

# a little self care

Remember to listen to your body and take time to relax and unwind as self-care is the new health care. Our exquisite gentle formulations are drawn from the healing power of nature; this treatment features products with anti-bacterial rose water, antiseptic tea tree, soothing chamomile, nourishing vitamin E, anti-oxidising pomegranate and green tea, and collagen-stimulating jojoba along with the fresh burst of watermelon and yuzu to stimulate those senses taking you to memories of warmer days with a fruity burst of watermelon!

**CLEANSE** – using Damascene Melting Cleanser, using circular motions to melt away dirt and make up from the face. **REMOVE** – with hot mitts.

**POLISH** – with Ab:scent Facial Polish. **REMOVE** – excess with hot mitts.

**MASK** – with Bilberry & Chamomile Peel Off Face Mask. Apply a thick layer and leave.

**BUFF** – neck, shoulder & décolletage with Yuzu, Pink Beets & Watermelon Body Scrub providing a light blast of delicious scents. **BUFF** – away with hot mitts.

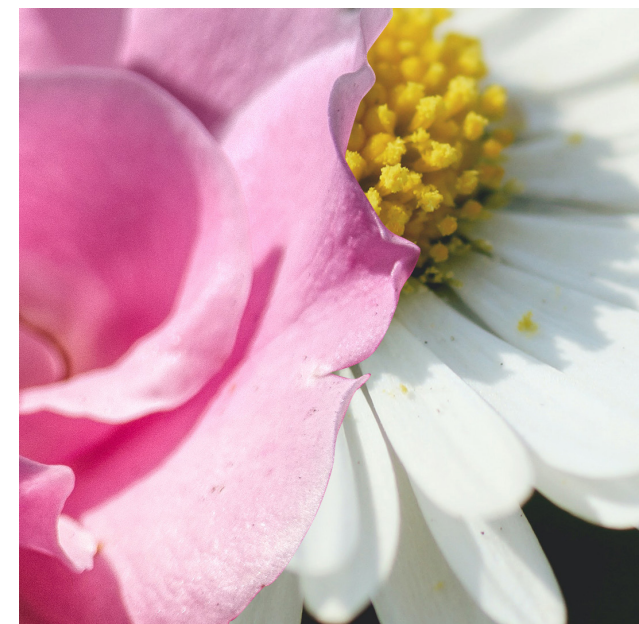
**REMOVE MASK** – peel from the neck up, removing excess with warm mitts.

**TONE** – spritz with Boosting Face Tonic.

**MASSAGE** – face, neck, shoulders & décolletage with the Rosehip Oil, renewing skin cells.

**MOISTURISE** – using the Everyday Cream.

**TOP TIP** – why not take home the Youthful Self:care Regime gift set to recreate some of these delights at home.




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Damascene Melting Cleanser 50ml | 1kg  
 Ab:scent Facial Polish 50ml | 250ml  
 Bilberry & Chamomile Peel Off Face Mask 30g  
 Yuzu, Pink Beets & Watermelon Body Scrub 250ml | 5kg  
 Boosting Face Tonic 200ml | 1ltr | 5ltr