

Combination Oily, Dry Skin

(has/had some
oiliness)

STEP 1 CLEANSE

STEP 2 EXFOLIATE

STEP 3 TONE

STEP 4 HYDRATE

STEP 5 MOISTURISE

Add
Next Step INTENSIVE PRODUCTS
for further
benefits

simplicite

Basic Six Products Daily Skin Care Routine

(suitable for sensitive skin)

MORNING



Use **Plant Gel Cleanser** or **Sundew Cleansing Milk** to gently remove metabolic waste and to revitalise skin tone. Emulsify 1-2 pumps by rubbing between hands. Massage over damp face, neck and décolletage for 30 seconds. Gently wash off.



Always exfoliate PM after cleansing (refer right). **Exfoliating Face Treatment** can be used as an alternative to the One Step Exfoliating Cleanser. Exfoliating Face Treatment can be alternated with One Step Exfoliating Cleanser or mixed with it.



Use **Hydrating Floral Toning Lotion** to hydrate and refresh facial skin at any time. Also use after cleansing and before applying **Face Oil** and **Serums** (refer intensive products below) Gently spritz onto face, keeping eyes closed whilst spraying and for 5 seconds after.



Use **Sage Face Oil** to deeply hydrate the skin. Place 1-2 pumps in palm of hand (use much less in humid/hot weather). Spray **Hydrating Toning Lotion** onto palm (or onto face). Rub hands together to emulsify. Pat on face, neck and décolletage then massage into skin.



Use **Oil Controlled Day Creme** to soften and soothe **OR** use **Alba White Day Creme SPF10** to reduce hyper-pigmentation. Warm a small amount of creme between fingers then gently massage into face, neck & décolletage.

NIGHT



Pre-cleanse with **Face Oil** to break down eye and base make up. With wet hands, massage 2-3 pumps over face. Follow with **Plant Gel Cleanser** or **Sundew Cleansing Milk** to remove excess oil, makeup and debris. Can mix with **One Step** (below) and use together (recommended).



Mix 1/2 to 1 teaspoon of the very gentle **One Step Exfoliating Cleanser** with the **Plant Gel Cleanser** (above) in palm of hand and use in the shower to clear makeup and debris from pores and to gently exfoliate. Use at least 5-6 times weekly (or every evening).



Use **Hydrating Floral Toning Lotion** to soothe and nurture the skin. Apply after cleansing or gently spritz over face at any time to refresh the skin. Keep eyes closed whilst spraying, and for 5 seconds after, or spray into palm of hand and mix with face oil (step 4) for best absorption.



Use **Sage Face Oil** to hydrate facial skin. Skin will never feel 'oily' when face oil is applied as directed (opposite). Regular exfoliating is also essential. Use the **One Step Exfoliating Cleanser** (before the toning lotion and face oil) at least 5-6 times weekly (or every evening).



Use **Lemon Night Creme** to enhance the complexion and to nourish and hydrate the skin at night. Warm a small amount of creme between fingertips then gently massage into face, neck and décolletage. Apply after **Sage Face Oil**.

All Simplicite products are hand-made from certified organic, medicinal grade plant extracts; all products are vegan, anti-ageing, deeply hydrating and beneficial to sensitive skin.

Get started with the Simplicite BASIC SIX trial/travel pack.
Find out more and buy online at: www.simplicite.com.au.



For the very best results, add the following intensive products to your daily basic six skin care routine

PRODUCT



**Rosehip & Lavender
Complexion Refiner**



Serums



Results Lift Gel

BENEFITS

Immediately visible firmer, smoother skin with a natural glow. Improves rosacea, acne scarring, appearance of broken capillaries, refines open pores. Removes blackheads that have been loosened by regular use of **One Step Exfoliating Cleanser**.

Intense treatments that repair, revive, smooth and rehydrate skin. Choose a serum to reduce or reverse redness, scarring, acne, rosacea, fine lines, hyper-pigmentation, sun damage, and visible capillaries.

A cosmetic herbal alternative to Botox®. Accelerated improvements to skin's tone, texture and firmness. Promotes collagen formation and increases elasticity and reduces the appearance of fine lines and wrinkles.

HOW TO USE

Apply a thin layer to face, neck and décolletage. Leave for at least 10 mins. Use fingers to gently rub off the mask over basin. Use a damp face cloth to remove any residue. Mask must be rubbed (not washed) off to obtain best results. Follow with **Cleanser, Serums Face Oil**, etc. Use at least twice weekly.

Apply **BEFORE Face Oil** as part of daily skin routine. Pump in palm of hand (1-2 pumps). Spray **Toning Lotion** into palm (or onto face) then rub hands together to emulsify. Pat onto face then massage into skin.

Apply after (OVER) **Serums, Face Oil and Moisturisers** (BEFORE **Alba White Day Moisturiser**). Use at any time to revitalise the skin. Can be used around the eye area and/or as a refreshing and nutritive pre-makeup primer.

To further enhance your skin, and to address specific concerns, choose from the following products

PRODUCT



**Exfoliating
Face Treatment**



***NEW* Lemon Myrtle
Citral Firming Mask**



**Botanic
Gel Mask**



**Waratah & Beetroot
Nutritive Plant Mask**



**Rosemary
Blemish Gel**



**Eye
Treatments**



**Angelica
Lip-Care Balm**



**Great Outdoors
Sunscreen SPF15**

BENEFITS

Use as an alternative to the **One Step Exfoliating Cleanser** (refer page one) and also as an intensive mask treatment for:

1. Breakouts
2. Plumping, firming and reviving skin.

Deeply infuses **Serums, Face Oil and Results Lift Gel** into the skin. Improves skin texture and suppleness. Adds sheen and regenerates the skin.

Reduces sensitivity, redness and the appearance of darkness under eyes.

Soothes and deeply hydrates the skin. Calms redness, promotes elasticity and reduces hyper-pigmentation.

Intensive 'spot' treatment rapidly treats acne breakouts and pimples.

Instant Help Eye Gel soothes tired, puffy eyes and **Firming Eye Creme** reduces the appearance of fine lines.

Soothes cracked lips; reduces fine lines; treats 'cold sores' and protects.

Nutritive, light and non-greasy. Won't clog pores. Protects and moisturises.

HOW TO USE

1. Apply thickly to pimples and acne. Leave overnight or for as long as possible. Wash off in shower.
2. Apply generous amount (over **Serum and Face Oil**) and massage into skin. Leave for at least 30 minutes. Wash off.

'Mix-it-yourself' mask. Prepare skin by applying **Serum** then **Face Oil** and **Results Lift Gel**. Apply mask then leave for 15-30 minutes then peel off.

'Mix-it-yourself' mask. Apply thickly to skin. Leave for 5 minutes then wipe off.

Warm 1 tsp of mask between fingers. Massage into skin and leave for 10-20 minutes or overnight. Gently wipe off.

Apply a thin layer to problem areas several times throughout the day.

Pat small amount above and under eyes using tips of fourth fingers. Apply as often as needed.

Apply twice daily or as required. Can be applied before lipstick as a base.

Apply 15 minutes before going into the sun, then again every two hours.