

# SIMPLE SKIN CARE GUIDE

## DAILY

### CLEANSE

Cleanse your skin with a cleanser suited to your skin type. Ensure you are massaging the skin for at least 1 minute. Add a little extra water to your hands to move the cleanser around.

Morning cleanser can be done in the shower to save time.

End of day, double cleanse to remove dirt, makeup and the skin products applied in the morning.

Your skin should NOT feel dry following cleansing. If so, the cleanser is too harsh.

Never go to sleep with make up on.

### TONER

Toner re-hydrates the skin and prepares it for the application of skincare products.

You can use a spray on toner, or one that is patted onto the skin.

Pure Rosewater is an excellent overall toner.

### SERUM

Apply a few drops of serum for added moisture and to target specific skin issues such as anti-aging, wrinkles, acne.

Jojoba oil is a fantastic serum that can be used for all ages. It is not an oil but a wax ester that is the closest product to the natural oils in our skin.

### MOISTURISE

Even the oiliest skin needs moisturiser! Find the right type and apply it to nourish and protect your skin.

Day time moisturisers can have added SPF  
Night time moisturisers must be SPF free.

### EYE CREAM

Morning and night. Apply gently with fingertips around the delicate eye area.

### SPF

If you're spending any time outside during the day, then SPF is a must.

In Australia, it is recommended to use a SPF50. Apply to face, neck, décolletage, arms, hands, legs, and any other exposed areas.

### SUPPLEMENTS

Collagen powder or capsules.  
Silica liquid or capsules.

## WEEKLY

### EXFOLIATE

Removes dead skin cells and improves the appearance of skin. Exfoliation also allows products to penetrate the skin more efficiently.

Choose an exfoliant suitable for your skin type.

Exfoliants can be a grainy type of scrub, used gently with light pressure, massage into the face for 1-2 minutes and rinsed.

Or an acid based cream (ie lactic acid, PHA, AHA, BHA), spread onto the skin and left for 5-10 minutes and then rinsed. Always read the instructions on the product.

### MASK

Can provide extra hydration or to correct specific skin conditions such as acne and dehydration.

Masks can be cream based, or an infused breathable sheet. Leave on for 10-30 minutes and then wipe or rinse off.

Apply your regular skin care products following an exfoliation or mask.

