

Eastern Curlew

Organic

SKIN PRESCRIPTIONS & SKINCARE GUIDE



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www.easterncurlew.com.au



Australian
Made



100%
Vegan



Cruelty
Free



100%
Natural



Ethical &
Sustainable

Eastern Curlew

Organic

“Where Nature Meets Science for Radiant Beauty” - *Eastern Curlew Team*

ABOUT US

At Eastern Curlew, we've embarked on a mission to transform the world of skincare. Just like the majestic Eastern Curlew bird, known for its elegance and grace, our brand soars above, marrying the wisdom of nature with cutting-edge science. With our BioBlossom, AquaTerra, YouthBloomer, and VerdeVitality ranges, we bring you an extraordinary skincare experience that defines the essence of luxury.

Our Inspirational Journey The Eastern Curlew has been our muse, symbolising the grace, elegance, and resilience that we aspire to infuse into every product we create. Our journey began with the vision of crafting skincare that embodies these qualities, transcending the boundaries of nature and science.

A Symphony of Science and Nature At Eastern Curlew, science is the heartbeat of our products. We've forged partnerships with leading dermatologists and bio-scientists to harness the potential of nature's botanical treasures. Our BioBlossom Range, AquaTerra Range, YouthBloomer Range, and VerdeVitality Range are a harmonious fusion of nature and science, delivering visible, lasting results.

The Bounty of Nature Our commitment to quality starts with our ingredients. We scour the world to source botanicals that are pure, potent, and proven to benefit your skin. We celebrate the gifts of nature and harness them without compromise. No harsh chemicals, no artificial fillers—just the pure essence of nature.

The Eastern Curlew Difference What sets Eastern Curlew apart is our unwavering commitment to quality and transparency. Our products undergo rigorous testing, ensuring they meet our exacting standards. We're proud to be cruelty-free and eco-conscious, respecting both you and our planet.

Experience the Extraordinary Eastern Curlew's skincare ranges redefine beauty as an experience. From our BioBlossom Range's natural elegance to the AquaTerra Range's homage to local treasures, the YouthBloomer Range's transformative power, and the VerdeVitality Range's nourishing embrace, our products promise not just skincare but an extraordinary journey.

Eastern Curlew invites you to immerse yourself in the authenticity and luxury of Australia's natural wonders. Our BioBlossom, AquaTerra, YouthBloomer, and VerdeVitality ranges are a tribute to the pristine beauty and authenticity of this remarkable land. Embrace the essence of luxury and embark on a skincare journey as unique and captivating as Australia itself. Discover the luxury that is authentically Australian, and let your timeless beauty shine.



CRUELTY
FREE



AUSTRALIAN
MADE



NATURAL



VEGAN



RECYCLE



healthier skin,

happier you.



Dry Skin

WHAT IS DRY SKIN

Individuals with dry skin naturally produce less sebum (oil), leading to a sensation of tightness, roughness, flakiness, and discomfort, including itching and irritation.

Dry skin can be more susceptible to the development of wrinkles due to its moisture retention challenges, often resulting in depleted moisture in the skin's deeper layers.

Dry skin tends to lack an effective protective barrier against external environmental elements, making it vulnerable. To address these concerns, individuals with dry skin benefit from using deeply nourishing products designed to moisturize, prevent water loss, and safeguard the skin's health and integrity.

DAILY PRODUCT RECOMMENDATIONS

Here is the list of recommended Eastern Curlew products:

- AquaTerra Milk Cleanser
- AquaTerra Toning Mist
- Hyaluronic Acid Serum
- Anti-Ageing Elixir
- AquaTerra Moisturiser
- Intensive Eye Cream

Facial Guide

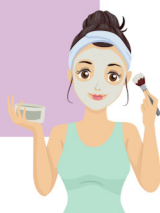
AT HOME

For those seeking an at-home facial tailored to dry skin, we suggest the following steps, to be performed once or twice weekly. Commence your routine with your daily cleansing and then proceed with the weekly regimen.

PRODUCTS REQUIRED:

Here are the products you will need:

- AquaTerra Milk Cleanser
- AquaTerra Toning Mist
- Hyaluronic Acid Serum
- AquaTerra Moisturiser
- Rosehip Cream Exfoliant
- Hydrating Gel Mask
- Intensive Eye Cream



HOW TO USE

Cleanser

Use the product once in the morning and twice at night. The initial application removes dirt, makeup, and impurities, while the second application deeply cleanses your skin. Dispense 1-2 pumps onto your palm, add a small amount of water to create a lather, and gently massage it onto your skin. Rinse thoroughly with warm water.

Toning Mist

Spray the AquaTerra Toning Mist evenly across your entire face and neck following your cleansing routine. Allow it to naturally air dry.

Serum

Gently massage a small quantity of the Hyaluronic Acid Serum onto your face, being careful to avoid the eye area. Approximately the size of a 5-cent coin is recommended.

Eye Cream

Using your ring finger, gently apply a small amount around the eye area, working in a counterclockwise motion. Approximately half the size of a pea is the ideal amount.

Treatment

To provide an extra boost to your skin, apply the Anti-Ageing Elixir at night.

Moisturiser

Gently massage a small quantity of the AquaTerra Moisturiser onto your face.

WEEKLY

Exfoliant

After cleansing, take a small amount of the Rosehip Cream Exfoliant and mix it with water in your palm to create a paste. Apply the paste to your face and neck, using circular motions to effectively exfoliate and remove dead skin.

Mask

Following exfoliation, generously apply the product to your skin, creating a lather. Leave it on for 10-15 minutes, then rinse thoroughly. Proceed with your regular daily skincare routine after removal.

Normal Skin

WHAT IS NORMAL SKIN?

"Normal skin" is the term we use to describe skin that's naturally well-balanced. If you have normal skin, you're fortunate in that you rarely experience issues like excessive oiliness or dryness. Any concerns that do arise are usually minor and easily manageable.

People with normal skin typically have smaller pores, fewer lines and wrinkles, minimal blemishes, an even skin tone, and a natural lack of excessive shine.

To maintain the health and vitality of your normal skin, it's important to use products that are tailored to your specific needs. These products not only help preserve your skin's natural balance but also provide protection against external environmental factors, ensuring your skin stays its best.

DAILY PRODUCT RECOMMENDATIONS

Here is the list of recommended Eastern Curlew products:

- VerdeVitality Gel Cleanser
- VerdeVitality Toning Mist
- VerdeVitality Nourishing Oil
- Vitamin C or B Serum
- VerdeVitality Moisturizer
- Hyaluronic Acid Serum
- Intensive Eye Cream

Facial Guide

AT HOME

For those looking to create an at-home facial suitable for normal skin, we recommend the following steps, to be practiced once or twice a week.

PRODUCTS REQUIRED:

Here are the products you will need:

- VerdeVitality Gel Cleanser
- VerdeVitality Toning Mist
- VerdeVitality Nourishing Oil
- VerdeVitality Moisturiser
- Hyaluronic Acid Serum
- Intensive Eye Cream
- Exfoliating Vitamin Crystals
- Hydrating Gel Mask



HOW TO USE

Cleanser

Use the product once in the morning and twice at night. The initial application effectively eliminates dirt, makeup, and impurities from the skin, while the second cleanse provides a deeper level of cleansing. Dispense 1-2 pumps into your palm, add a small amount of water to create a lather, and gently massage it onto your skin. Rinse thoroughly with warm water.

Toning Mist

After cleansing, generously mist the VerdeVitality Toning Mist across your entire face and neck. Allow it to naturally air dry.

Serum

Gently massage a small quantity of the Hyaluronic Acid Serum onto your face, taking care to avoid the eye area. Approximately the size of a 5-cent coin is the ideal amount.

Treatment

To provide an extra boost to your skin, apply the VerdeVitality Nourishing Oil Elixir at night. If you're using the Vitamin C or B Serum, substitute it for the Hyaluronic Acid Serum in your routine.

Moisturiser

Massage a small quantity of the VerdeVitality Moisturizer onto your face until absorbed.

Eye Cream

Using your ring finger, gently apply a small amount of the product around the eye area. Massage it in using an anti-clockwise motion. Approximately half the size of a pea is the recommended amount.

WEEKLY

Exfoliant

After cleansing, dispense a small amount of the Exfoliating Vitamin Crystals into your hand, then add water to create a paste. Apply the paste to your face and neck, using gentle circular motions to exfoliate and remove dead skin.

Mask

Following exfoliation, generously apply the product to your skin, creating a lather. Leave it on for 10-15 minutes, then rinse thoroughly. Once removed, proceed with the rest of your daily skincare routine.

Sensitive Skin

WHAT IS SENSITIVE SKIN

Sensitive skin can bring about common issues like irritation, inflammation, and redness. Compared to other skin types, individuals with sensitive skin often find their skin more responsive to both skincare products and environmental factors.

Typically, people with sensitive skin discover that natural skincare products are better suited to their needs, as opposed to cosmeceuticals that may contain harsh or aggressive ingredients. What they truly benefit from are products that embrace a gentle, soothing, and protective approach. By prioritizing these qualities in their skincare routine, individuals with sensitive skin can ensure a more comfortable and harmonious relationship with their skin.

DAILY PRODUCT RECOMMENDATIONS

Here is the list of recommended Eastern Curlew products:

- BioBlossom Cream Cleanser
- BioBlossom Toning Mist
- Cooling Eye Gel/Serum or Hyaluronic Acid Serum
- BioBlossom Moisturiser
- Intensive Eye Cream

AT HOME

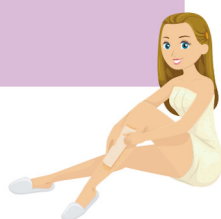
Facial Guide

For individuals with sensitive skin, we suggest the following steps to create an at-home facial, to be performed once or twice a week.

PRODUCTS REQUIRED:

Here are the products you will need:

- BioBlossom Cream Cleanser
- BioBlossom Toning Mist
- Cooling Eye Gel/Serum
- BioBlossom Moisturiser
- Intensive Eye Cream
- Rosehip Cream Exfoliant (Bulk Size Only)
- Pink Clay Mask



HOW TO USE



Cleanser

In the morning, cleanse once, and in the evening, cleanse twice. The initial cleanse effectively removes dirt, makeup, and impurities, while the second cleanse deep cleanses the skin. Dispense 1-2 pumps into your palm, add a small amount of water to create a lather, and gently massage it over your skin. Rinse thoroughly with warm water.

Toning Mist

After cleansing, Spray the BioBlossom Toning Mist evenly across your entire face and neck. Allow it to air dry naturally.

Serum

Gently massage a small quantity of the Hyaluronic Acid Serum into your face, being cautious to avoid the eye area. An amount roughly equivalent to the size of a 5-cent coin is recommended for ideal coverage.

Moisturiser

Apply a small quantity of the BioBlossom Moisturizer to your face and gently massage it in until fully absorbed.

Eye Cream

Using your ring finger, gently apply a small amount of the product around the eye area. Massage it in with a gentle anti-clockwise motion. Approximately half the size of a pea is the ideal amount for this delicate area.

WEEKLY

Exfoliant

Following cleansing, take a small amount of the Rosehip Cream Exfoliant and mix it with water in your palm until it forms a paste. Apply the paste to your face and neck, using circular motions to gently exfoliate and remove dead skin.

Mask

After exfoliating, take a small amount of the Pink Clay Mask in your hand and add water to create a paste. Apply the paste to your skin, leaving it on for 10-15 minutes. Then, rinse thoroughly. Once removed, continue with the rest of your daily skincare routine.

Oily / Problematic Skin

WHAT IS OILY/PROBLEMATIC SKIN

Individuals with oily skin tend to have an excessive production of oil, known as sebum. Consequently, they often grapple with an overly greasy and shiny complexion, enlarged pores, and the presence of noticeable blackheads and whiteheads. Oily skin types are also more susceptible to stubborn breakouts, which can manifest as red, shiny, blemished, and inflamed acne.

Effective care for oily skin entails the use of products designed to regulate oil production and minimize breakouts. This customized approach helps maintain a healthier and more balanced complexion.

DAILY PRODUCT RECOMMENDATIONS

Here is the list of recommended Eastern Curlew products:

- YouthBloomer Gel Cleanser
- YouthBloomer Toning Mist
- YouthBloomer Balancing Serum
- Blemish Spot Remover
- YouthBloomer Moisturiser

AT HOME

Facial Guide

For those with oily or problematic skin, we recommend the following steps to create an at-home facial, which should be conducted once or twice a week. Begin with your daily cleanse before proceeding.

PRODUCTS REQUIRED:

Here are the products you will need:

- YouthBloomer Gel Cleanser
- Exfoliating Vitamin Crystals
- Pink Clay Mask
- YouthBloomer Balancing Serum (Bulk Size Only)
- Intensive Eye Cream
- YouthBloomer Moisturiser
- YouthBloomer Toning Mist



HOW TO USE

Cleanser

In the morning, perform one cleanse, and in the evening, conduct two cleanses. The first cleanse effectively eliminates dirt, makeup, and impurities from your skin, while the second cleanse deeply cleanses your skin. Dispense 1-2 pumps into the palm of your hand, add a small amount of water to create a lather, and gently massage it over your skin. Rinse thoroughly with warm water.

Toning Mist

After cleansing, evenly spray the YouthBloomer Toning Mist over your entire face and neck. Allow it to air dry naturally.

Serum

Gently massage a small quantity of the YouthBloomer Balancing Serum into your face, taking care to avoid the eye area. An amount roughly equivalent to the size of a 5-cent coin is recommended for ideal coverage.

Eye Cream

Using your ring finger, gently apply a small amount of the product around the eye area. Work it in with a gentle anti-clockwise motion. Approximately half the size of a pea is the ideal amount for this delicate area.

Treatment

Apply a small quantity of the Blemish Spot Remover to any blemishes and gently massage it into the skin. It's normal to experience a slight tingling sensation; however, if you experience stinging, please remove the product and discontinue its use.

Moisturiser

Apply a small quantity of the YouthBloomer Moisturizer to your face and gently massage it in until fully absorbed.

WEEKLY

Exfoliant

After cleansing, take a small amount of the Exfoliating Vitamin Crystals and mix it with water in your hand until it forms a paste. Apply the paste to your face and neck, using circular motions to gently exfoliate and remove dead skin.

Mask

Following exfoliation, blend a small amount of the product with water in your hands until it forms a paste. Apply this paste to your face and neck area. Leave it on for 10-20 minutes before rinsing it off with water.

Combination Skin

WHAT IS COMBINATION SKIN

Combination skin is characterised by the coexistence of multiple skin types, often featuring both oily and dry areas on the same face.

Frequently, individuals with combination skin encounter varying challenges in different facial regions. For instance, they may contend with an oily t-zone while simultaneously experiencing dryness on their cheeks and around their eyes.

Effectively caring for combination skin involves using products that harmonize oil production, addressing the unique requirements of different facial zones. This tailored approach aims to balance the skin's diverse needs for a more harmonious complexion.

DAILY PRODUCT RECOMMENDATIONS

Here is the list of recommended Eastern Curllew products:

- YouthBloomer Gel Cleanser
- YouthBloomer Toning Mist
- Vitamin B Serum
- Vitamin C Serum
- YouthBloomer Moisturiser
- Intensive Eye Cream

AT HOME

Facial Guide

For individuals with combination skin, we suggest the following steps to create an at-home facial, to be practiced once or twice a week.

PRODUCTS REQUIRED:

Here are the products we recommend:

- YouthBloomer Gel Cleanser
- YouthBloomer Toning Mist
- Vitamin C Serum
- YouthBloomer Moisturiser
- Intensive Eye Cream
- Active Vitamin C Crystals
- YouthBloomer Gel Mask/Peel or
- Pink Clay Mask



HOW TO USE

Cleanser

In the morning, perform one cleanse, and in the evening, conduct two cleanses. The initial cleanse effectively removes dirt, makeup, and impurities from your skin, while the second cleanse deeply cleanses your skin. Dispense 1-2 pumps into the palm of your hand, add a small amount of water to create a lather, and gently massage it over your skin. Rinse thoroughly with warm water.

Toning Mist

After cleansing, evenly spray the YouthBloomer Toning Mist over your entire face and neck. Allow it to air dry naturally.

Serum

In the morning, gently massage a small quantity of the Vitamin C Serum into your face, being careful to avoid the eye area. An amount approximately the size of a 5-cent coin is recommended for optimal coverage.

In the evening, apply the same amount of the Active Vitamin B Serum to your face, following the same guidelines.

Moisturiser

Apply a small quantity of the YouthBloomer Moisturizer to your face and gently massage it in until fully absorbed.

Eye Cream

Using your ring finger, gently apply a small amount of the product around the eye area. Work it in with a gentle anti-clockwise motion. Approximately half the size of a pea is the ideal amount for this delicate area.

WEEKLY

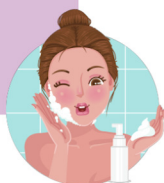
Exfoliant

After cleansing, take a small amount of the Rosehip Cream Exfoliant into your hand. Apply it to your face and neck, using circular motions to gently buff away dead skin.

Mask

After exfoliating, apply the YouthBloomer Gel Mask/Peel generously to your skin, creating a thick layer. Leave it on for 2-5 minutes, then rinse it off. A slight tingling sensation is normal, but if a burning sensation occurs, please remove it immediately. Alternatively, you can use the Pink Clay Mask.

Once the mask is removed, continue with the rest of your daily skincare routine.



Dull or Sun-damaged Skin

WHAT IS DULL/SUN DAMAGED SKIN

Dull skin often loses its natural glow and appears lackluster. This condition can manifest as a dull appearance due to the accumulation of dead skin cells, sun damage, pigmentation irregularities, or an uneven texture.

Individuals with dull or sun-damaged skin can benefit from products that work to strengthen, brighten, and shield the skin against further damage. These products are tailored to rejuvenate the skin, restoring its vitality and luminosity.

DAILY PRODUCT RECOMMENDATIONS

Here is the list of recommended Eastern Curlew products:

- VerdeVitality Gel Cleanser
- VerdeVitality Toning Mist
- Vitamin C Serum
- Vitamin B Serum
- VerdeVitality Moisturiser
- Intensive Eye Cream

AT HOME

Facial Guide

For those looking to rejuvenate dull or sun-damaged skin, we recommend the following steps for an at-home facial, to be performed once or twice a week.

PRODUCTS REQUIRED:

Here are the products you will need:

- VerdeVitality Gel Cleanser
- VerdeVitality Toning Mist
- Vitamin C Serum
- Vitamin B Serum
- VerdeVitality Moisturiser
- Intensive Eye Cream
- Exfoliating Vitamin Crystals
- Pink Clay Mask



HOW TO USE

Cleanser

In the morning, perform one cleanse, and in the evening, conduct two cleanses. The initial cleanse effectively removes dirt, makeup, and impurities from your skin, while the second cleanse deeply cleanses your skin. Dispense 1-2 pumps into the palm of your hand, add a small amount of water to create a lather, and gently massage it over your skin. Rinse thoroughly with warm water.

Toning Mist

After cleansing, evenly mist the VerdeVitality Toning Mist over your entire face and neck. Allow it to air dry naturally.

Serum

Gently massage a small amount of either the Active Vitamin C or Active Vitamin B Serum into your face, being careful to avoid the eye area. Approximately the size of a 5-cent coin is recommended for ideal coverage. You can use these two serums individually or combine them for a customized skincare routine.

Moisturiser

Apply a small quantity of the VerdeVitality Moisturizer to your face and gently massage it in until fully absorbed.

Eye Cream

Using your ring finger, gently apply a small amount of the product around the eye area. Work it in with a gentle anti-clockwise motion. Approximately half the size of a pea is the ideal amount for this delicate area.

WEEKLY

Exfoliant

After cleansing, take a small amount of the Exfoliating Vitamin Crystals in your hand and mix it with water to create a paste. Apply the paste to your face and neck, using circular motions to gently buff away dead skin.

Mask

Following exfoliation, blend a small amount of the product with water in your hands until it forms a paste. Apply this paste to your face and neck area. Leave it on for 10-20 minutes before rinsing it off with water.



Anti-Ageing



WHAT IS PREMATURE AGEING SKIN

Prematurely aged skin typically starts to exhibit initial indications such as fine lines, wrinkles, signs of sun damage, and a decrease in elasticity. This skin type often experiences reduced oil production and demands additional hydration to maintain its health and vitality.

DAILY PRODUCT RECOMMENDATIONS

Here is the list of recommended Eastern Curlew products:

- AquaTerra Milk Cleanser or VerdeVitality Gel Cleanser
- AquaTerra Toning Mist
- Collagen Serum (Bulk Size Only)
- Vitamin A Serum
- Anti-Ageing Elixir
- Peptide Cream
- Renewal Cream
- Intensive Eye Cream

Facial Guide

AT HOME

For individuals seeking to address prematurely aged skin, we recommend the following steps for an at-home facial, to be conducted once or twice a week.

PRODUCTS REQUIRED:

Here are the products you will need:

- AquaTerra Milk Cleanser or VerdeVitality Gel Cleanser
- AquaTerra Toning Mist
- Collagen Serum
- Vitamin A Serum
- Anti-Ageing Elixir
- Peptide Cream
- Renewal Cream
- Intensive Eye Cream
- Exfoliating Vitamin Crystals
- Hydrating Gel Mask



HOW TO USE

Cleanser

In the morning, perform one cleanse, and in the evening, conduct two cleanses. The initial cleanse effectively removes dirt, makeup, and impurities from your skin, while the second cleanse deep cleanses your skin. Dispense 1-2 pumps into the palm of your hand, add a small amount of water to create a lather, and gently massage it over your skin. Rinse thoroughly with warm water.

Toning Mist

After cleansing, evenly spray the VerdeVitality Toning Mist over your entire face and neck. Allow it to air dry naturally.

Serum

Gently massage a small amount of either the Collagen or Vitamin A Serum into your face, being cautious to avoid the eye area. Approximately the size of a 5-cent coin is recommended for ideal coverage. Please note that the Vitamin A Serum should be applied only once a day.

Treatment

To provide an additional boost to your skin, apply the Anti-Ageing Elixir at night.

Moisturiser Morning

Apply a small quantity of the Peptide Cream to your face and gently massage it in until fully absorbed.

Moisturiser Evening

Apply a small quantity of the Renewal Cream to your face and gently massage it in until fully absorbed.

Eye Cream

Using your ring finger, gently apply a small amount of the product around the eye area. Work it in with a gentle anti-clockwise motion. Approximately half the size of a pea is the ideal amount for this delicate area.

WEEKLY

Exfoliant

After cleansing, take a small amount of the Exfoliating Vitamin Crystals in your hand and mix it with water to create a paste. Apply the paste to your face and neck, using circular motions to gently buff away dead skin.

Mask

After exfoliating, generously apply the product to your skin, creating a lather. Leave it on for 10-15 minutes, then rinse thoroughly. Once removed, proceed with the rest of your daily skincare routine.

Mature Skin

WHAT IS MATURE SKIN

As skin matures, it undergoes significant changes, most notably a reduction in flexibility and elasticity. The skin's overall texture gradually transforms, becoming more delicate, finer, and exhibiting increased irregularities with the emergence of wrinkles. This aging process also results in a tendency for the skin to become drier and coarser in texture, attributed to the natural decline in moisture retention as oil production diminishes.

DAILY PRODUCT RECOMMENDATIONS

Here is the list of recommended Eastern Curlew products:

- BioBlossom Cream Cleanser
- BioBlossom Toning Mist
- Hyaluronic Acid Serum
- Anti-Ageing Elixir or Vitamin A Serum
- Renewal Cream
- Intensive Eye Cream

AT HOME

For those desiring a tailored at-home facial for mature skin, we recommend the following steps to be followed once or twice a week.

PRODUCTS REQUIRED:

Here are the products you will need:

- BioBlossom Cream Cleanser
- BioBlossom Toning Mist
- Hyaluronic Acid Serum
- Anti-Ageing Elixir or Vitamin A Serum
- Renewal Cream
- Intensive Eye Cream
- Exfoliating Vitamin Crystals
- Hydrating Gel Mask



HOW TO USE

Cleanser

In the morning, perform one cleanse, and in the evening, conduct two cleanses. The initial cleanse effectively removes dirt, makeup, and impurities from your skin, while the second cleanse deeply cleanses your skin. Dispense 1-2 pumps into the palm of your hand, add a small amount of water to create a lather, and gently massage it over your skin. Rinse thoroughly with warm water.

Toning Mist

After cleansing, evenly spray the BioBlossom Toning Mist over your entire face and neck. Allow it to air dry naturally.

Serum

Gently massage a small amount of the Hyaluronic Acid Serum, Anti-Ageing Elixir, or Vitamin A Serum into your face, being cautious to avoid the eye area. An amount roughly equivalent to the size of a 5-cent coin is recommended for ideal coverage. Choose the serum that suits your skincare needs.

Moisturiser

Apply a small quantity of the Active Renewal Moisturizer to your face and gently massage it in until fully absorbed.

Eye Cream

Using your ring finger, gently apply a small amount of the product around the eye area. Work it in with a gentle anti-clockwise motion. Approximately half the size of a pea is the ideal amount for this delicate area.

WEEKLY

Exfoliant

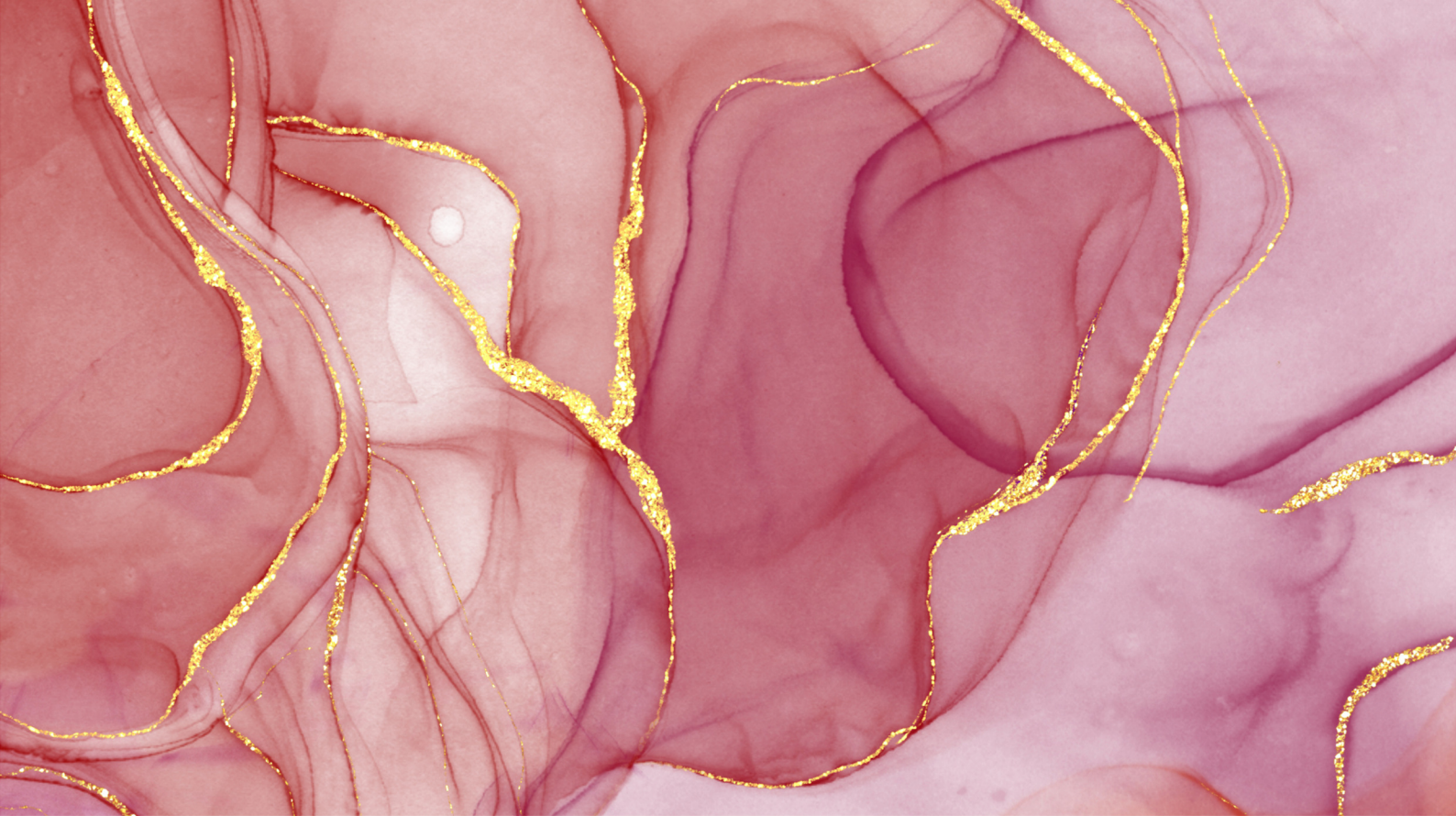
After cleansing, take a small amount of the Exfoliating Vitamin Crystals in your hand and mix it with water to create a paste. Apply the paste to your face and neck, using circular motions to gently buff away dead skin.

Mask

After exfoliating, generously apply the product to your skin, creating a lather. Leave it on for 10-15 minutes, then rinse thoroughly. Once removed, proceed with the rest of your daily skincare routine.



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