

# Glowing Skin Kit



**Roseau [ro-zo]** - rose water vapor-distilled from the petals of fresh roses with preserved rose essential oil. A toner, a skin balancing and healing hydrosol for any skin type.

**Granate [gruh-nut]** - a natural power source of fresh Vitamic C for your skin with anti-aging and free-radical fighting properties, it is a light daily moisturizing and protecting oil with beautiful scent of pomegranates.

**Poudre de Barie (Barie Powder)** - a collagen boosting exfoliant, rich in Vitamin E and Omega 3-12 fatty acids. Used 1-2 a week it helps boost collagen production in skin, get rid of dead skin cells to rejuvenate skin.

**Balance & protect skin with Granate**



Pomegranate Seed Oil can be used as your moisturizer as the last step in your skin care routine am/pm after Roseau (rose toner). Run a tiny amount of Granate Oil through your hair to tame flyaways and scent your hair. Granate makes a quick absorbing body oil too.

**Morning Routine:** use all oils in the morning immediately after shower when skin is slightly wet and pores are open. This way oil has ability to absorb quickly and lock the moisture. Use one drop at a time – a little goes a long way!

**Evening Routine:** put a few drops of pomegranate oil on clean face, massage using circular motion upward to lift skin and boost lymphatic drainage before sleep to further improve skin cell turnover and recovery that takes place while you sleep.

## Tone and lift skin with Roseau (rose toner)

A flower with highest vibrational energy of all plants, rose is a masterpiece of nature. To create a product that takes essence of rose without destoring its healing superpowers takes masters in the craft of rose water vapor distillation. It is not water you are putting on your face, it is essence of rose itself.

This is how we use rose water (daily). In the morning, after shower apply a few drops to face (using a cotton round) or a spray and tap the rose water into your skin until almost dry. This insures that the toner delivers the most benefits. After that always follow with a moisturizer like Barie Oil or Hoba Oil. We use Hoba Oil as our morning moisturizer and Barie Oil as a serum at night. At night repeat the same steps as in the morning - cleanse the face, tap the rose toner into your skin and add your favorite night serum (Barie Oil or a Rosehip Oil).



**Renew & nourture skin with Poudre de Barie**



Poudre de Barie (Barie powder) is hard to use by itself, it needs to be mixed with something like an oil or clay masque. Here is how we use it 1 to 2 times a week. Just remember - do not overexfoliate! If you already exfoliated or had some spa procedures done, use gentler cleansing methods and let skin heal before using Barie powder.

**Mix with an oil** - add a pinch of Barie powder to your hand and mix with a few drops of carrier oil (like Hoba - jojoba oil), apply to clean, slightly wet face and massage gently into skin. You can leave it on for 20-30 minutes if you like and then rinse off. No additional moisturizer will be needed.

**Boost your facial masque** (add to Katari Argil) in equal proportions - about 1 tsp of powder and 1 tsp of Argil green clay and add 2-3 spoons of water, until you get a creamy (not super thick) consistency. Apply to skin avoiding eyes with fingers or a brush (or a spatula, or a sponge) to clean, slightly wet skin. Leave sit until almost dry and rinse off with warm water. You might not need a moisturizer after this masque. Your skin will tell you.

