

CAROLINE
HIRONS.#

SKIN
ROCKS



HYDRATION KIT

HOW-TO



KIT #1

THIS KIT WAS PUT TOGETHER
WITH HYDRATION AT THE CORE.



Step 1 – Cleanse

REN CLEAN SKINCARE CLEARCALM CLARIFYING CLAY CLEANSER, 150ML



Glycolic free



Cruelty free



Pregnancy
friendly



Suitable for
breastfeeding



Suitable for all
skin types



Suitable for
acne skin



Fragrance free

With a rich kaolin clay base, this non-foaming cleanser works to draw out impurities and excess oil, while Willow Bark Extract helps to minimize pore appearance and thoroughly cleanses the skin. Formulated to be non-drying, this cleanser actively fights blemishes without harshness or creating redness – making it ideal for teenage or sensitive skin types.

By rebalancing excess oil and removing environmental pollution, dirt and dead skin, Clearcalm Clarifying Clay Cleanser is a preventative solution to reduce face-covering-induced breakouts.

HOW TO USE IT:

- AM/PM.
- Apply a blueberry-sized amount to dry skin and massage onto face and neck.
- Use a damp flannel to remove.

Step 2 – Exfoliate

SUNDAY RILEY GOOD GENES GLYCOLIC ACID TREATMENT, 30ML



Cruelty free



Pregnancy friendly



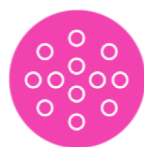
Vegan



Suitable for breastfeeding



Suitable for all skin types



Suitable for acne skin



Fragrance free

Purified glycolic acid deeply exfoliates and repairs the look of dull, congested and sun-damaged skin for a visibly radiant, healthier-looking complexion without compromising on what matters to you most: safety, quality and fast results. With just one use, radiance and clarity are visibly boosted.

HOW TO USE IT:

- AM/PM.
- Apply one pump to clean skin as an exfoliating serum. Add more if needed, morning or night.
- Always use an SPF.





Step 3 – Eye Cream

BEAUTY PIE SUPER RETINOL ANTI-WRINKLE EYE CREAM, 15ML



Glycolic free



Cruelty free



Pregnancy friendly*



Vegan



Suitable for breastfeeding*



Suitable for all skin types



Suitable for acne skin



Fragrance free

Slow-release retinol microcapsules help reduce the appearance of fine lines and wrinkles, and brighten and even the appearance of the skin. Natural ficucell vita enhances skin hydration and helps protect skin from signs of premature aging. Hyaluronic acid moisturises and hydrates skin.

HOW TO USE IT:

- AM/PM.
- Take half a pump onto your middle or ring finger and gently apply to the orbital bone, smoothing outwards and around entire eye area.

* Please note, as an industry standard, product trials do not typically test on people during their pregnancy but we would not recommend products that are harmful. If you are pregnant or breastfeeding you can consult a physician for your own comfort.

Step 4 – Hydrate

MEDIK8 HYDR8 B5 INTENSE, 30ML



Glycolic free



Cruelty free



Pregnancy friendly*



Vegan



Suitable for breastfeeding*



Suitable for all skin types



Suitable for acne skin



Fragrance free

Amplify your skin's natural hyaluronic acid levels with Hydr8 B5 Intense. With hyaluronic acid and vitamin B5 combined, this serum is a triple-action booster complex that supercharges the power of hydration.

Combined, the tri-booster can provide both immediate and long term hydration, plumping up the appearance of fine lines and restoring that covetable dewy glow.

HOW TO USE IT:

- AM.
- Use a few drops of the serum and massage/pat onto face and neck.

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Step 5 – Moisturise

PESTLE & MORTAR

HYDRATE LIGHTWEIGHT MOISTURISER, 50ML



Glycolic free



Cruelty free



Pregnancy
friendly



Vegan



Suitable for
breastfeeding



Suitable for all
skin types



Suitable for
acne skin

Hydrate is an ultra-lightweight moisturiser formulated with peptide technology and vegan squalane derived from olives. It softens, firms and hydrates the skin without clogging pores.

Hydrate is also formulated with tri- and tetra-peptide technology, which helps stimulate collagen, restoring skin's firmness and elasticity.

HOW TO USE IT:

- AM/PM.
- Apply a blueberry-sized amount in an even layer to face and neck.
- Add more as needed.

Treatment Step

CHARLOTTE TILBURY BEAUTY

GODDESS SKIN CLAY MASK, 75ML



Glycolic free



Cruelty free



Pregnancy friendly



Suitable for breastfeeding



Suitable for all skin types



Suitable for acne skin

This formula visibly smooths and tightens the appearance of pores, leaving you with skin that feels hydrated and baby soft. With a mix of spanish clay and sweet almond oil – the perfect balance of refining, correcting clay and oils to reveal your glow.

Bionymph peptide smooths and plumps, while frangipani flower extract calms the skin. With vitamin C to brighten and sweet almond oil and rosehip oil to moisturise and nourish.

HOW TO USE IT:

- AM/PM.
- Apply a thin, even layer all over the face, avoiding the eye area, leaving on for 10 minutes.
- Rinse off with lukewarm water and a flannel.





KIT #2

THIS KIT WAS PUT TOGETHER
WITH HYDRATION AT THE CORE.



Step 1 – Cleanse

REN CLEAN SKINCARE

EVERCALM™ GENTLE CLEANSING MILK, 150ML



Glycolic free



Cruelty free



Pregnancy friendly



Suitable for breastfeeding



Suitable for all skin types



Suitable for acne skin



Fragrance free

A gentle cleansing milk for sensitive skin, designed to make skin feel calm and clean.

This hydrating cleanser removes the day's dirt and make-up, bolsters skin's resistance to harmful free radicals and calms the signs of irritation, leaving skin looking refreshed and feeling soothed.

HOW TO USE IT:

- AM/PM.
- Apply a blueberry-sized amount to dry skin and massage face and neck.
- Use damp flannel to remove.

Step 2 – Exfoliate

SUNDAY RILEY GOOD GENES GLYCOLIC ACID TREATMENT, 30ML



Cruelty free



Pregnancy friendly



Vegan



Suitable for breastfeeding



Suitable for all skin types



Suitable for acne skin



Fragrance free

Purified glycolic acid deeply exfoliates and repairs the look of dull, congested and sun-damaged skin for a visibly radiant, healthier-looking complexion without compromising on what matters to you most: safety, quality and fast results. With just one use, radiance and clarity are visibly boosted.

HOW TO USE IT:

- AM/PM.
- Apply one pump to clean skin as an exfoliating serum. Add more if needed, morning or night.
- Always use an SPF.





Step 3 – Eye Cream

DR DENNIS GROSS SKINCARE

B3ADAPTIVE SUPERFOODS™ STRESS SOS EYE CREAM™, 15ML



Glycolic free



Cruelty free



Vegan



Pregnancy friendly*



Suitable for breastfeeding*



Suitable for all skin types



Suitable for acne skin

Microcapsules of superfoods, adaptogens and niacinamide brighten, smooth and hydrate the delicate eye area, diminishing the appearance of dark circles, lines and puffiness.

This product is designed for use on the entire eye area, including eyelids.

HOW TO USE IT:

- AM/PM.
- Take a pea-sized amount onto your middle or ring finger and gently apply to the orbital bone outwards and around entire eye area.

* Please note, as an industry standard, product trials do not typically test on people during their pregnancy but we would not recommend products that are harmful. If you are pregnant or breastfeeding you can consult a physician for your own comfort.

Step 4

PEPTIGHT™ TIGHTENING & BRIGHTENING FACE SERUM, 50ML



Glycolic free



Cruelty free



Pregnancy
friendly



Vegan



Suitable for
breastfeeding



Suitable for all
skin types



Suitable for
acne skin

Use of the serum evens skin tone and reduces the look of discolouration, resulting in brighter, more radiant skin. Improves firmness and elasticity.

HOW TO USE IT:

- AM.
- Use a few drops of the serum and massage/pat onto face and neck.





Step 5 – Moisturise

ZELENS EMULSION D FORTIFYING MOISTURISER, 50ML



Glycolic free



Cruelty free



Pregnancy
friendly



Vegan



Suitable for
breastfeeding



Suitable for all
skin types



Suitable for
acne skin



Fragrance free

A strengthening, moisture-replenishing emulsion formulated with provitamin D3, phytosterols and biomimetic vegetable lipids.

This velvety smooth moisturiser fortifies the skin's natural barrier, protects from environmental aggressors and helps soothe the skin, while promoting a healthy appearance. Dermatologist-tested. Suitable for all skin types.

HOW TO USE IT:

- AM/PM.
- Apply an even layer to face and neck.

Treatment Step

ELEMIS HERBAL LAVENDER REPAIR MASK, 75ML



Glycolic free



Pregnancy friendly



Vegan



Suitable for breastfeeding



Suitable for all skin types



Suitable for acne skin

A soothing clay mask that helps decongest and purify dull skin, leaving it looking bright and feeling balanced. Perfect for sensitive and blemish-prone skin, this calming mask is formulated with kaolin, rosemary, thyme and lavender to purify and decongest lackluster complexions.

Upon application, the creamy texture delivers an active tingling sensation as the mask works hard to deeply cleanse, rebalance and nourish skin.

HOW TO USE IT:

- PM.
- Use twice a week after cleansing.
- Apply a thin layer to the face and neck, leaving it on for 1-15 minutes.
- Remove with warm water and pat skin dry.



THE LEGAL STUFF

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