

Breakout
and Acne
Skin

simplicite

Basic Six Products Daily Skin Care Routine

(suitable for sensitive skin)

STEP 1 CLEANSE



MORNING

Use **Plant Gel Cleanser** to normalise oil levels and help solubilise natural metabolic waste in the base of the pores (not properly cleansing this away encourages breakouts and congestion). Massage 1-2 pumps over damp face, neck and décolletage for 30 seconds, then wash off. It is essential to cleanse twice daily. Cleanse additionally after exercising if possible.

NIGHT

Pre-cleanse any make-up with **Sage Face Oil** (use wet hands to massage 2-3 pumps over face). Follow with one pump of **Plant Gel Cleanser** (cleans skin) MIXED with one teaspoon of **One Step Exfoliating Cleanser** (clears pores). Gently massage over damp face, neck and décolletage for one minute, concentrating on congested areas. Gently wash off. (Tip: best to apply in the shower).



STEP 2 CLEAR



Use **Acne Anti-Bacterial Serum** to eliminate acne causing bacteria. Using a cotton pad, firmly wipe 1-2 pumps over face (and neck if a problem area). Use AM and PM (or more frequently for longterm acne problems). An extra application in the mid-afternoon, or after exercise or school, is also beneficial.



After cleansing, use the metal **extracting tool** to remove trapped bacteria on any one pimple or blackhead. Do NOT squeeze with fingers. Sanitise the metal extracting tool after every use. After extracting follow with **Acne Anti-Bacterial Serum**, applied as in the morning.

STEP 3 HYDRATE



Use **Sage Face Oil** to hydrate without oiliness and to keep pores clear of congestion throughout the day. Wait one minute after applying **Acne Anti-Bacterial Serum** then mix one pump of Face Oil with **Hydrating Floral Toning Lotion** in palm. Pat over face and neck. Use much less in hot, humid weather.



Apply 1-2 pumps of **Sage Face Oil** (mixed with **Hydrating Floral Toning Lotion**, as per morning) over skin. Use more Face Oil when skin feels dry. To **REDUCE PIMPLE SIZE OVERNIGHT** and loosen stubborn blackheads; apply a liberal amount of Face Oil into each blemish.

STEP 4 MOISTURISE



Apply **Oil Controlled Day Creme** to soothe and protect skin throughout the day. Warm a small amount of creme between fingers then massage into face, neck and décolletage.



Use **Lemon Night Creme** to clarify the complexion and improve the appearance of breakouts overnight. Apply to face, neck and décolletage as in the morning.

Add
Next Step INTENSIVE PRODUCTS
for further
benefits

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

Spot Treatment



Rosemary Blemish Gel

Internal Remedy



Herbal Skin Cleanser Capsules

Nutritive Serum



Antioxidant Plant Serum

Intensive Mask Treatments



Rosehip & Lavender Complexion Refiner



Waratah & Beetroot Nutritive Plant Mask



Exfoliating Face Treatment

Diet and Lifestyle

BENEFITS

An intensive spot treatment and a 'miracle worker' that fights bacteria and reduces inflammation to effectively treat acne breakouts and clear pimples. Natural antibiotics rapidly calm and soothe the skin.

An internal all-herbal remedy that helps hormonally-influenced acne by minimising the unwanted secondary effects of fluctuating hormonal levels. Also a liver and digestion tonic (assists immunity). Order by phone or email.

Reduces and clears red/purple acne scarring and post inflammatory hyperpigmentation. Severe acne scarring will take at least two months to clear. Regular use of **Rosehip & Lavender Mask** is also recommended.

Calms breakouts, reduces acne scarring, firms and smooths skin. Reduces pore congestion, 'shrinks' pore size over time. Leave mask on for at least 20 minutes to soothe pimples and acne.

Gently hydrates, calms redness and improves appearance of damaged, scarred skin. Apply (very lightly) as a primer under make-up to give oily skin a matte appearance through day.

An intensive 'drawing' mask for acne and pimples. Apply for a few hours or overnight to reduce redness and soothe inflammation. Temporary skin pinkness may occur after treatment.

Have a glass of water within 5 minutes of rising in the morning (after plenty of sleep). Drink 6 to 8 glasses per day.

HOW TO USE

Apply a **thin** layer of BLEMISH GEL to problem areas in the morning after moisturising. Repeat several times throughout the day. Can also be applied thickly as a treatment pack and left on overnight.

Start with 2-3 capsules AM and PM (with or without food). It is essential to continue taking capsules for at least 5-6 months to clear cystic acne and long standing acne problems. Can reduce dose as symptoms ease.

Apply twice daily before **Face Oil**. Mix 1-2 pumps in palm with **Hydrating Floral Toning Spray**. Massage over affected areas. Nightly use of **One Step Exfoliating Cleanser** is also recommended.

Apply thickly and evenly to face and neck. When dry to touch (or leave for longer if desired) gently rub (don't wash) mask off. Use a damp face washer to gently rub off mask residue. Use at least twice weekly.

Massage a couple of teaspoons of mask over skin and leave for 10-20 minutes, wipe or wash off. Apply a few times a week - and over **Acne Anti-Bacterial Serum** - for best results.

Apply thickly to pimples and acne. Leave for 20-30 minutes or overnight. Remove mask in the shower, using a little **One Step Exfoliating Cleanser**, if needed. For best results, apply over **Acne Anti-Bacterial Serum**.

Reduce consumption of foods with a high Glycemic Index as they have been shown to worsen breakouts.*

*Reference: J Drugs Dermatol. 2014 Apr;13(4):428-35. Diet and acne update: carbohydrates emerge as the main culprit. Mahmood SN, Bowe WP.