

Flow & Glow

SPA + STUDIO

Glow Instructions: Your Red Light Therapy Mask Guide

Congratulations on investing in your skin and your long-term wellness. Your Lumara Red Light Therapy mask is a medical-grade device backed by a two-year warranty—and I'm always here for support.

SETUP INSTRUCTIONS

- Fully charge your device before first use.
- Attach the adjustable straps for comfort.
- Keep cords away from pets.
- Use your travel case when storing or traveling.

DAILY USE

- Set your mask to Level 3 (high power).
- Use it for 20 minutes every day.
- Glow while watching a show, stretching, legs up the wall, or doing neck hangs to support lymphatic flow and posture.

CLEANING

Use Prevention Wipes (Amazon, \$19.99). Clean inside and outside twice weekly. Avoid alcohol or harsh chemicals.

SEA GLOW MIST

Spray generously on your face, neck, and chest before and after each session to enhance hydration and results.

MORNING ROUTINE

Cleanse → Glow/Sea Mist → Ice Roll → Mask (20 min) → Glow/Sea Mist → Vitamin C → Peptides → Hydration → Glow Oil → SPF

NIGHT ROUTINE

Cleanse → Glow/Sea Mist → Mask (20 min) → Glow/Sea Mist → PM Restore (retinol) → Lighteners/Glycolics → Glow Renewal Oil

WEEKLY SCRUB

I recommend using Karin Herzog Micro Scrub once a week. Gentle enough for eyes and lips. Remove before masking.

YouTube Glow Community: <https://youtu.be/6t8Xv9jDP4Q>

Contact Me Anytime

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