



# PYRRHA'S METAFACIAL MASSAGE™

## 7-DAY SKIN RETREAT

**Sun**

### PYRRHA'S METAFACIAL MASSAGE WORKSHOP 3-5 PM MST

**Prep:** Pyrrha's Rose Cleansing Cream, beauty towel, headband, hair clips, open neck t-shirt, cotton pads, toner, eye cream, neck cream

**Mon**

INDEPENDENT PRACTICE WITH YOUR ILLUSTRATED PMM INSTRUCTION SHEET.

VIEW RECORDED MORNING AFTER VIDEO.

**Tue**

RINSE FACE AND APPLY MORNING AFTER PRODUCTS.

### FACIAL MASSAGE GROUP CO-PRACTICE 6:30-7:00 PM MST

**Prep:** Pyrrha's Rose Cleansing Cream, beauty towel, headband, hair clips, open neck t-shirt, cotton pads, toner, eye cream, neck cream

**Wed**

### GROUP RESTORATION CIRCLE 6:30-7:30 PM MST

**Prep:** Empty stomach, sticky mat, blanket, bolster, water bottle  
INDEPENDENT PRACTICE WITH YOUR ILLUSTRATED PMM INSTRUCTION SHEET.

**Thu**

### FACIAL MASSAGE GROUP CO-PRACTICE 6:30-7:00 PM MST

**Prep:** Pyrrha's Rose Cleansing Cream, beauty towel, headband, hair clips, open neck t-shirt, cotton pads, toner, eye cream, neck cream

**Fri**

VIEW AND PRACTICE WITH RECORDED PRANAYAMA VIDEO.

INDEPENDENT PRACTICE WITH YOUR ILLUSTRATED PMM INSTRUCTION SHEET.

**Sat**

### FACIAL MASSAGE GROUP CO-PRACTICE 6:30-7:00 PM MST

**Prep:** Pyrrha's Rose Cleansing Cream, beauty towel, headband, hair clips, open neck t-shirt, cotton pads, toner, eye cream, neck cream