

Hyper-Pigmented Skin

(including sun damaged skin)

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** (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.



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** (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 **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 **Alba White Day Creme SPF10** to reduce hyper-pigmentation and enhance skin tone. Warm a small amount of creme between fingers then gently pat over, and massage into, face, neck & décolletage.

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.



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 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 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 **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.

Get started with the Simplicité 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



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 sun-screening 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.