

FACIAL RITUAL



FOUR STEPS TO HEALTHY SKIN



**TAKE THE STEPS TO
CLEAR SKIN**

with consistency, nature and a clear mind.

Thank you for choosing Nurture with Nature products as your go to skincare ritual. Follow these steps to ensure you reap all the benefits of nature's best.

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1. Cleanse



2. Tone



3. Serum



4. Moisturize



1. Cleanse

Rinse and repeat this step to rid your skin of every scrap of dirt; the first cleanse attacks the surface grime while the second will reach right into your pores. Tip : Slice bar soap in pieces to help it last longer.

2. Toner

Skipping toner is like writing your dissertation then quitting before you've saved it; it makes all the effort of cleansing pointless as residual dirt may still remain. Sweep one on with a cotton pad to clarify your pores.

3. Serum (night)

If you plan to reap the pore-plumping, skin-brightening benefits of a serum, You'll want to apply every night before bed. Three drops in total. One to the forehead and each cheek. Massage it in an upwards and outwards motion.

4. Moisturize

Moisturiser is non-negotiable – even if your skin is oily.– so reach for the container of the creamy stuff and massage it in an upwards and outwards motion. You're face is now Locked and loaded!