



NATURAL IMAGE CARE CAMILLE CONTI

REVOLUTIONARY SKIN AND SOUL
HEALING WITH LOVE!

SELF CARE INSTRUCTIONS FOR NON-SURGICAL FACE LIFT INFUSION SYSTEM SELF-LOVE PROGRAM

8-Pc. Non-Surgical Face Lift Infusion System... Look & Feel 10 Years Younger!

Once a Week Peel, Self-Love Treatment~

Step A1: Triple Action Frosting Peel~ Once a week apply a generous layer of peel on entire face, neck and chest like icing on a scone and allow it to lay on skin for 30 - 60 minutes. (Do not massage into your skin.) Rinse off peel with a cool or warm wet face cloth. (You can follow the AHA Facial Polishing Treatment with Peel)

Follow with Daily AM or PM Treatment shown below here. Helps to heal and/or reduce scars, wrinkles, fine lines, brown spots, large pores, acne, black heads, white heads, dry, dull skin and produces soft, smooth, firm, tight, even tone, bright, vibrant skin!

*Note: While the peel is processing for 30 - 60 minutes, consider this your daily prayer / meditation and relaxation self-care time to recharge your battery and rejuvenate yourself.

Play meditation / spa treatment music while doing your “daily cleansing, boundaries, grounding, mirror work and mind-movie manifestations routine” - these instructions are below.

Daily AM & PM Face Lift, Self-Love, Meditation & Manifestation Treatment (Only 2 Minutes) ~

Step 1: Gentle Rejuvenating Cleanser and/or Repairing Cold Cream Make-Up Remover

Deep Cleanser~ Daily AM & PM - Wet skin, massage a dime size of cleanser well into face, neck and chest while infusing your “positive intentions” of Love, Health, Beauty and Abundance while “Visualizing” your skin in your mind's eye looking clear, even tone, bright, tight, firm and vibrant for 60 complete seconds. Allow the healing energy to come through your hands touching every part of your skin with love during all of the following steps. Rinse cleanser off with your healing hands & clear water, then pat dry or rinse off cleanser with warm wet wash cloth.

Step 2: Gentle Herbal Healing Toner Mist~ Daily AM & PM - Spritz 4 times from 7 inches away on face, neck & chest while infusing your “positive intentions and visualizations.” Leave on. Helps skin balance acidity, tighten, brighten & heal acne. Prepares skin to deeply receive serum, moisturizer and cream.

Step 3: Firm N Fill Serum~ Daily AM & PM - Massage a dime size of serum on face, eyes, neck and chest while infusing your “positive intentions and visualizations.” Add more to areas that can use help to smooth, even, firm, fill, brighten & tighten!

Step 4: Wrinkle Free Eye & Lip Cream~ Daily AM - Gently apply a dime size around entire eye & lip area while infusing your “positive intentions and visualizations.” Add generous layer for dark circles, eye bags, eye or frown wrinkles, fine lines, crow’s feet or puffiness.

Step 5: Beautiful Clear Skin Anti- Aging Moisturizer~ Daily AM - Massage a dime size of moisturizer on face, eyes, neck and chest while infusing your “positive intentions and visualizations.” Deeply hydrates, reduces wrinkles, fine lines and acne.

Step 6: Glyco-Lipid Revive Cream~ Daily PM (AM & PM for over 50 years) - Massage a dime size of cream on face, neck and chest while infusing your “positive intentions and visualizations.” Add more to areas that can use help to soften, revive, smooth, even, firm & tighten!

Step 7: Lip Repair Plumper~ Daily AM & PM - Apply generously to top and bottom lip while infusing your “positive intentions and visualizations” and massage lips together. Then smile and allow the love in your heart & soul to radiate through your eyes and smile!

Camille Conti’s Youthful Beauty Secrets~

Beauty is Self-Love! You are worthy of receiving unconditional self-love! You are whole and perfect just as you are and loved simply because you exist. Forgive yourself & others for any issues that you are holding on to. Let go of any anger, jealousy, guilt, shame or resentment. Raise your self-love, confidence, compassion, radical acceptance and move forward to achieve your personal goals one day at a time boldly. Honor and respect yourself with daily cleansing, clearing, boundaries, shields and grounding. Make No Apologies!

Please follow the daily protocols listed here next to Empower Your Inner and Outer Beauty, Health, Love & Joy to Radiate Brightly!

Eight Step Healing - Forgiveness Process To Radical Acceptance

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For healing/release of physical, emotional, mental and or spiritual wounds, patterns and/or pain relief:

(Say the following steps out loud, looking at yourself in the mirror with your whole heart, mind, body and soul. Use strong, positive, high vibrational inflection in the tone of your voice and sincere meaning in your feelings, thoughts and visualizations!)

- 1.) I acknowledge this _____ and recognize this _____
- 2.) I thank you for coming up for healing.
- 3.) I choose to heal this.
- 4.) I forgive myself and any and all parties involved known or unknown to me.
- 5.) I integrate the lessons learned from this.
- 6.) I release all the rest with love, respect and gratitude and no harm done to none.
- 7.) I choose to move forward with love and with all aspects of myself on board with radical acceptance of all of all.
- 8.) I choose to practice radical forgiveness, compassion and acceptance for all of all daily.

And so it is.

Self-Love Prayer & Invocation

Say The following two prayers every morning with both of your hands over your heart. After you say these two prayers in a row then keep your hands over your heart for two additional minutes allowing the unconditional love to flow in and funnel in through your hands into your heart as Divine Creator is your surrogate to invoke, integrate, hold, maintain and embody Self-Love!

1. Dear Father, Mother, Creator God, Holy Spirit, Mother Mary & Jesus (Creator/ Divine/ Source - or whatever you feel comfortable and resonate with.): Please fill me up with unconditional self - love in my mind, body, spirit & auric fields and every cell of my being on my behalf from me. And so it is! Amen.
2. Dear Father, Mother, Creator God, Holy Spirit, Mother Mary & Jesus (Creator/ Divine/ Source - or whatever you feel comfortable and resonate with.): Thank you for filling me up with unconditional self - love in my mind, body, spirit & auric fields and every cell of my being on my behalf from me. And so it is! Amen.

Note:

Whenever you're not feeling well (emotionally, mentally, spiritually or physically): Talk to your body and the organs lovingly that are having physical symptoms and tell them, "I love you. I really, really love you... (heart, lungs, stomach etc.) or if emotional symptoms- talk to your higher self, mind, body and spirit and say, "I love you, I really really love you!"

Energy Maintenance Protocol For Sensitive or Empathic Individuals-

Your daily mind, body and spirit grounding, boundaries & shielding and energy cleansing daily maintenance program.

AM & PM Maintenance:

Step 1: Grounding

Step 2: Boundaries and Shielding

Step 3: Energy Cleansing & Dialysis

(It is recommended to put each of these three steps on a "default setting" with a physical action that represents this step and the words and intentions associated with it such as "I am now grounding" or "I now set my boundaries and shielding for the day or evening" or "I know cleanse my energy" Set up an intention with your mind body and soul that when you say these statements the following directions apply as a program that downloads and takes immediate affect for the entire day or the entire evening. This way you don't have to state all of these things and take the time to do that but when it's a serious situation and more intense then go ahead and read this stops to do a strong scrubbing cleansing instead of just a regular cleansing.)

Repeat the 3 Steps as needed during the day after dealing with a person, place, thing or event that was stressful or energy draining to you.

Step 1: Grounding:

Visualize sending anchors out from your feet down into mother earth with roots like trees so that they are tethered in and secure all the way to the bottom of mother Earth and out and around it up through heaven and tethered with roots and then down into your crown chakra tethered into all of your 12 chakras within your body and now you will be anchored in, safe and secure and this will help you so that you experience less highs or lows, stress, anxiety, depression, mania etc.

Step 2: Boundaries and Shielding:

Visualize bubbles around your entire body that look like coffee filters were there see-through and light and love can come through them only and anything else just bounces off of them. You can have a default setting of maybe 2000 for a regular day of bubbles that are wrapped over the top of each other layered and with each extra bubble there is a stronger capacity to allow only high vibrational energy of love and light to come through and anything else just bounces right off of them. When there is a stronger situation going on then you add maybe 10,000 bubbles or 20,000 and go up until you feel comfortable and you don't feel the energy around you affecting you any longer. The intention of that number of bubbles creating that layer of protection is what is required for it to work and when you don't hold the intention then the bubbles will go down so it's important to set them every morning and every night and then increase them as needed throughout the day if there is a high energy draining a vent or stressful event happening or you're in the store or public event and you're just sensitive to energy to begin with.

Step 3: Energy Cleansing and Dialysis:

I am now ready, willing and able to release any and all energy that is not mine and is no longer serving me for my highest and greatest good. I cut all chords, ties, threads, connections, tethers and Gels and release them up to heaven with love and gratitude no harm done to none... from all people, places, things and events, past, present and future on all levels planes and dimensions and all moments of time that have voluntarily or involuntarily connected into me or I connected into them. I Release them now with love, gratitude, forgiveness, compassion, grace, healing and acceptance.

I am now ready willing and able to receive unconditional love, forgiveness, compassion, Grace, healing and acceptance into every cell of my mind body and spirit and auric field and all levels planes and dimensions and then I'll moments of time past present and future and so it is! As it is above, so it is below, so it is within and so it is without. Thank you and thank you and thank you amen and amen and amen!

Channeled by Camille Conti, CH