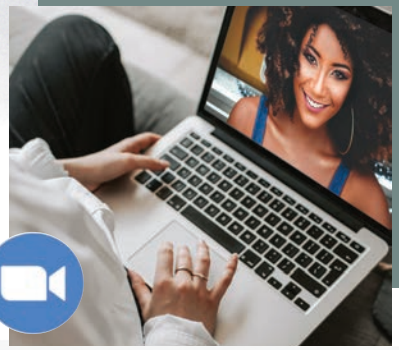
SPA HOUR INSTRUCTIONS



You will need a smart phone for the Scan + a computer or tablet for the Spa Session.

I use **Zoom Video Conference** for my Sessions. If you have not used Zoom before, you will want to go to **zoom.us** on your computer or tablet and create a free account prior to the Session. At the time of the session you will just click on the Zoom link on your computer/tablet and it will take you straight to the session where you will join by video.

Download the free **Mary Kay Skin Analyzer App** on your phone so it is ready to go during our session. I will walk you through how to use it during your session.

The session will be an hour. I recommend setting your device up somewhere quiet and stationary so that you can stay in one place for the duration of the session. Locking yourself in the bathroom away from the rest of the fam will help you get the most out of your Spa Hour. 😉

Supplies:

- Computer or Tablet for the Zoom
- Phone for the 3D Skin Analyzer App
- A sink or a wet washcloth
- A dry towel or washcloth
- A blank piece of paper
- Something to write with
- Beverage of your choice

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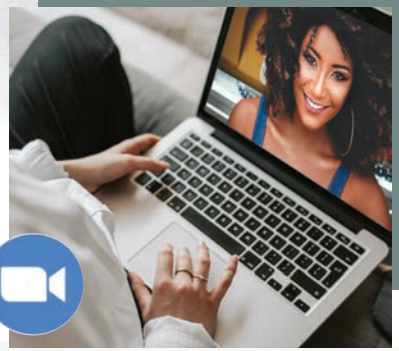

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