

Cleansing	Removes dirt, oil and make-up from the skin
Exfoliation	Removes dead skin cells from the surface of the skin
Steam	Helps soften sebum and prepare the skin for treatment
Effleurage	A massage movement using gentle stroking actions
Sebum	Natural oil produced by the sebaceous glands
Epidermis	The outermost layer of the skin
Moisturiser	Helps hydrate and protect the skin
Contraindication	A condition that may prevent or restrict treatment