



empowered *skincare*

EMPOWERED SKIN, EMPOWERED YOU

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EMPOWERED SKIN, EMPOWERED YOU.

Our skin, the largest organ, often reflects our internal health, lifestyle choices, and emotions. Breakouts, dry patches, oiliness, or premature aging - these are not just cosmetic concerns but also clues about our body's inner health. Stress, hormones, nutrition and hydration also play a huge role in skin health.

Empowered Skincare was born from owner Sam Murray's health journey to manage her imbalanced hormones and inflamed, breakout-prone skin. Sam discovered the harsh truth about the chemicals and toxins in many self care products she was using and was determined to switch to a more natural lifestyle. This led her to create a natural and hormone friendly skincare range suitable for all skin types, including sensitive skin.

At Empowered Skincare, we believe skincare is an act of self love. It's about dedicating moments in your day to connect with yourself, nourishing your skin and soul. Remember, it's normal to have a breakout or a bad day sometimes. Be gentle with yourself. With every skincare routine, you're not just working towards beautiful skin but fostering a deep sense of wellbeing and offering yourself a moment of peace.

Empowered Skincare products are Australian made, filled with botanicals, plant, and fruit extracts, and packaged in BPA free materials. Natural skincare appeals to many people because of the focus on ingredients that are safer for the skin. Our ingredients are built to soothe and reduce any inflammation, breakouts or reactions however It's common for skin to respond to new products, especially if you have been using strong chemical skincare. Remember, as with anything you put into or on your body, if you experience an adverse reaction, discontinue immediately.

We proudly offer products that are Paraben Free, Sulphate Free, Cruelty Free, Sensitive, and Hormone Friendly. Empower your skin, empower yourself.

SKIN TYPES

NORMAL SKIN

This is the Goldilocks of skin types - not too dry, not too oily. It's characterised by few imperfections, no severe sensitivities, barely visible pores, and a radiant complexion.

Care Tips: Regular cleansing and moisturising will keep this skin type happy. It's also flexible in terms of product choices in a balanced routine

OILY SKIN

Oily skin tends to have a shiny appearance, especially as the day progresses. This type often comes with larger pores and has a higher chance to develop acne and blackheads due to excess sebum production.

Care Tips: Gentle cleansing (avoid over-cleansing), and light moisturisers are your best friends. While it might seem counterintuitive, don't skip moisturising; it can actually help regulate oil production.

DRY SKIN

Dry skin can sometimes feel tight, especially after cleansing. It might look dull, flaky, and even have red patches. Pores are often less noticeable, but the skin can be more prone to fine lines.

Care Tips: Hydration is key. Our Cream Cleanser, Hyaluronic Acid Serum and Moisturiser is the perfect 3 step solution.

COMBINATION SKIN

As the name suggests, this type is a combo. Typically, the forehead, nose, and chin (the T-zone) are oily, while the cheeks might be normal or dry. This duality can sometimes make skincare a bit challenging.

Care Tips: It's about balance. You might need to mix and match products to cater to the different needs of your skin. For instance, using our Moisturiser for the T-zone and Night Oil for the cheeks.

SENSITIVE SKIN

Sensitive skin can easily flare up, resulting in redness, burning, itching, or dryness. It might react to new products, certain ingredients, or environmental factors like heat. Young skin should also lean towards sensitive products.

Care Tips: Gentle is the mantra here. Always do a patch test when trying new products. It's also beneficial to familiarise yourself with ingredients that your skin might not favour and steer clear of them e.g Niacinamide



OIL CLEANSER

Cleansing is the step where you rid your skin of accumulated dirt, excess oil, makeup, sunscreen and environmental pollutants. Clean skin is essential as it allows for the following products to work effectively.

Are you looking for a gentle deep clean? Try our oil-to-milk cleanser, that removes stubborn makeup and sunscreen leaving the skin soft and hydrated, without stripping the skin's natural oils.

SKIN TYPE

All skin types, including sensitive.

KEY INGREDIENTS

Our two favourite oils make a dynamic duo in our Oil Cleanser. Apricot Kernel Oil soothes irritated skin while Jojoba Oil helps to balance sebum production of oily skin.

WHEN TO USE

As the first step in the evening double cleansing routine, to remove makeup and sunscreen. Followed by Cream Cleanser. Extra dry skin may like to Oil Cleanse twice.

HOW TO USE

Rub between palms with dry hands and face, before massaging into the skin paying attention to makeup areas. Add water to create a milky emulsion and remove with a damp facial puff/cloth. Safe to use around the eyes however, avoid direct contact with eyes.

FULL INGREDIENT LIST

Jojoba Oil, Apricot Kernel Oil, Polysorbate 85, Almond Sweet Oil, Caprylic/Capric Triglyceride, Olive Oil, Sunflower Oil, Orange Sweet Australian Oil, Bergamot Oil, Glyceryl Caprylate, Natural Vitamin E, Glycerine, Calendula Flower Extract

CREAM CLEANSER

Wash away the stress of the day with our light but nourishing Cream Cleanser. An effective cleanser will leave your skin feeling like it can breathe. It won't leave your skin feeling tight or overly dry. This cleanser is a moisturising, protective and calming formula.

Whilst we recommend double cleansing of an evening, once a day is better than no days whilst you find your routine and this is the perfect daily cleanser. As with any routine, aim for consistency over perfection.

SKIN TYPE

All skin types, including sensitive.

KEY INGREDIENTS

Our main ingredient is Milk Thistle, also called Silybum (we had a good giggle too)! We love Milk Thistle because it helps reduce inflammation.

WHEN TO USE

As the first step in your morning and evening routine, or after using our Oil Cleanser as a makeup remover.

HOW TO USE

Gently massage in circular motions onto damp skin. Rinse away with warm water and a damp facial puff/cloth. Safe to use around the eyes however, avoid direct contact with eyes.

FULL INGREDIENT LIST

Purified Water, Apricot Kernel Oil, Cocos (Coconut) Nucifera Oil*, Vegetable (Palm Free) Glycerine, Elderflower, Jacaranda Mimosifolia, Silybum Marianum (Milk Thistle), Avena (Oat) Sativa, Cucumber Extract, Behenyl Alcohol, Glyceryl Stearate Citrate (Vegetable Derived), Cucumber Seed Oil, Arachidyl Alcohol, Arachidyl Glucoside, Decyl Glucoside, Xanthan Gum, Phenoxyethanol, Ethylhexylglycerin, Jasmine, Neroli Oil, Citric Acid - * Organic Ingredients





PINK CLAY MASK

Pink Clay is known for its amazing benefits for sensitive skin. Free from preservatives due to its natural powder form and naturally scented with Lavender, our Pink Clay Mask helps to refine pores and calm irritated skin as the Pink Clay draws out any impurities. It also gently exfoliates, making it an ideal exfoliating treatment for all skin types.

A weekly treatment mask featuring several healing herbs.

SKIN TYPE

All skin types, including sensitive.

KEY INGREDIENTS

Pink Clay draws out impurities in the skin without over drying, while Calendula and Aloe Vera helps to soothe and calm skin.

WHEN TO USE

Apply to clean and dry skin directly after cleansing. Recommended use 1-2 times a week.

HOW TO USE

Add about half a teaspoon of the Pink Clay powder to a small bowl. Activate the clay by adding roughly a teaspoon of water and mix together with a Mini Mask Brush to form a paste. You can add more mask or more water depending on your consistency preference. We suggest a mask just thick enough that it doesn't drip off your mask brush.

Apply to the face and neck and leave on the skin for 10-20 minutes. To remove, spritz our Floral Water and use a damp facial puff to wipe off mask.

FULL INGREDIENT LIST

Kaolin (White Clay), Red Iron Oxide (Pink Clay), Cocos Nucifera (Coconut Milk) Powder, Calendula Officinalis Flower Extract, Aloe Barbadensis (Aloe Vera) Leaf Juice Powder*, Chamomilla Recutita (Chamomile) Flower Extract, Lavandula (Lavender) Angustifolia Oil - * Organic Ingredients

FLORAL WATER

Introducing a natural toner, our Floral Water is the gentle spritz you've been looking for. Our Floral Water is designed to rebalance the skin's natural pH level, which can be disrupted during cleansing and remove any lasting impurities. Use on it's own to add moisture to the skin, to set makeup or paired with the Pink Clay Mask.

SKIN TYPE

All skin types.

KEY INGREDIENTS

Our Floral Water features Rose Bulgarian Absolute, which provides a protective effect that leads to clearer, softer, and less irritated skin.

WHEN TO USE

Can be used daily as a toner after cleansing to help reduce oiliness and pores, hydrates skin and lifts dirt. We recommend using this before water based serums such as Hyaluronic Acid Serum for extra hydration. Can be used to assist in the removal of our Pink Clay Mask, or to set makeup.

HOW TO USE

Close eyes and spritz over your face after cleansing and before applying serums or Moisturiser. Use in the same manner to assist in the removal of our Pink Clay Mask. Can also be used as a makeup setting spray.

FULL INGREDIENT LIST

Purified Water, Phenoxyethanol, Ethylhexylglycerin, Rose Bulgarian Absolute



BLEMISH GEL

Dealing with pesky pimples? From sudden breakouts to acne, most people will face a skin challenge at some point. Acne is one of the most common skin conditions characterised by clogged pores, pimples, cysts, and other blemishes, particularly in young skin. While often linked to hormonal fluctuations, factors like stress, diet, and using wrong or excessive skincare products can also contribute.

That's where our gentle blemish gel steps in to save the day. Our spot gel will reduce the size of pimples and calm redness.

SKIN TYPE

Problematic / Blemished Skin Types.

KEY INGREDIENTS

Australian Tea Tree and antifungal Lemon Myrtle helps to kill surface bacteria. Plus, Pineapple and White Willow Bark (nature's gentlest Salicylic Acid, FYI) to dissolve dead skin cells and help prevent future breakouts.

WHEN TO USE

Use morning and night as a spot gel on clean skin when a blemish begins to appear.

HOW TO USE

After cleansing, apply a small amount of gel to blemishes. A slight tingling feeling is normal however, If stinging occurs remove and discontinue use.

FULL INGREDIENT LIST

Aloe Barbadensis (Aloe Vera) Gel*, Aloe Barbadensis (Aloe Vera) Extract*, Vegetable (Palm Free) Glycerine, Ananas Sativus Fruit (Pineapple) Extract, Salix Alba (White Willow Bark) Extract, Glycyrrhiza Glabra (Licorice) Root Extract*, Xanthan Gum, Citric Acid, Backhousia Citriodora (Lemon Myrtle) Oil, Melaleuca Alternifolia (Tea Tree) Oil - * Organic Ingredients

HYALURONIC ACID SERUM

This radish root based serum, Hyaluronic Acid, holds an impressive 1000 times its weight in water allowing hydration into the deeper layers of your skin. The result? An immediate hydration boost to plump up and rejuvenate complexion. Perfect for dry, dull and ageing skin; or those who want that extra glow.

SKIN TYPE

All skin types, including sensitive.

KEY INGREDIENTS

Our Hyaluronic Acid Serum is a gentle vegan serum that packs a punch. It is anti-inflammatory, improving skin texture and offers extreme hydration for all types of skin.

WHEN TO USE

Use morning and night on clean damp skin before any oil based serums, followed by Moisturiser.

HOW TO USE

Apply a small amount into just wet hands, then use light fingertips to apply to your face. You can use a spritz of our Floral Water before application for extra hydration. Allow to absorb, before applying any other serums or Moisturiser. Perfect time to brush your teeth or recite your daily affirmations and gratitude.

FULL INGREDIENT LIST

Purified Water, Hyaluronic Acid (Vegan), Leuconostoc (Radish Root) Ferment Filtrate* - * Organic Ingredients



MOISTURISER

Nourish and soothe skin with our anti-inflammatory Moisturiser, leaving your skin feeling soft, subtle and revitalised. Our Moisturiser is the perfect balance of creamy without being too heavy.

Moisturisers are one of the three pillars of a skin care regimen, along with cleansers and sunscreens. Every skin type needs hydration. Yes, even oily skin. The key is finding the right type for your skin! Moisturising prevents skin dryness, can reduce the appearance of fine lines, and maintain the skin's youthful elasticity by hydrating the skin and sealing in moisture.

SKIN TYPE

All skin types, including sensitive.

KEY INGREDIENTS

A nourishing combo of Jojoba Oil, firming Banksia Flower and Jacaranda Flower which soothes and boosts collagen.

WHEN TO USE

Use morning and night as your last step to restore moisture.

HOW TO USE

Apply to cleansed face and neck with damp skin following cleansing and/or serums and massage in gently with fingertips.

FULL INGREDIENT LIST

Purified Water, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Vegetable Glycerine, Simmondsia Chinensis (Jojoba) Seed Oil*, Banksia Serrata (Banksia Flower), Jacaranda Mimosifolia, Calendula Officinalis Flower, Avena (Oat) Sativa, Glyceryl Stearate (Vegetable Derived), Behenyl Alcohol, Vitellaria Paradoxa (Shea) Nut Butter*, Glyceryl Stearate Citrate, Phenoxyethanol, Ethylhexylglycerin, Cananga Odorata (Ylang Ylang) Flower Oil, Lavandula (Lavender) Angustifolia Oil, Jasminum (Jasmine) Sambac, Citric Acid - * Organic Ingredients

NIGHT OIL

If you have dry skin, mature skin or are looking for extra glow, try finishing off your night routine with our Night Oil.

How do face oil products help? As the skin's protective barrier dries out, daily moisturising and face oils helps to retain water on the skin's surface, improving a range of conditions - from elasticity and firmness, to wrinkles and acne.

Our night time saviour, our Night Oil deeply hydrates, soothes and revitalises skin. A great addition, particularly in winter.

SKIN TYPE

All skin types.

KEY INGREDIENTS

Jojoba Oil helps to balance sebum production of oily skin while Pumpkin Seed Oil is highly absorbent, and is valued for its skin healing properties. Apricot Kernel Oil soothes irritated skin.

WHEN TO USE

Best used in the evening as a final step in your routine after moisturiser. For those with extra dry skin, you can incorporate into your morning routine to prime the skin before makeup.

HOW TO USE

Gently massage all over the face, neck and décolletage, after moisturising before heading to bed. A great slip factor for Gua Sha or face rollers too.

FULL INGREDIENT LIST

Jojoba Oil, Apricot Kernel Oil, Pumpkin Seed Oil.



AHA

AHA's (Alpha-Hydroxy Acids) are serums that work by exfoliating the skin, shedding surface skin cells. This treatment effectively promotes a more even skin tone while diminishing the appearance of dark spots, fine lines, and wrinkles. Please note products containing Glycolic Acid may increase photosensitivity, so it's important to apply SPF the following morning.

Our vegan AHA serum chemically exfoliates and smooths skin for a youthful look. Its lightweight formula hydrates without feeling heavy. This serum evens skin tone, reduces dark spots, fine lines, and wrinkles, revealing a radiant complexion.

SKIN TYPE

Ageing and/or problematic skin. Not suitable for young skin.

KEY INGREDIENTS

Thanks to its unique blend of 10% Glycolic Acid, Licorice, Resveratrol, Bisabolol and Kakadu Plum, our AHA packs a punch without being too harsh like other AHAs.

WHEN TO USE

On clean skin after before Hyaluronic Acid and/or our Moisturiser.

HOW TO USE

Dispense 3-4 drops onto your fingertips then gently glide over the target areas. For normal skin, use every second night and for sensitive skin use once per week as a treatment - you can gradually increase over 4 weeks if preferred.

FULL INGREDIENT LIST

Purified Water, Glycolic Acid, Sodium Hydroxide, Glycerine, Benzyl Alcohol, Xanthan Gum, Saccharide Isomerate, Alpha-Bisabolol, Cetearyl Alcohol, Maltodextrin, Natural Vitamin E, Cetearyl Glucoside, Grapeseed Oil, Dehydroacetic Acid, Caprylic/Capric Triglyceride, Almond Sweet Oil, Sunflower Oil, Malachite Extract, Biosaccharide Gum-1, Citric Acid, Sodium Citrate, Seabuckthorn Seed Oil *, Kakadu Plum Extract, Calendula Flower Extract, Resveratrol, Licorice Root Extract, Rosemary Leaf Extract ** Denotes Certified Organic

BAKUCHIOL

As our skin changes over time, so too should our skincare routines. Introducing our very own gentle and natural Retinol alternative, Bakuchiol.

Bakuchiol is a potent plant based anti ageing solution allowing you to feel your best in our own skin. Bakuchiol offers the benefits of wrinkle reduction, a collagen booster, improved texture, rejuvenation, helps to minimise pores and offers glowing skin. This oil based serum is unlike other Retinols as it is sun safe, pregnancy safe and won't dry out your skin.

SKIN TYPE

Mature / Ageing and/or Problematic skin. Not suitable for young skin.

KEY INGREDIENTS

Vegetable Squalane provides a non greasy and silky skin feel alongside the 1% Bakuchiol, bringing a glowing balanced complexion.

WHEN TO USE

On clean skin after any water based serums such as Hyaluronic Acid and before your Moisturiser. We suggest starting at night time, but can be used morning and night.

HOW TO USE

Dispense 2-3 drops onto your fingertips then gently glide over the target areas. Allow it to sink in before moving on to the next step of your skincare regimen.

FULL INGREDIENT LIST

Vegetable Squalane, Bakuchiol





SUPER SERUM

Our Super Serum steps in as the anti blemish hero we didn't know we needed. This vegan BHA (Beta Hydroxy Acid) treatment serum works by exfoliating skin working to unclog pores, regulate sebum production and reduce the occurrence of pimples and breakouts in adults. As this is an acid treatment, it may increase photosensitivity, so it's important to apply SPF protection the following morning.

Our Super Serum offers 1% Salicylic Acid reducing the appearance of breakouts, blemishes and imperfections, leaving you with a clear complexion without drying out your skin.

SKIN TYPE

Oily, problematic and/or mature skin. Not suitable for young skin.

KEY INGREDIENTS

Salicylic Acid helps clear pores to reduce breakouts whilst Glycolic Acid boosts natural exfoliation for smoother skin. Niacinamide calms redness for an even skin tone and finally Propanediol keeps your skin hydrated and stops it from drying out.

WHEN TO USE

On clean skin, after Hyaluronic Acid if using, and before your Moisturiser.

HOW TO USE

Dispense 2-3 drops onto your fingertips then gently glide over the target areas. For normal skin, use every second night and for sensitive skin use once per week as a treatment - you can gradually increase over 4 weeks if preferred.

FULL INGREDIENT LIST

Purified Water, Propanediol, Glycolic Acid, Glycerine, Pentylene Glycol, Sodium Hydroxide, Salicylic Acid, Niacinamide (Vitamin B3), Xanthan Gum, Potassium Sorbate, Sodium Benzoate, Phenoxyethanol, Ethylhexylglycerin, Lactic Acid, Disodium EDTA



SUN SAFETY

The radiant warmth of the sun might feel delightful on our skin, but its ultraviolet (UV) rays can wreak havoc if we're not careful. While a golden tan might be enticing for some, the long-term consequences of unprotected sun exposure far outweigh the temporary glow. skin.

UVA Rays: Often dubbed as the 'ageing rays', UVA rays penetrate deeper into the skin, leading to signs of premature aging such as wrinkles, fine lines, and age spots. These rays can harm your skin all year round, even on overcast days.

UVB Rays: More intense than UVA rays, UVB rays are the primary culprits behind sunburns. They play a significant role in the development of skin cancers

IMPORTANCE OF DAILY SUNSCREEN

Broad Spectrum: Always choose a sunscreen labelled "broad spectrum." This ensures you're protected from both UVA and UVB rays.

SPF: The Sun Protection Factor indicates how well the product will protect your skin from UVB rays. For daily use, an SPF of 30 is recommended. If you're outdoors for extended periods, consider a higher SPF and reapply every 2 hours.

Cloudy Days Deception: UV rays can penetrate through clouds, so even if it's overcast, don't skip the sunscreen. Reflective surfaces like snow or water can intensify sun exposure even more.

Apply sunscreen as the last step in your morning skincare regimen, before makeup. Don't forget areas like your neck, décolletage, and the backs of your hands. They're just as exposed and often overlooked. Reapply sunscreen, particularly on days where you are more exposed. If wearing makeup, consider products with SPF for an added layer of protection, but don't rely solely on them.



MORNING ROUTINE

Building a tailored skincare routine can feel daunting. Especially if it is your first time. We totally get it! But remember, it's not about having countless steps; it's about choosing the right ones that cater to your skin's unique needs. By understanding the core elements of skincare and how they fit into your day, you can craft a routine that's both effective and manageable.

CREAM CLEANSER	Start your morning with cleansing to remove the natural oils that accumulate on your skin overnight and any remnants of overnight skincare products.
BLEMISH GEL	If you have acne or blemishes, apply our Blemish Spot Remover gel as a spot treatment.
FLORAL WATER	For those looking for an extra cleanse, spritz our Floral Water toner to balance the skin's pH and prepare it for subsequent products.
HYALURONIC ACID SERUM	Get that glow going with our Hyaluronic Acid Serum.
MOISTURISER	Even if your skin is oily, don't skip this step. Use our Moisturiser to lock hydration in.
SUNSCREEN	Perhaps the most crucial step in the morning routine. A broad-spectrum SPF should be applied even if you're indoors, as UVA rays can penetrate windows.

EVENING ROUTINE

The goal for your evening routine is to repair and nourish the skin as it rejuvenates overnight. Remember, it's essential to introduce new products slowly, especially treatments. Start with a patch test to ensure you don't react negatively. And always listen to your skin—if something doesn't feel right, it's okay to adjust. Over time, with consistency and attention, you'll find the routine that makes your skin thrive.

CREAM CLEANSER	Start with our Oil Cleanser to remove makeup and sunscreen, followed by our Cream Cleanser to clean the skin.
PINK CLAY MASK	Once or twice a week, mix up your Pink Clay Mask for a serious deep clean and gentle exfoliation.
FLORAL WATER	Remove the Pink Clay Mask with our Floral Water toner. Again, balance the skin's pH and prepare it for the next steps.
AHA OR SUPER SERUM	For adults, use our AHA to target dark spots and wrinkles or our Super Serum to unclog pores with this chemical exfoliation. These serums should be used separately.
HYALURONIC ACID SERUM	Get that glow going with our Hyaluronic Acid Serum.
BAKUCHIOL	Evening is a good time our retinol alternative Bakuchiol. Keep in mind, this is an anti ageing solution and not suitable for young skin.
MOISTURISER	Keep skin hydrated with your daily Moisturiser
NIGHT OIL	If your skin is particularly dry, you can finish with our Night Oil to seal in moisture. Also a great base for using a Gua Sha or Facial Roller.



HOLISTIC APPROACH

Maintaining healthy and glowing skin goes beyond just using the right products. While skincare products play an essential role in protecting and nourishing your skin, other factors are equally important. Factors such as proper hydration, balanced nutrition, regular exercise that promotes sweating, and getting adequate sleep all contribute significantly to skin health. By incorporating these practices into your daily routine, you can enhance your skin's natural radiance and health.

HYDRATION: Hydration is key to glowing and healthy skin. When your skin is well hydrated, it looks plump, smooth, and radiant. Proper hydration helps maintain the skin's elasticity, reduces the appearance of fine lines, and creates a natural, healthy glow. Drinking plenty of water and using moisturising products can keep your skin hydrated, preventing dryness and dullness. Keeping your skin hydrated is one of the simplest and most effective ways to achieve a vibrant and healthy complexion.

NUTRITION: Eating a balanced diet rich in vitamins, minerals, and antioxidants can make your skin look vibrant and youthful. Nutrients like Vitamin C, Vitamin E, and Omega-3 fatty acids help protect your skin from damage, boost collagen production, and reduce inflammation. By eating plenty of fruits, vegetables, nuts, and fish, you can nourish your skin from the inside out. Good nutrition is one of the most effective ways to maintain a clear, radiant, and healthy complexion.

SWEAT IT OUT: Sweating helps clear out toxins from your pores, reducing breakouts and keeping your skin looking fresh. Regular exercise that makes you sweat improves circulation, giving your skin a natural, healthy glow.

SLEEP & REST: While you sleep, your body repairs and regenerates skin cells, healing damage and preserving a youthful appearance. Adequate sleep reduces dark circles and puffiness, allowing your skin to rejuvenate and look its best.



HOLISTIC APPROACH

When your skin's acting up, sometimes it's a sign you are more stressed than you realise. Let's break that cycle. This isn't just about feeling good for a few minutes. It's about resetting your mental state to support your healing journey.

Below are a set of exercises that help ground you when you're anxious, lift you up when you're down, and relax you when you're tense. These are your go to tools for a more centred, peaceful you and can be integrated during your routine whilst skin products are settling into your skin.

4-7-8 BREATH: Inhale deeply through the nose for 4 seconds, hold the breath for 7 seconds, and exhale completely through the mouth for 8 seconds. Repeat 4 times.

BODY SCAN MEDITATION: Start from your toes, gradually moving upward through your body, noting any tension and consciously relaxing those areas.

USE YOUR SENSES: Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

AFFIRMATIONS: Pick a daily affirmation and say it out loud in the mirror, and let it echo in your mind for a minute.. Some of our favourites are “I am enough” and “My self worth isn't tied to perfection”.

GRATITUDE: List 3 things you're grateful for today. They can be big or small.

JOURNAL: By writing out what's on your mind, it can help to organise your thoughts. You can write about your day, what is taking up most of your mental capacity or use a prompted journal to learn more about yourself.

empowered skincare

Empowered Skin, Empowered You

As we conclude this guide to our skincare products, we hope you feel empowered and informed about your journey towards optimal skin health.

At Empowered Skincare, we believe that radiant skin is a reflection of overall wellbeing. We know it's hard to find natural products that really work and we feel we have found the perfect balance. Our carefully curated products are designed to nurture and rejuvenate, integrating the best of nature and science.

Remember, true beauty begins from within, and a holistic approach to health – encompassing balanced nutrition, regular exercise, and mental wellness – is essential. Thank you for joining us in this journey to embrace a healthier, more vibrant you. Here's to your glowing skin!

We hope that you enjoy our products just as much as we do.



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