

# Relax & Unwind

A step-by-step guide to creating some long overdue 'me-time'

1

First things first – take a few deep breaths to help you relax and unwind.

2

Warm a little Wanderbalm in your hands before massaging onto your face and neck. Remove with a damp towel to reveal squeaky-clean skin.

3

Carefully remove the eye and mouth patches from their sachet, and apply directly to eye and mouth areas.

4

Open the resurrection collagen sachet, unfold sheet and place mask over face, with first the upper, then the lower loops hooked over your ears. You'll look a little strange, but we promise it'll be worth it.

5

Leave to work their magic for 15-20 mins while you sit back and relax.

6

Remove the mask and patches, and gently massage the leftover serum into your skin.

7

Complete your in-room pampering by massaging a little more warmed Wanderbalm into skin – it's a great moisturiser too.

**Don't forget to take your remaining Wanderbalm away with you – it's great for cracked lips, dry skin, promoting nail growth – you name it.**

# Girls' Night In

A step-by-step guide to perfect pampering with your bestie

1

First things first – take a few deep breaths to help you relax and unwind.

2

Warm a little Wanderbalm in your hands before massaging onto your face and neck, then removing with a warm, damp cloth to fully cleanse skin.

3

Mix about ½ tsp bamboo exfoliation with a splash of water in your hands to create a creamy paste. Apply to skin and massage gently for approx. 1 minute, allowing the active ingredients to work their magic. Remove with a warm, damp cloth or towel.

4

Open the resurrection collagen sachet and unfold the sheet mask inside. Place mask over face, hooking upper then lower loops over your ears. You'll look a little strange, but you're amongst friends, and we promise it'll be worth it.

5

Leave mask on for 15-20 mins to ensure maximum moisturising, elasticity-increasing and collagen-cell-boosting effects.

6

Remove mask and gently massage the leftover serum into your skin.

7

Complete your in-room pampering by gently massaging a little more warmed Wanderbalm into skin – it's a great moisturiser too.

**Don't forget to take your remaining bamboo exfoliation and Wanderbalm away with you, to continue your pampering when you get home.**

# Time for Two

Your step-by-step guide to indulging in some overdue pampering for the two of you

1

First things first – you'll need squeaky-clean skin, so we recommend thorough cleansing before applying the masks.

2

Take a few deep breaths to help you relax and unwind.

3

Carefully remove the eye and lip patches from their sachet and apply directly to eye and mouth areas.

4

Open the collagen and charcoal sachets, decide who's having which one, then unfold sheets and place mask over face, with first the upper then the lower loops hooked over your ears. You'll look a little strange, but we promise it'll be worth it

5

Leave to work their magic for 15-20 mins while you sit back and relax.

6

Remove the mask and patches, and gently massage the leftover serum into your skin.

7

Now for the fun part – your calming oil. Great as an evening body oil to help you drift into the soundest of slumbers, or as a massage oil to ease each other's tired muscles and hydrate skin.

**Don't forget to take your calming oil away with you, to continue your pampering, massaging and deep-sleeping when you get home.**