Hyper-Pigmented Skin (including sun

damaged skin)



(suitable for sensitive skin)

MORNING



Use Plant Gel Cleanser (choose for your skin type*) 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.

NIGHT



Pre-cleanse make-up with Sage Face Oil (massage 2-3 pumps over face). Follow with Plant Gel Cleanser (choose for your skin type*) or Sundew Cleansing Milk to remove debris, excess oil and make-up. Apply cleanser as for morning.



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 the very gentle **One Step** Exfoliating Cleanser in the evening, after cleansing, for best results. Use at least 5-6 times weekly (or every evening). Massage 1/2 to 1 teaspoon into damp skin for 30 seconds whilst in shower. Gently wash off.



Use Hydrating Floral Toning **Lotion** (choose for your skin type*) 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.



Use **Hydrating Floral Toning** Lotion (choose 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.



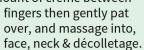
Use Sage Face Oil to keep pores clear of congestion. Pump oil into palm of hand (1/4 pump in summer and 1-2 pumps in winter). Spray Toning Lotion into palm (or onto face). Rub hands together to emulsify. Pat on face then massage into skin.



Use Sage Face Oil to deeply rehydrate skin. Pump the required amount into palm (depending on weather and skin needs). Mix with Toning **Lotion** and pat onto face. Massage into skin. Regular use of an Exfoliator will ensure best face oil results.



Use Alba White Day Creme SPF10 to reduce hyperpigmentation and enhance skin tone. Warm a small amount of creme between



Use **Lemon Night Creme** to enhance skin elasticity and to nourish and hydrate the skin at night. Warm a small amount of creme between



fingertips then gently pat over, and massage into, face, neck & décolletage.

* choose Cleanser and Toning Lotion for either Normal/Dry skin of Combination/Oily, Dry skin. All Simplicité products are hand-made from certified organic, medicinal grade plant extracts; all products are vegan, anti-ageing, deeply hydrating and beneficial to sensitive skin.





EXFOLIATE





Add INTENSIVE PRODUCTS Next for further Step benefits



Intensive Products Skin Care Routine



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

PRODUCT



Rosehip & Lavender Complexion Refiner





Great Outdoors Sunscreen SPF15

BENEFITS

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

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.

Contains plant extracts to buffer the skin from any negative effects of sunscreening agents, which can intensify hyper-pigmentation (even though they protect the skin from the sun). Light, non-greasy and deeply moisturising, without clogging pores.

HOW TO USE

Apply a thin layer to face, neck and décolletage. Leave for 5 minutes, then firm the skin with fingers of one hand and gently rub the mask away. Once all of the mask is removed, apply **Plant Gel Cleanser** to remove residue. Apply once or twice weekly.

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

Apply liberally 15 minutes prior to sun exposure. Reapply every two hours (or more often if swimming). Avoid sun exposure between 11am 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

PRODUCT



Exfoliating Face Treatment



Botanic Gel Mask



Waratah & Beetroot Nutritive Plant Mask



Eye Treatments



Results Lift Gel



Angelica Lip-Care Balm

BENEFITS

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.

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

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

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

A herbal alternative to Botox®, which promotes collagen formation, boosts skin tone and reduces the appearance of fine lines and wrinkles. Can also be used as a nutritive pre-makeup primer.

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

HOW TO USE

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.

'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.

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

Apply after (OVER) Serums, Face Oil and Moisturisers (before Alba White Day Moisturiser). Use at any time (for a skin 'lift') by gently massaging small amount into skin with fingertips.

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

Please note: sometimes the best we can achieve is to arrest the progress of the hyper-pigmentation and stop the areas increasing in size (as is often the case if left unchecked). In most cases however, we can fade the problem noticeably. In cases of persistent hyper-pigmentation, that has existed over a long period of time, it's a 'try it and see' situation.