE & EXFOLIATE**

- Remove Eye Make-up
- Rich Cream Cleanser
- Soft Touch Toner
- Essential Mitt Procedure
- Radiant Skin Peel,
Leave on the skin
for 10 minutes
- Massage feet and
lower leg

STEP 2 **MASK & MASSAGE**

- Nourishing Treatment
Oil
- Intense Lift Facial
Massage
- Apply either the lifting
Algae Mask or
Nutritious Oat Mask
- Leave on the skin
for 10 minutes
- Enriched Body Cream
- Hand and Arm
Massage
- Remove Facial Mask

STEP 3 **SPECIAL CARE**

- Lip and Eye Active Lift

STEP 4 **AFTER CARE**

- Deep Repair Complex
- Restoring Cream
Rich or Light
- Instant Smoothing
Serum
- Rosewood Reviving Mist

visit www.monuhub.com | see our full professional training videos and to discover
more details behind the MONU products

www.monuhub.com



Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |**MONUSKIN**
PROFESSIONAL SKINCARE

MONUMama Pregnancy Ritual

All skin types**Duration: 60 mins.**

STEP 1 WELCOME RITUAL

- Welcome Ritual.
Position client onto their side ensuring comfort using a pregnancy pillow- see training manual for correct positioning.
- Begin the treatment by massaging one side of the back.
- Gently turn client over onto their other side and repeat routine.

STEP 2 MASSAGE

- Position client onto their back- see training manual for correct positioning.
- Using the Gentle Cleanser, cleanse the skin in preparation for the Relax Massage.

STEP 3 FACIAL MASSAGE

- Following the Relax Massage procedure, carry out the routine on the Face, Neck and Décolleté.
- Bringing the treatment to an end, spritz the Rosewood Reviving Mist over the face.

visit www.monuhub.com | see our full professional training videos and to discover more details behind the MONU products

www.monuhub.com

Unique | Natural | Proven

30 Years of Natural
Skincare Excellence |**MONUSKIN**
PROFESSIONAL SKINCARE

MONU SKIN For Men Total Reviver

Male skin**Duration: 60 mins.****STEP 1** CLEANSE & EXFOLIATE

- Eye Lotion
- Cleanse - Fresh Wash
- New Skin Scrub

STEP 3 SPECIAL CARE

- Vital Eye Gel

STEP 2 MASK & MASSAGE

- Essential Mitt procedure using Lime Essential Oil
- Men's Facial Treatment Oil
- Relax Massage Routine
- Apply Men's Algae Mask
- Leave mask on the skin for 10 minutes
- Hand and Arm Massage
- Remove Facial Mask

STEP 4 AFTER CARE

- Skin Salvage or Age Combat
- Rosewood Reviving Mist

visit www.monuhub.com | see our full professional training videos and to discover more details behind the MONU productswww.monuhub.com

Resource Centre

www.monuhub.com

