

CAROLINE HIRONS.



HOW TO —

WINTER KIT #1

STEP ONE - CLEANSER

OSKIA RENAISSANCE CLEANSING GEL

200ML



Glycolic Free



Cruelty Free



Pregnancy
Friendly



Vegan



Suitable for
breastfeeding



All skin types



Suitable for
Acne skin

OSKIA's bestselling cult and original gel-to-oil cleanser. This cleanser melts beautifully into the skin to quickly and gently remove impurities and makeup to reveal balanced, clean, fresh, radiant skin that feels soft and smooth. Rich in vitamins and enzymes, Renaissance Cleansing Gel does not disturb the acid mantle of the skin.

One of the best.

HOW TO USE IT:

- AM or PM.
- Apply a few pumps (depends on your face size and the amount of makeup you're wearing/not wearing) to dry skin and massage onto face and neck. Use a clean, tepid, damp flannel to remove.





STEP TWO – SERUM

SUMMER FRIDAYS CC ME SERUM 30ML



Glycolic Free



Cruelty Free



Pregnancy
Friendly



Suitable for
breastfeeding



All skin types



Vegan

One of my favourite products of last year, CC Me contains two forms of skin-brightening vitamin c, squalane, peptides and a healthy dose of niacinamide making this a multitasking serum that naturally brightens, improves the texture of your skin, and reduces dark spots and hyperpigmentation. Add to your morning routine for a glowy, even complexion.

HOW TO USE IT:

- Although I would normally apply my eye product first, this is super-light, and I found the brightening aspects of the product helpful around my eyes. You can obviously use your eye product first if you prefer.
- I use AM or PM.
- Use one pump of the serum and massage/pat onto face and neck. Apply to your cheeks first. Trust me.

STEP THREE - EYES

JORDAN SAMUEL SKIN THE PERFORMANCE EYE GEL 30ML



Glycolic Free



Cruelty Free



Vegan



All skin types

Eyes have unexpectedly become a focus for all of us this past year. This humectant-rich eye gel helps plump and hydrate the skin around the eye area. Using tried and true ingredients known for helping the eye area, like green tea, caffeine, peptides and golden chamomile, this gel hydrates and immediately adds radiance, giving your eyes a pick-me-up and lasting hydration.

HOW TO USE IT:

- AM/PM.
- Take half a pump onto your middle or ring finger and gently apply to orbital bone outwards and around entire eye area. Take any excess around your lips.
- Do NOT use a full pump! There's no need.





STEP FOUR – MOISTURISE

KATE SOMERVILLE DELIKATE® RECOVERY CREAM 50ML



Glycolic Free



Cruelty Free



Pregnancy
Friendly



Suitable for
breastfeeding



All skin types

For skin that's stressed or sensitized (all of us at the moment no?), this non-irritating, recovery cream provides immediate and long-lasting relief for dry, tight, irritated skin while helping to reduce visible redness and support a healthy skin barrier.

It's 'just' rich enough making it suitable for all traditional skin 'types' as this focuses primarily on reducing signs of redness and/or stress in the skin, as opposed to just targeting oil production as in the case of most moisturisers.

HOW TO USE IT:

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

STEP FIVE – RETINOID

MEDIK8 CRYSTAL RETINAL 3

30ML



Glycolic Free



Cruelty Free



Vegan



Suitable for
Acne skin

This crystal encapsulated 0.03% retinaldehyde night serum acts brilliantly on fine lines, wrinkles, texture and tone, to give skin a supple, youthful-looking glow. Crystal Retinal 3 also has the added benefit of aiding blemished skin.

Retinaldehyde is proven to work 11 times faster than traditional retinol but with no more irritation. It acts on fine lines, wrinkles, texture and tone.

HOW TO USE IT:

- PM.
- After cleansing in the evening, massage a small amount (pea size) of Crystal Retinal across the face, avoiding eyes and nostrils. Start slow using once/twice a week and gradually build up to every evening depending on your skin type. Allow to fully absorb before following with moisturiser.





REPAIR

DERMALOGICA BARRIER REPAIR 30ML



Glycolic Free



Cruelty Free



Vegan



Suitable for
breastfeeding



All skin types



Pregnancy
Friendly

Ok this is your band-aid. When you don't know where else to turn, this velvety moisturiser will help to strengthen your sensitised skin and repair your barrier. Containing Dermalogica's oat based UltraCalming Complex and botanical actives to help minimise discomfort, Barrier Repair helps restore a healthy barrier function.

HOW TO USE IT:

- AM/PM.
- Apply a small amount (pea size) evenly over the face. If you are wearing under makeup, you do not need a separate primer.

REPAIR

ZELENS PROVITAMIN D3 FORTIFYING FACIAL MIST

50ML



Glycolic Free



Cruelty Free



Vegan



Suitable for
breastfeeding



All skin types



Pregnancy
Friendly

An ultra-fine facial mist version of the original oil, this is formulated to give skin a vitality boost with provitamin D3 for a healthy-looking complexion. This hydrating mist reinforces skin barrier function, helps protect from environmental aggressors and massively comforts the skin while supporting its natural recovery capacity.

HOW TO USE IT:

- Apply whenever you feel the need.
- Use 2-3 half pumps 30cm away from face and spray.
- Can be used after cleansing in AM/PM routine, after makeup, or throughout the day if your face needs calming/moisture/a pick me up.
- This is also great for applying 20 minutes or so after your retinoid.





REPAIR

REN CLEAN SKINCARE EVERCALM™ OVERNIGHT RECOVERY BALM 30ML



Glycolic Free



Cruelty Free



Pregnancy
Friendly



Suitable for
breastfeeding

This rich-but-not-greasy balm feeds your skin with lipids from olive, almond, borage and linseed oils that have been activated to be easily absorbed into the skin to intensely nourish and moisturise whilst you sleep, when the skin's own regenerative process takes place. A jojoba and sunflower oil complex supports the skin's natural oil balance to strengthen the skin barrier and soothe and alleviate signs of irritation from dryness/stress.

Your skin will feel deeply nourished and moisturised, soothed and calmed.

HOW TO USE IT:

- Either apply AM or PM.
- Massage into face and neck as final step of routine.
- Alternatively, use on its own to give an added layer of comfort when needed.

FULL INGREDIENTS LIST FOR WINTER KITS 2021

OSKIA RENAISSANCE CLEANSING GEL

Caprylic/Capric Triglyceride, Glycerin, Aqua (Water), Sucrose Laurate, Cetearyl Oliviate, Sorbitan Oliviate, Benzyl Alcohol, Lactobacillus/Pumpkin Fruit Ferment Filtrate, Sucrose Stearate, Rhodinols, Dimethyl Sulfone (MSM), Dehydroacetic Acid, Borago Officinalis (Borage) Seed Oil, Juniperus Mexicana (Cedarwood) Wood Oil, Cymbopogon (Palmarosa) Martini Oil*, Cinnamomum Camphora Linalooliferum Wood Oil, Retinyl (Vitamin A) Palmitate, Leuconostoc/Radish Root Ferment Filtrate, Pelargonium Graveolens (Geranium) Oil *, Eugenia Caryophyllus (Clove) Bud Oil *, Anthemis Nobilis (Camomile) Flower Oil *, Sucrose Palmitate, Tocopherol (Vitamin E), Rosa Damascena (Rose) Flower Oil *, Jojoba Esters, Citronellol**, Geraniol**, Linalool**, Iron Oxides (CI 77491). * Organically Certified Ingredient. ** Component of natural essential oils. Natural Ingredients, store in a cool, dry place, away from direct sunlight.

JORDAN SAMUEL SKIN THE PERFORMANCE EYE GEL

Aqua, Glycerin, Glyceryl Acrylate/Acrylic Acid Copolymer, 1,2-Hexanediol, Sorbitol, Butylene Glycol, Caffeine, Camellia Sinensis Leaf Extract, Palmitoyl Tripeptide-38, Hydroxyacetophenone, Asparagopsis Armata Extract, Hydroxypropyl Cyclodextrin, Ascophyllum Nodosum Extract, Chrysanthellum Indicum Extract, Mica, Phenoxyethanol, CI 77891.

ZELENS PROVITAMIN D3 FORTIFYING MIST

Aqua (Water), Propanediol, Glycerin, Polyglyceryl-3, Pca, Sweet Almond Oil Polyglyceryl-6 Esters, Betaine, Beta Vulgaris (Beet) Root Extract, Fructooligosaccharides, Methyl Cyclodextrin, 7-Dehydrocholesterol, Hydrolyzed Glycosaminoglycans, Hyaluronic Acid, Cichorium Intybus (Chicory) Root Extract, Saccharomyces Ferment Lysate Filtrate, Proline, Arginine, Threonine, Lysine Hcl, Glutamic Acid, Glycine, Alanine, Serine, Panthenol, Sodium Pca, Levulinic Acid, Sodium Levulinate, Sodium Benzoate, Sodium Lactate, Potassium Sorbate, Citric Acid.

SUMMER FRIDAYS CC ME SERUM

Water/Aqua/Eau, Niacinamide, 3-O-Ethyl Ascorbic Acid, Ascorbyl Glucoside, Butylene Glycol, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Glycerin, Xanthan Gum, Squalane, Diheptyl Succinate, Capryloyl Glycerin/Sebacic Acid Copolymer, Citric Acid, Sodium Citrate, Sodium Hydroxide, Carbomer, Polysorbate 20, Palmitoyl Tripeptide-1, Palmitoyl Tetrapeptide-7, Camellia Oleifera Leaf Extract, Orchis Masculata Flower Extract, Caprylic/Capric Triglyceride, Cananga Odorata Flower Extract, Cucumis Melo Cantalupensis Fruit Extract, Eugenia Caryophyllus (Clove) Flower Extract, Glycine Soja (Soybean) Oil, Pyrus Malus (Apple) Fruit Extract, Prunus Armeniaca (Apricot) Fruit Extract, Rosa Gallica Flower Extract, Cinnamomum Cassia Bark Extract, Jasminum Officinale (Jasmine) Flower/Leaf Extract, Coffea Arabica (Coffee) Seed Extract, Camellia Sinensis Leaf Extract, Tocopheryl Acetate,

Tetrasodium Glutamate Diacetate, Phenoxyethanol, Ethylhexylglycerin, Amyl Cinnamal, Cinnamyl Alcohol, Eugenol, Hydroxycitronellal.

MEDIK8 CRYSTAL RETINAL 3

Aqua (Water), Caprylic/Capric Triglyceride, Glycerin, Isododecane, Sodium Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, PPG-12/SMDI Copolymer, Cyclodextrin, Cetearyl Alcohol, Sorbitan Oliviate, Tocopheryl Acetate, Squalane, Sodium Hyaluronate, Daucus Carota Sativa (Carrot) Seed Oil, Retinal, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Ethylhexylglycerin, Pentylene Glycol, Vanilla Planifolia (Vanilla) Fruit Extract, Hydroxypropyl Methylcellulose, Rubus Chamaemorus (Cloudberry) Seed Oil, Sodium Polyaspartate, Tetrahexyldecyl Ascorbate, Dipteryx Odorata (Tonka) Bean Extract, Polyhydroxystearic Acid, Disodium EDTA, 3-O-Ethyl Ascorbic Acid, Hydroxyacetophenone, Titanium Dioxide, Phenoxyethanol, Alumina, Lonicera Caprifolium (Honeysuckle) Flower Extract, Isostearic Acid, Lecithin, Lonicera Japonica (Honeysuckle) Flower Extract, Polyglyceryl-3 Polyricinoleate, Stearic Acid, BHT, Coumarin, CI 14700 (Red 4).

KATE SOMERVILLE DELIKATE® RECOVERY CREAM

Aqua/Water/ Eau, Glycerin, Trimethylolpropane Tricaprylate/Tricaprate, Pentaerythrityl Tetraisostearate, Coco-Caprylate/Caprata, Pentaerythrityl Distearate, Cetearyl Alcohol, Caprylic/Capric Triglyceride, Bis-Stearyl Dimethicone, Propanediol, Butyrospermum Parkii (Shea) Butter, Pentylene Glycol, Hexyldecanol, Glyceryl Stearate, Dimethicone, Ceramide NP, Mel (Honey Extract, Extrait de Miel), Tetrapeptide-14, Ceramide EOP, Boswellia Serrata Extract, Phosphingosine, Ceramide AP, Cholesterol, Camellia Sinensis Leaf Extract, Glycine Soja (Soybean) Seed Extract, Oryza Sativa (Rice) Bran Extract, Ectoin, Cetylhydroxyproline Palmitamide, Bisabolol, Cucumis Sativus (Cucumber) Seed Oil, Hydroxyectoin, Helianthus Annuus (Sunflower) Seed Oil, Adenosine, Tasmannia Lanceolata Fruit/Leaf Extract, Sorbitan Isostearate, Stearic Acid, Brassica Campestris (Rapeseed) Sterols, Tocopherol, Rosmarinus Officinalis (Rosemary) Leaf Extract, Zingiber Officinale (Ginger) Root Extract, Aspalathus Linearis Extract, Aminomethyl Propanol, Hydroxyphenyl Propamidobenzoic Acid, 1,2-Hexanediol, PEG-40 Stearate, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Butylene Glycol, 4-t-Butylcyclohexanol, Isohexadecane, Polysilicone-11, Cetareth-20, Sodium Lauroyl Lactylate, Caprylhydroxamic Acid, Xanthan Gum, Polysorbate 60, Trisodium Ethylenediamine Disuccinate, Carbomer, Citric Acid, Phenoxyethanol, Sodium Benzoate, Potassium Sorbate.

REN CLEAN SKINCARE EVERCALM™ OVERNIGHT RECOVERY BALM

Coco-Caprylate/Caprata, Glycerin, Aqua (Water), Almond/Borage/Linseed/Olive Acids/Glycerides, Polyglyceryl-6 Distearate, Jojoba Esters, Oryza Sativa Starch, Cetyl Alcohol, Glyceryl Stearate, Helianthus Annuus (Sunflower) Seed Oil Unsaponifiables, Glyceryl Caprylate, Polyglyceryl-3 Beeswax, Sodium Stearoyl Glutamate, Benzyl Alcohol, Parfum (Fragrance), Hippophae Rhamnoides Oil, Tocopherol, Magnesium Carboxymethyl Beta-Glucan, Dehydroacetic Acid, Eclipta Prostrata Extract, Eclipta Prostrata Leaf Extract, Moringa Oleifera Seed Oil, Helianthus Annuus (Sunflower) Seed Oil, Rosmarinus Officinalis Leaf Extract, Citronellol, Geraniol, Limonene, Linalool *100% Natural Fragrance.

DERMLOGICA BARRIER REPAIR

Cyclopentasiloxane, Dimethicone Crosspolymer, Dimethicone, Lauryl PEG-9 Polydimethylsiloxyethyl Dimethicone, Tocopheryl Acetate, Bisabolol, Zingiber Officinale (Ginger) Root Extract, Avena Sativa (Oat), Kernel Oil, Butylene Glycol, Boerhavia Diffusa Root Extract, Glycerin, Avena Sativa (Oat) Kernel Extract, Stearyl Glycyrhethinate, Pentylene Glycol, Hydroxyphenyl Propamidobenzoic Acid, Oenothera Biennis,(Evening Primrose) Oil, Tocopherol, Ascorbyl Palmitate, Borago Officinalis Seed Oil, Safflower Oil/ Palm Oil Aminopropanediol Esters, Tetrahexyldecyl Ascorbate, Water/Aqua/Eau.

MEDIK8 CRYSTAL RETINAL 6

Aqua (Water), Caprylic/Capric Triglyceride, Glycerin, Isododecane, Cyclodextrin, Cetearyl Alcohol, Cetearyl Oliviate, Sodium Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Sorbitan Oliviate, Tocopheryl Acetate, Squalane, Sodium Hyaluronate, Retinal, 3-O-Ethyl Ascorbic Acid, Daucus Carota Sativa (Carrot) Seed Oil, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Ethylhexylglycerin, Pentylene Glycol, Vanilla Planifolia (Vanilla) Fruit Extract, Hydroxypropyl Methylcellulose, Rubus Chamaemorus (Cloudberry) Seed Oil, Sodium Polyaspartate, Tetrahexyldecyl Ascorbate, Dipteryx Odorata (Tonka) Bean Extract, BHT, Polyhydroxystearic Acid, Disodium EDTA, Hydroxyacetophenone, Titanium Dioxide, Phenoxyethanol, Alumina, Lonicera Caprifolium (Honeysuckle) Flower Extract, Isostearic Acid, Lecithin, Lonicera Japonica (Honeysuckle) Flower Extract, Polyglyceryl-3 Polyricinoleate, Stearic Acid, Coumarin, CI 14700 (Red 4).

DR DENNIS GROSS SKINCARE C+ COLLAGEN DEEP CREAM

Water/Aqua/Eau, Glycerin, Butylene Glycol, Camellia Japonica Seed Oil, Oryza Sativa (Rice) Bran Oil, Dimethicone, Sucrose, Pentylene Glycol, Helianthus Annuus (Sunflower) Seed Oil, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, 3-O-Ethyl Ascorbic Acid, Collagen Amino Acids, Niacinamide, Carnitine HCl, Hydroxyproline, Glycine, Carnitine, Squalane, Dipotassium Glycyrhizate, Tocopherol, Saccharide

Isomerate, Acetyl Hexapeptide-8, Superoxide Dismutase, Leuconostoc/Radish Root Ferment Filtrate, Ubiquinone, Aloe Barbadensis Leaf Juice, Camellia Sinensis Leaf Extract, Cucumis Sativus (Cucumber) Fruit Extract, Lactobacillus Ferment, Undaria Pinnatifida Extract, Glycolic Acid, Lecithin, Biotin, Maltodextrin, Elettaria Cardamomum Seed Extract, Pyrus Malus (Apple) Fruit Extract, Rubus Idaeus (Raspberry) Fruit Extract, Cananga Odorata Flower Extract, Citrus Aurantium Amara (Bitter Orange) Flower Extract, Citrus Aurantium Bergamia (Bergamot) Fruit Extract, Coffea Arabica (Coffee) Seed Extract, Cucumis Melo (Melon) Fruit Extract, Cupressus Sempervirens Leaf/Stem Extract, Fucus Vesiculosus Extract, Jasminum Officinale (Jasmine) Flower Extract, Rose Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Salvia Officinalis (Sage) Leaf Extract, Santalum Album (Sandalwood) Wood Extract, Triethyl Citrate, Lavandula Angustifolia (Lavender) Flower/Leaf/Stem Extract, 1,2-Hexanediol, Sorbitan Isostearate, Caprylyl Glycol, Hydroxyethylcellulose, Sodium Phytate, Sodium Citrate, Citric Acid, Trisodium EDTA, Ammonium Hydroxide, Tromethamine, Potassium Hydroxide, Polysorbate 60, Carbomer, Alcohol, Disodium Phosphate, Sodium Phosphate, Phenoxyethanol, Potassium Sorbate.

JOSH ROSEBROOK VITAL BALM CREAM

*Aloe Barbadensis (Aloe Vera) Leaf Juice, *Mangifera Indica (Mango) Seed Butter, *Persea Gratissima (Avocado) Oil, *Simmondsia Chinensis (Jojoba) Seed Oil, *Butyrospermum Parkii (Shea) Butter, *Cassia Angustifolia (Senna) Seed Extract, *Glycerin, *Acacia Senegal Gum (Gum Arabic), *Borago Officinalis (Borage) Seed Oil, *Oenothera Biennis (Evening Primrose) Oil, *Mel (Honey), †Brassica Oleracea Italica (Broccoli) Seed Oil, *Hippophae Rhamnoides (Sea Buckthorn) Oil, *Tocopherol (Vitamin E), *Withania Somnifera (Ashwagandha) Leaf Extract, *Curcuma Longa (Turmeric) Leaf Extract, *Rosa Canina (Rose) Flower Extract, *Lycium Barbarum (Goji Berry) Fruit Extract, *Calendula Officinalis (Calendula) Extract, *Cimicifuga Racemosa (Black Cohosh) Root Extract, *Sambucus Nigra (Elderberry) Extract, *Fucus Vesiculosus (Bladderwrack) Extract, *Althaea Officinalis (Marshmallow) Root Extract, *Zingiber Officinale (Ginger) Extract, *Trigonella Foenum-Graecum (Fenugreek) Seed Extract, *Stellaria Media (Chickweed) Extract, *Glycyrrhiza Glabra (Licorice) Root Extract, *Rubus Idaeus (Raspberry) Fruit Extract, *Taraxacum Officinale (Dandelion) Extract, *Salvia Officinalis (Sage) Extract, *Euphrasia Officinalis (Eyebright) Extract, *Silybum Marianum (Milk Thistle) Extract, *Rosa Canina (Rose) Flower Powder, *Hypericum Perforatum (St. John's Wort) Extract, *Uncaria Tomentosa (Cat's Claw) Extract, *Cinnamomum Cassia (Cinnamon) Extract, *Lavandula Angustifolia (Lavender) Extract, *Ginkgo Biloba (Ginkgo) Leaf Extract, *Rosmarinus Officinalis (Rosemary) Extract, †Tanacetum Vulgare (Blue Tansy) Flower Oil, †Cananga Odorata (Ylang Ylang) Flower Oil, †Lavandula Angustifolia (Lavender) Herb Oil, *Vanilla Planifolia (Vanilla) Bean Extract, †Xanthan Gum, Potassium Sorbate, Benzyl Benzoate, Benzyl Salicylate, Farnesol, Limonene, Linalool.