

SKIN  MATRIX

Skin Guide



Dehydrated Acne

SKIN SIGNS:

Little water content yet lots of oil. flaking, pink, hot to touch, skin feels tight, crepey, large pores on the t-zone but dry cheeks.

AIM:

Restore the skin barrier whilst decongesting pores for a clear complexion. Calm, heal, and purify. Replenish water content in the skin whilst using the right amount of AHA/BHA's to loosen congestion within the pore.

GETTING TO KNOW A DEHYDRATED ACNE SKIN

This skin will feel oily and dry at the same time. Potentially the skins barrier has been over-stripped from harsh skin care, leaving the skin vulnerable, sensitive and irritated. Perhaps long term antibiotic skin care has been used which not only dries the skin out but destroys all the good bacteria that is your skins best friend when it comes to resiliency.

The skin contains both water and oil; in a dehydrated oily skin, the skin is super low on its water content yet the oil content packs a punch. This creates the perfect setting for oil to get stuck within the pore, which then combines with dead skin that naturally sheds daily within the pore creating congestion.



DAILY ROUTINE:

Cleanse

Dispense 1 pump of the **Skin Matrix Balance Cleanser** into the palm of your hand, add a little water and massage into the skin focusing on your target areas. Gentle enough for eyelids, removes eye makeup beautifully. Repeat for a double cleanse.

Moisturise

Dispense 1-2 pumps of **Skin Matrix Hydracell Moisturiser** and massage into the skin.

Sun Protection

Dispense 1 pump of **Skin Matrix Zinky** and apply to the skin.





EVENING ROUTINE

Cleanse

Dispense 1 pump of the **Skin Matrix Balance Cleanser** into the palm of your hand, add a little water and massage into the skin focusing on your target areas. Gentle enough for eyelids, removes eye makeup beautifully. Repeat for a double cleanse.

Corrector

Apply 1 pump of **Hello.. Goodbye Blemish Gel** and apply to areas where there are blemishes. Can also use as a blemish spot treatment.

Moisturise

Dispense 1 pump of **Skin Matrix Hydracell Moisturiser** and massage into the skin.



WEEKLY TREATMENT

Dispense a 5c piece size of the **Skin Matrix AHA Exfoliating Scrub** and apply to the skin. For sensitive skins, only apply and leave for 1-3 minutes. For all other skins, gently and slowly massage the scrub for 10-20 seconds. Rinse with cool water.



TOP SKIN TIPS

- If you have pustular acne – apply the **AHA Exfoliating Scrub** to the skin and leave. Do not massage into the skin
- Remove dairy from your diet for 4 weeks and see if this makes a difference. A major catalyst in increasing oil flow in the skin.
- Pat dry the skin rather than rubbing or wiping the skin
- Try not to squeeze acne, it is tempting but much better left for a trained Skin Care Therapist to safely extract for you, removing chances of cross infection and scarring.
- Use only mineral sunscreen and make up. Chemical versions of these are notorious for congesting the skin.
- Do not over exfoliate the skin, get in tune with how your skin is feeling. If your skin responds better to exfoliating every 2 weeks then do so.





OPTIONAL EXTRAS:

For a **mature dehydrated oily skin**, you can apply 1-2 pumps of the **Skin Matrix Skin Perfection Serum** after cleansing in the morning to soothe, heal, calm and hydrate.

If your skin has no flaking or tightness you can spritz the **Skin Matrix Refine + Smooth Toner** onto a cotton round and gently wipe over the skin straight after cleansing. Then continue with your regime. Start with once a week, then increase as the skin tolerates, giving the skin 1-2 weeks adjustment time between increasing frequency so your skin has time to adjust. Pull back usage if the skin becomes irritated or dry/tight.

Treat the skin to a soothing mask once a week, you can do this after your exfoliation of the **Skin Matrix AHA Exfoliating Scrub** or you can do when desired. Apply the **Skin Matrix Hydralift Sheet Mask** to the skin after cleansing. Leave on for 10-15 minutes (up to 30 minutes if you have time!). Remove and continue with your regime. This replenishes the water content in the skin, whilst providing antioxidants to promote healing and repair.



Oily Acne

SKIN SIGNS:

Enlarged pores in t-zone and possibly all over, dull or shiny skin, thick complexion, visible skin sheen especially around midday to afternoon, blackheads, pustules and congestion.

AIM:

Exfoliate and Purify. Control oil flow and decongest the pores, loosening trapped sebum (oil) and dead skin within the pores. Exfoliate the skin to refine skin texture, tone and complexion. Find the right balance of AHA/BHA's to stop pores from becoming blocked and to lighten post blemish marks.

GETTING TO KNOW AN OILY ACNEIC SKIN

This skin will feel oily all over, especially from midday onwards when the skin may take on a shiny complexion. Those with oily skin tend to prefer products that feel lightweight on the skin. The pores of an oily skin will increase in size where oil flow has increased allowing for the oil to flow onto the skins surface. More resilient than the Dehydrated Acneic Skin, allowing this skin type to handle a more frequent use of Alpha and Beta Hydroxy Acids (AHA/BHA's).

This skin contains high oil and water content which gives it its shiny appearance. With a higher flow of oil flowing through the pore, there is a higher probability that this oil may get stuck and congested when combined with dead skin.



DAILY ROUTINE:

Cleanse

Dispense 1 pump of the **Skin Matrix Deep Pore** Cleanser into the palm of your hand, add a little water and massage into the skin focusing on your target areas. Removes make up beautifully. Repeat for a double cleanse.

Moisturise / Sun Protection

Dispense 1-2 pumps of **Skin Matrix Zinky Moisturiser** with Zinc Oxide and massage into the skin.





EVENING ROUTINE

Cleanse

Dispense 1 pump of the **Skin Matrix Deep Pore Cleanser** into the palm of your hand, add a little water and massage into the skin focusing on your target areas. Removes eye makeup beautifully. Repeat for a double cleanse. On the second cleanse you can apply and leave on for 1-2 minutes as a mini cleansing mask, before rinsing off.

AHA Tone

Spritz **Skin Matrix Refine + Smooth Toner** onto a cotton round and gently wipe over the skin straight after cleansing. Then continue with your regime. Start with 2-3 x a week, then increase as the skin tolerates, giving the skin 1-2 weeks adjustment time between increasing frequency so your skin has time to adjust. Pull back usage if the skin becomes irritated or dry/tight.

Corrector

Apply 1-2 pumps of **Hello.. Goodbye Blemish Gel** and apply to areas where there are blemishes.

Moisturise

Dispense 1 pump of **Skin Matrix Hydracell Moisturiser** and massage into the skin.



WEEKLY TREATMENT

Dispense a 5c piece size of the **Skin Matrix AHA Exfoliating Scrub** and apply to the skin. For sensitive skins, only apply and leave for 1-3 minutes. For all other skins, gently and slowly massage the scrub for 10-20 seconds. Rinse with cool water.



TOP SKIN TIPS

- If you have pustular acne - apply the **AHA Exfoliating Scrub** on the skin and leave. Do not massage into the skin. Leave on for up to 10 minutes or as the skin tolerates.
- Remove dairy from your diet for 4 weeks and see if this makes a difference. A major catalyst in increasing oil flow in the skin.
- Pat dry the skin rather than rubbing or wiping the skin
- Try not to squeeze acne, it is tempting but much better left for a trained Skin Care Therapist to safely extract for you, removing chances of cross infection and scarring.
- Use only mineral sunscreen and make up. Chemical versions of these are notorious for congesting the skin.
- Do not over exfoliate the skin, get in tune with how your skin is feeling. If your skin responds better to exfoliating every 2 weeks then do so. Or if your skin prefers only using the **Refine + Smooth** once a week instead of 2-3 then do so.





OPTIONAL EXTRAS:

For a **mature oily skin** with minimal breakouts, you can apply 1 pump of the **Skin Matrix Skin Perfection Serum** after cleansing in the morning to soothe, heal, calm and hydrate.

Treat the skin to an exfoliating antioxidant mask once a week, you can do this after your exfoliation of the **Skin Matrix AHA Exfoliating Scrub** or you can do when desired. Apply the **Skin Matrix C-Bright Mask** to the skin after cleansing. Leave on for 10 minutes. Remove and continue with your regime. A water based sheet mask to heal post blemish marks, exfoliate within the pore to loosen existing blackheads and spots, Licorice to lighten post blemish spots and antioxidants to strengthen the skin, and instantly brighten the complexion.

Once you have been using the **Hello.. Goodbye Serum** nightly for 2 weeks you can use this serum in the morning to spot treat where necessary. Any irritation or peeling, revert back to once a day.



Pregnancy/ Breastfeeding

SKIN SIGNS:

Skin can either be glowing and free of signs of irritation and breakouts or show signs of sensitivity, eczema, flaking or dermatitis particularly peri oral dermatitis. Pregnancy pigmentation called Melasma can form, a symmetrical pigment stimulated by pregnancy hormones. Acne can fluctuate throughout.

AIM:

Feed the skin, nurture, soothe and replace depleted antioxidants. Target potential pregnancy pigmentation that has occurred. Ensure the barrier of the skin is in good health and the skin is well hydrated. Gentle AHA's to keep blemishes under control.

GETTING TO KNOW A SKIN OF A MUM WITH BUB ON BOARD OR BREASTFEEDING

This skin can receive all sorts of skin conditions through this time, and the skin can behave entirely different with each pregnancy. Skin can become hypersensitive if the skins barrier becomes impaired and acne can either improve or get worse throughout this time. It's those hormones!! Changes in estrogen and progesterone levels influence skin in all pregnant women.

Some may be lucky to experience "the glow", a skin luminosity that takes shape as oxygen and nutrients are delivered to all organs including the skin.

More progesterone increases oil production causing breakouts. The need for a blemish control regime without Vitamin A and Salicylic Acid is important as these cannot be used throughout this time. Niacinamide over 5% is effective in oil control and it has similar mechanics in the skin to Vitamin A and is safe to use throughout this time. Our **IQ Serum** plays a key role for this skin condition.

Melasma the pregnancy hormone can develop or darken for those with this skin condition already. Also called the mask of pregnancy, it is commonly seen on the cheeks, nose and forehead. Niacinamide a powerful anti-inflammatory ingredient also known as Vitamin B3, is an effective skin lightener that works by inhibiting melanosome (pigment) transfer from the pigment cell to the skin cell. It is non-irritating and safe to use whilst pregnant making this a powerhouse all-rounder ingredient.



DAILY ROUTINE:

Cleanse

Dispense 1 pump of the **Skin Matrix Balance Cleanser** into the palm of your hand, add a little water and massage into the skin focusing on your target areas. Gentle enough for eyelids, removes eye makeup beautifully. Repeat for a double cleanse.

Corrector

Sensitive skin

Apply 1-2 pumps of the **Skin Matrix Skin Perfection Serum** and massage into the skin.

Acneic skin/Pigmentation

Spritz the **Kakadu Plum Everbright Toner** onto a cotton round and wipe over the skin to gently remove dead skin cells (1-3 x week). Follow with Apply 1-2 pumps of the **Skin Matrix IQ Serum** and massage into the skin.

All other Skins

Spritz the **Kakadu Plum Everbright Toner** onto a cotton round and wipe over the skin to gently remove dead skin cells (1 x week). Follow with Apply 1-2 pumps of the **Skin Matrix IQ Serum** and massage into the skin. For those who wish to intensify even further you can mix the **IQ Serum** and the **Platinum Peptide Cell+ Serum** together into the palm of your hand and massage into the skin for maximum skin proteins, antioxidants and vitamins.

Moisturise

Normally to Oily skins

Dispense 1-2 pumps of **Skin Matrix Hydracell Moisturiser** and massage into the skin.

Normally to Dry skins

Dispense 1-2 pumps of **Skin Matrix Ultra Dry Moisturiser** and massage into the skin. Super Dry Skins you can apply the **Coq10 Rosehip Oil** with your moisturiser for intense suppleness and hydration. Apply Lip and Eye Intensive Balm Stick around the eye bone area and to your lips.

Sun Protection

Dispense 1 pump of **Skin Matrix Zinky** and apply to the skin.





EVENING ROUTINE

Cleanse

Dispense 1 pump of the **Skin Matrix Balance Cleanser** into the palm of your hand, add a little water and massage into the skin focusing on your target areas. Gentle enough for eyelids, removes eye makeup beautifully. Repeat for a double cleanse.

Corrector:

Sensitive skin

Apply 1-2 pumps of the Skin Matrix Skin Perfection Serum and massage into the skin.

Acneic skin/Pigmentation

Apply 1-2 pumps of the Skin Matrix IQ Serum and massage into the skin.

All other Skins

Apply 1-2 pumps of the Skin Matrix IQ Serum and massage into the skin. For those who wish to intensify even further you can mix the **IQ Serum** and the **Platinum Peptide Cell+ Serum** together into the palm of your hand and massage into the skin for maximum skin proteins, antioxidants and vitamins.

Moisturise

Normally to Oily skins

Dispense 1-2 pumps of Skin Matrix Hydracell Moisturiser and massage into the skin.

Normally to Dry skins

Dispense 1-2 pumps of Skin Matrix Ultra Dry Moisturiser and massage into the skin. Super Dry Skins you can apply the **Coq10 Rosehip** with your moisturiser for intense suppleness and hydration. Apply Lip and **Eye Intensive Balm Stick** around the eye bone area and to your lips.



WEEKLY TREATMENT

Dispense a 5c piece size of the **Skin Matrix AHA Exfoliating Scrub** and apply to the skin. For sensitive skins, only apply and leave for 1-3 minutes. For all other skins, gently and slowly massage the scrub for 10-20 seconds. Rinse with cool water.



TOP SKIN TIPS

- To prevent melasma pigmentation, apply an SPF daily rain, hail or shine.
- If you have melasma, wear a hat at all times in the sun; any incidental sun can stimulate further over production of pigmentation.
- Plan to start on a Vitamin A product once you finish breastfeeding to increase cellular turnover and cellular regeneration.
- If you develop any rashes or irritations on the body, opt for natural products only free of harsh drying chemicals.
- Keep your skin care regime fluid, and ready to adapt to changes in the skin as the body goes through different hormonal fluctuations through this time.
- You may not need to exfoliate your skin as much in pregnancy, especially if your skin is feeling on the sensitive side.



OPTIONAL EXTRAS:

Treat the skin to a soothing mask once a week, you can do this after your exfoliation of the **Skin Matrix AHA Exfoliating Scrub** or you can do when desired. Apply the **Skin Matrix Hydralift Sheet Mask** to the skin after cleansing. Leave on for 10-15 minutes (up to 30 minutes if you have time!). Remove and continued with your regime.

This replenishes the water content in the skin, whilst providing antioxidants to promote healing and repair. Do as often as desired.

Pro Healthy Skin Ageing



SKIN SIGNS:

Skin does not feel sensitive, may have the occasional breakout. May have a few sun or pigmentation spots. Main focus of this skin type is to encourage blood flow which declines naturally as we age through the dermal layer of the skin. Focus on minimizing pores, getting the 'glow' and encouraging healthy cellular functions including collagen production.

AIM:

Ensure the skin is well hydrated, whilst feeding the skin ample antioxidants, vitamins, peptides to encourage healthy cell turnover and reducing free radical activity where possible. Protect the skin from the sun to prevent collagen breakdown and sun spots. Focus on building and regenerating the matrix of the skin; the dermal layer where collagen and elastin lie. Encourage collagen production to keep skin supple, soft and smooth. Massage the skin regularly to encourage blood flow which ensure nutrients are supplied where they required as blood flow slows through the decades.

GETTING TO KNOW A SKIN WITH PRO HEALTHY AGEING IN MIND

As our skin ages the outer most layer of the skin (epidermis) thins and the pigment producing cells (melanocytes) decrease. The remaining pigment producing cells increase, forming liver spots (lentigos). Connective tissue changes reduce the skin's strength and elasticity (elastosis). This is more noticeable in sun exposed areas (elastosis). Blood vessels become more fragile and the skin can have a tendency to bruise more easily. Oil production slows down so the need to replenish this topically is enhanced. This is particularly more noticeable after menopause. Dryness and itchy skin conditions increase due to this lack in oil flow. The need for ingredients that will target the fibroblast cell (collagen making cells) are key in any pro healthy skin ageing regime. Vitamin A in the form of Retinol, Retinaldehyde and Bakuchiol are different forms of Vitamin A that aim to increase cellular turnover, rejuvenate the skin whilst creating more collagen and elastin.

Rich oils and nourishing ingredients like hyaluronic acid, and rosehip oil to protect and nourish the skin barrier, preventing water loss and reducing topical skin irritations. Peptides are chains of amino acids that make up proteins in the skin aka collagen - so using at least one product with peptides will provide your skin with the proteins required to create new collagen. Sun protection to slow down collagen and elastin breakdown from UV is also an important daily element of your skin care regime. Antioxidants such as Vitamin B3, C, pomegranate, green tea will reduce free radicals in the skin which are basically rogue damaged cells looking to hijack an atom from healthy cells. Antioxidants feed the free radical cells the requirements they need to become a healthy cell again.



DAILY ROUTINE:

Cleanse

Dispense 1 pump of the **Skin Matrix Balance Cleanser** into the palm of your hand, add a little water and massage into the skin focusing on your target areas. Gentle enough for eyelids, removes eye makeup beautifully. Repeat for a double cleanse.

Corrector

Sensitive skin

Apply 1-2 pumps of the **Skin Matrix Skin Perfection Serum** and massage into the skin. You can mix this with the **Platinum Peptide Cell+ Serum** for added hydration, calming; and smoothing fine lines and texture.

Pigmented skin

For those after the glow. Apply 1-2 pumps of the **Skin Matrix IQ Serum** and massage into the skin. You can mix this with either **Skin Perfection or Platinum Peptide Cell+ Serum**, by mixing 1 pump of each into the palm of your hand and massage into your skin.

Collagen support

Apply 1-2 pumps of the **Skin Matrix Platinum Peptide Cell+ Serum** and massage into the skin. You can mix this with 1 of the above serums, by mixing 1 pump of each into the palm of your hand and massage into your skin.

Moisturise

Normally to Oily skins

Dispense 1-2 pumps of **Skin Matrix Hydracell Moisturiser** and massage into the skin.

Normally to Dry skins

Dispense 1-2 pumps of **Skin Matrix Ultra Dry Moisturiser** and massage into the skin. Super Dry Skins you can apply the **Coq10 Rosehip Oil** with your moisturiser for intense suppleness and hydration. Apply **Lip and Eye Intensive Balm Stick** around the eye bone area and to your lips.

Dry/Mature Skins

Dispense 1-2 pumps of **Skin Matrix Platinum Peptide Moisturiser** and massage into the skin. Super Dry Skins you can apply the **Coq10 Rosehip Oil** with your moisturiser for intense suppleness and hydration. Apply **Lip and Eye Intensive Balm Stick** around the eye bone area and to your lips.

Sun Protection

Dispense 1 pump of **Skin Matrix Zinky** and apply to the skin.





EVENING ROUTINE

Cleanse

Dispense 1 pump of the **Skin Matrix Balance Cleanser** into the palm of your hand, add a little water and massage into the skin focusing on your target areas. Gentle enough for eyelids, removes eye makeup beautifully. Repeat for a double cleanse.

Corrector

Sensitive skin/first time using Vitamin A (retinol) – Apply 1-2 pumps of the **Skin Matrix Rebuild Level 2** and massage into the skin.

Skins adjusted to Retinol – Apply 1-2 pumps of the **Skin Matrix Revive A+** and massage into the skin.

Moisturise

Normally to Oily skins

Dispense 1-2 pumps of **Skin Matrix Hydracell Moisturiser** and massage into the skin.

Normally to Dry skins

Dispense 1-2 pumps of **Skin Matrix Ultra Dry Moisturiser** and massage into the skin. Super Dry Skins you can apply the **Coq10 Rosehip Oil** with your moisturiser for intense suppleness and hydration. Apply **Lip and Eye Intensive Balm Stick** around the eye bone area and to your lips.

Dry/Mature Skins

Dispense 1-2 pumps of **Skin Matrix Platinum Peptide Moisturiser** and massage into the skin. Super Dry Skins you can apply the **Coq10 Rosehip** with your moisturiser for intense suppleness and hydration. Apply **Lip and Eye Intensive Balm Stick** around the eye bone area and to your lips.



WEEKLY TREATMENT

Dispense a 5c piece size of the **Skin Matrix AHA Exfoliating Scrub** and apply to the skin. For sensitive skins, only apply and leave for 1-3 minutes. For all other skins, gently and slowly massage the scrub for 10-20 seconds. Rinse with cool water.

1-2 times a week apply the **Skin Matrix Platinum Peptide Mask** to the skin. Leave on for 10-15 minutes, then wash off and continue with your regime. OR Leave on the skin as an overnight mask. Right before bed you can apply 1-2 pumps of the **Skin Matrix CoQ10 Rosehip Oil** on top of the mask for super thirsty skins.



TOP SKIN TIPS

- Use the **Rejuva3 Microcurrent** and RF device to encourage blood flow and stimulation.
- Wear a hat at all times in the sun; any incidental sun can stimulate further over production of pigmentation.
- Use the **Skin Matrix CoQ10 Rosehip Oil** as needed when the skin feels dry or if you love supple dewy skin
- Take an omega 3 supplement regularly for soft hydrated skin. Reduces cellular inflammation.
- Get your bloods checked regularly to check your Vitamin D levels, iron, and B12. A deficiency in these vitamins will impact the skin health.

OPTIONAL EXTRAS:

Use our **Sheet Masks** – as desired. **Hydralift** is our ultra hydrating antioxidant sheet mask and the **C-Bright** is full of Vitamins including C, E and many skin brighteners to give you an instant glow such as licorice, bearberry extract and bilberry fruit extract.



Sensitive

SKIN SIGNS:

Skin feels sensitive to the touch, and may feel hot. Can flake from time to time or be in a constant flaking condition. The skin can be reactive and prone to breakouts. This skin condition can sun burn easily and skin inflammation can be high. Can be reactive to foods and many types of skin care. Can have underlying dermatitis, eczema or rosacea as well as all grades of acne

AIM:

To ensure the barrier of the skin is intact. Sensitive skins can lose water content quickly from the skin, further exacerbating their skin condition. Making sure a solid skin care routine at home is followed as daily replenishment of vital skin conditioners is needed to reduce inflammation and ensure the barrier of the skin is repaired, leading to a more resilient skin. As skin hydration is corrected and balanced, skin signs such as acne, rosacea, eczema and sensitivities become less aggressive.

GETTING TO KNOW SENSITIVE SKIN

Sensitive skins can be reactive and can get triggered by soaps, detergents, fragrances, perfumes and skincare easily. Wind, sun and the cold can also trigger a sensitive skin. Redness can be sign that the skin is inflamed and reacting to an irritant. The barrier of the skin is the most important factor when treating a sensitive skin. It is important the barrier is intact as this is the first line of defense for the skin. An intact barrier retains moisture in the skin more efficiently, and reduces itching and redness. Stinging and burning when applying skin products is a true indicator that your skin barrier is not intact. Address this and you will notice a difference quite quickly.





DAILY ROUTINE:

Cleanse

Dispense 1 pump of the Skin Matrix Balance Cleanser into the palm of your hand, add a little water and massage into the skin focusing on your target areas. Gentle enough for eyelids, removes eye makeup beautifully. Repeat for a double cleanse.

Corrector

Apply 1-2 pumps of the **Skin Matrix Skin Perfection Serum** and massage into the skin. You can mix this with the **Platinum Peptide Cell+ Serum** for added hydration, calming; and smoothing fine lines and texture.

Moisturise

Normally to Oily skins

Dispense 1-2 pumps of **Skin Matrix Hydracell Moisturiser** and massage into the skin.

Normally to Dry skins

Dispense 1-2 pumps of **Skin Matrix Ultra Dry Moisturiser** and massage into the skin. Super Dry Skins you can apply the **Coq10 Rosehip Oil** with your moisturiser for intense suppleness and hydration. Apply **Lip and Eye Intensive Balm Stick** around the eye bone area and to your lips.

Dry/Mature Skins

Dispense 1-2 pumps of **Skin Matrix Platinum Peptide Moisturiser** and massage into the skin. Super Dry Skins you can apply the **Coq10 Rosehip Oil** with your moisturiser for intense suppleness and hydration. Apply **Lip and Eye Intensive Balm Stick** around the eye bone area and to your lips.

Sun Protection

Dispense 1 pump of **Skin Matrix Zinky** and apply to the skin.





EVENING ROUTINE

Cleanse

Dispense 1 pump of the **Skin Matrix Balance Cleanser** into the palm of your hand, add a little water and massage into the skin focusing on your target areas. Gentle enough for eyelids, removes eye makeup beautifully. Repeat for a double cleanse.

Corrector

Extremely Sensitive Skin – repeat your morning routine

Sensitive skin that is ready for Vitamin A (retinol) – Apply 1-2 pumps of the **Skin Matrix Rebuild Level 2** and massage into the skin.

Skins adjusted to Retinol – Apply 1-2 pumps of the **Skin Matrix Revive A+** and massage into the skin.

Moisturise

Normally to Oily skins

Dispense 1-2 pumps of **Skin Matrix Hydracell Moisturiser** and massage into the skin.

Normally to Dry skins

Dispense 1-2 pumps of **Skin Matrix Ultra Dry Moisturiser** and massage into the skin. Super Dry Skins you can apply the Coq10 Rosehip with your moisturiser for intense suppleness and hydration. Apply Lip and Eye Intensive Balm Stick around the eye bone area and to your lips.

Dry/Mature Skins

Dispense 1-2 pumps of **Skin Matrix Platinum Peptide Moisturiser** and massage into the skin. Super Dry Skins you can apply the **Coq10 Rosehip Oil** with your moisturiser for intense suppleness and hydration. Apply **Lip and Eye Intensive Balm Stick** around the eye bone area and to your lips.



WEEKLY TREATMENT

As a gentle whisk away of dead skin cells whilst nourishing the skin. Use our **Skin Matrix C-Bright Sheet Mask**.

- Cleanse the skin, then apply the sheet mask to the face. Relax, read a book, watch TV or have a little snooze whilst your mask gets to work.
- Leave on for 10 -15 minutes, do not wash off the serum goodness left over. Apply your favourite moisturiser on top to seal in all that goodness.

1-2 times a week apply the **Skin Matrix Platinum Peptide Mask** to the skin as your weekly treatment. Leave on for 10-15 minutes, then wash off and continue with your regime. OR Leave on the skin as an overnight mask. Right before bed you can apply 1-2 pumps of the **Skin Matrix CoQ10 Rosehip Oil** on top of the mask for super thirsty skins.



TOP SKIN TIPS

- Use the **Rejuva3 Microcurrent** and RF device to encourage blood flow and stimulation.
- Wear a hat at all times in the sun; any incidental sun can stimulate further over production of pigmentation.
- Use the **Skin Matrix CoQ10 Rosehip Oil** as needed when the skin feels dry or if you love supple dewy skin
- Take an omega 3 supplement regularly for soft hydrated skin. Reduces cellular inflammation.
- Get your bloods checked regularly to check your Vitamin D levels, iron, and B12. A deficiency in these vitamins will impact the skin health.



OPTIONAL EXTRAS:

Use our **Hydralift Sheet Mask** our ultra hydrating antioxidant sheet mask for a calming, redness reducing skin hydration booster.

