

# 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

**408-656-3294 • [katie@yogaparty.net](mailto:katie@yogaparty.net) • [flowglowspa.com](http://flowglowspa.com)**

