

Surreal Skincare

Artisanally Crafted - 100% Natural

EXFOLIATING FOR DUMMIES

Exfoliating your face is very important for both acne and aging skin. Not only does it increase cell turn-over so you get new fresh skin cells shining forward but it also clears your pores of dead skin cells, gunk and crud that causes acne and dull skin. Word to the wise tho, you can over-exfoliate if you use an exfoliator like Kieran's Cleanser too often or too much. So follow the instructions and don't get overzealous with it.

HOW TO USE KIERAN'S CLEANSER

Kieran's Cleanser is an extremely potent exfoliator and cleanser. Use it **every other night** as the start to your skincare routine. When you're not using Kieran's Cleanser, use Mister Everyday which is not an exfoliator. Kieran's Cleanser has 2 main active ingredients that do the bulk of the chemical exfoliation, glycolic acid (2%) and salicylic acid (1%). The longer you leave these acids on your face, the more they will exfoliate your skin and increase skin cell turnover. The longer you leave on your skin the more you have a chance of your skin getting irritated, **so start off slowly and work your way up.**

Apply 3-4 pumps of Kieran's Cleanser onto your palm and rub your two palms together before massaging Kieran's Cleanser onto **DRY** skin for 15 - 60 seconds, then rinse. If you're just starting out or if your skin is getting red, only leave Kieran's Cleanser on your skin for 10-15 seconds and then rinse. As you get used to it, you can handle longer exfoliation times like 45-60 seconds at a time...**then rinse.** ALWAYS RINSE KIERAN'S CLEANSER OFF YOUR FACE WHEN YOU'RE DONE.

MISTER EVERYDAY

Mister Everyday Cleanser is essentially the same thing as Kieran's Cleanser except it **does NOT have** the exfoliating acids in it. That means Mister Everyday works as an efficient cleanser and can be used morning and night without any fear of "over-doing it" or over-exfoliating.

Apply 3-4 pumps of Mister Everyday onto your palm and rub your two palms together before massaging onto **DRY** skin for 15 - 30 seconds, then rinse.

Mister Everyday is not available online yet, but I have included a bottle of it for you to use when you are not using Kieran's Cleanser.

Please contact me if you are having any issues morgan@surrealskincare.com or DM me on Instagram @surrealskincare Have a super surreal day!

Morgan

