

Daily Skin Care Routine

Hyper-pigmented Skin (including sun damaged skin)



Basic Six Products

(suitable for sensitive skin)



CLEANSE

Use Plant Gel Cleanser (choose for your skin type, either Normal/Dry or Combination/Oily) or Sundew Cleansing Milk to remove excess oil and to revitalise skin tone. Emulsify 1-2 pumps by rubbing between hands. Massage over damp face and neck for 30 seconds. Gently wash off.







PRE-CLEANSE

With wet hands, massage 2-3 pumps of **Sage Face Oil** over face to break down eye and base makeup.

CLEANSE

Follow with **Plant Gel Cleanser** (for your skin type) or **Sundew Cleansing Milk** to remove debris, excess oil and make-up. Apply cleanser as per a.m.

EXFOLIATE

Always exfoliate in the evening after cleansing (refer p.m.). Exfoliating Face Treatment can be used as an alternative to the One Step Exfoliating Cleanser. The exfoliating treatments can be alternated or mixed together.







EXFOLIATE

Use the gentle One Step Exfoliating Cleanser in the evening, after cleansing. Use at least 5-6 times weekly (or every evening). Massage 1 tsp into damp skin for 30 seconds whilst in shower. Gently wash off.



Use Hydrating Floral Toning Lotion (choose for your skin type, either Normal/Dry or Combination/Oily) to tone, replenish and hydrate skin. Gently spritz onto face after cleansing. Keep eyes closed whilst spraying, and for 5 seconds after. Spray on throughout the day to refresh the skin.







TONE

Use Hydrating Floral Toning Lotion (for your skin type) to soothe and nurture skin. Spritz onto face after cleansing (keep eyes closed whilst spraying, and for 5 seconds after) or spray into palm of hand and mix with face oil for best absorption.



Use Sage Face Oil to deeply hydrate and reduce hyper-pigmentation. With 1-2 pumps of oil in hand (use less on humid mornings) spray Toning Lotion onto oil (and on face if desired). Rub oil between hands then massage over face, neck and décolletage.







HYDRATE

Apply Sage Face Oil as directed (see a.m.) and it will never feel too 'oily'. Regular exfoliating is also essential use One Step Exfoliating Cleanser every evening (or 5-6 times weekly) before applying Toning Lotion and Face Oil.

MOISTURISE

Use Alba White Day Moisturiser SPF10 to reduce hyper-pigmentation and enhance skin tone. First warm a small amount of cream between fingers, then pat over face, neck and décolletage and massage in.





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MOISTURISE

Use Lemon Night Creme to reduce hyper-pigmentation, nourish and hydrate. This luxurious treatment is for all skin types and also helps clear congested skin.



Intensive Products

For the very best results, add the following intensive products to your daily Basic Six skin care routine (suitable for sensitive skin)

PRODUCT

BENEFITS

HOW TO USE



Rosehip & Lavender Complexion Refiner 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.

Apply a good coverage of mask to face, neck and décolletage. Leave to dry for 5-10 minutes then gently rub off - either with fingers or a wet, well squeezed out face cloth. Apply 2-3 times weekly for best results.



Use Antioxidant Plant Serum to repair skin and help prevent sun damage. Use Hyper-Pigmentation A & B Serums as intense brightening treatments to improve the appearance of hyper-pigmented skin.

Apply Serums before Face Oil. Massage 1-2 pumps of **Hyper-Pigmentation Serum A** over face, neck and décolletage, then repeat with **Hyper-Pigmentation Serum B**. Use a.m. and p.m. for best results.



Moisturiser with Sunscreen SPF15 This sunscreen will not increase hyperpigmentation as many do. Contains skin nourishing and hydrating plant extracts, is light and non greasy, will not clog pores. Apply liberally 15 minutes prior to sun exposure. Reapply every two hours (more often if swimming). Avoid sun exposure between llam and 2pm. Suitable for use on all skin types, even the most sensitive skin. Safe to apply to infants and young children.

To further enhance your skin, and to address specific concerns, choose from the following products (suitable for sensitive skin)

PRODUCT

BENEFITS

HOW TO USE



Exfoliating Face Treatment **Use 1:** 'Enzyme action' exfoliator used 3-4 times a week to gently lift dead cells and draw impurities.

Use 2: An intensive plumping and firming face pack used weekly.

Use 3: A weekly treatment to 'lift' and invigorate tired and dull looking skin. Use 4: 'Drawing' treatment for acne

and pimples. Use over a few nights to encourage healing and reduce inflammation and redness.

Use 1: Massage into skin for at least 30 seconds in shower. Leave on for 1-3 minutes before washing off.
Use 2 & 3: Apply to face and neck in a

thick layer over a Serum and Face Oil.

Massage into skin then leave for, at least,
30 minutes. Wash off in shower then
reapply serum for best results.

Use 4: Apply thickly to pimples and acne. Leave overnight or for as long as possible. Wash off in shower.



Botanic Gel Mask Calms sensitivity, irritation and dark circles under eyes; improves elasticity.

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



Waratah & Beetroot Nutritive Plant Mask Helps reduce hyper-pigmentation, soothes and deeply hydrates. Calms redness and promotes elasticity.

Apply thickly and leave for 20 minutes, then wipe off (or leave overnight). Can also apply a thin layer before Face Oil twice daily.



Eye Treatments **Instant Help Eye Gel** soothes tired, puffy eyes; **Firming Rehydration Eye Creme** deeply hydrates and improves the appearance of fine lines.

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



Results Lift Gel Our unique herbal firming treatment promotes collagen formation and smoother skin plus increases elasticity.

Massage small amount gently into skin after (OVER) Serums, Face Oil and Moisturisers (before Alba White Day Moisturiser).



Angelica Lip-Care Balm Soothes cracked lips; reduces fine lines; treats 'cold sores' and protects.

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