

## Daily Skin Care Routine Normal/Dry Skin

a.m.

### Basic Six Products

(suitable for sensitive skin)

p.m.

#### CLEANSE

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.



STEP  
1



#### PRE-CLEANSE

With wet hands, massage 1-2 pumps of **Rosewood Face Oil** over face to break down eye and base makeup.

#### CLEANSE

Use **Plant Gel Cleanser** or **Sundew Cleansing Milk** as for morning. Each cleanser can also be mixed with **One Step** and used together, if preferred.

#### EXFOLIATE

**Exfoliating Face Treatment** can be:

1. used instead of One Step (see p.m.);
2. used on alternate days to One Step;
3. mixed with One Step and used together.



STEP  
2



#### EXFOLIATE

Massage 1 teaspoon of the gentle **One Step Exfoliating Cleanser** firmly over face, neck and décolletage. We recommend using this nutritive exfoliator nightly (or 5-6 times weekly) to keep pores clear and skin vibrant.

#### TONE

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. Gently spritz onto face, keeping eyes closed whilst spraying and for 5 seconds after.



STEP  
3



#### TONE

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.

#### HYDRATE

Use **Rosewood Face Oil** to deeply hydrate skin. 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.



STEP  
4



#### HYDRATE

Use **Rosewood Face Oil** to hydrate skin. When applied as directed (see a.m.) 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 **Damask Rose Day Creme** to soothe and restore elasticity OR **Alba-White Day Moisturiser SPF10** to even out skin tone. Apply by first warming cream between fingers then massaging over face, neck and décolletage.



STEP  
5



#### MOISTURISE

Use **Revitalising Night Creme** OR **Lemon Night Creme** to clarify, nourish and hydrate skin at night. Warm a small amount between fingertips, then massage into face, neck and décolletage. Apply after Face Oil.

## 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.



**Serums Concentrates**

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.

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



**Results Lift Gel**

Our unique herbal firming treatment promotes collagen formation and smoother skin, plus increases elasticity. Use at any time to refresh and revitalise the skin.

Apply after (OVER) Serums, Face Oil and Moisturisers (BEFORE Alba White Day Moisturiser). Can be used around the entire eye area and also as a refreshing and nutritive pre-makeup primer.

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 as an alternative to the One Step Exfoliating Cleanser (Basic Six routine) and also as an intensive mask treatment for:  
1. Breakouts;  
2. Plumping, firming and reviving skin.

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 mins. Wash off.



**Lemon Myrtle  
Citral Firming Mask**

A firming treatment that really works, plus it gives skin a beautiful, smooth sheen. Deeply infuses Serums, Face Oil and Results Lift Gel into skin.

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



**Botanic  
Gel Mask**

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

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



**Calendula & Orange  
Nutritive Plant Mask**

Nutrient-rich, deeply hydrating and non-drying mask promotes elasticity and repairs dry or sun damaged skin.

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



**Rosemary  
Blemish Gel**

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

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



**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.



**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.



**Moisturiser with  
Sunscreen SPF15**

Nutritive, light and non-greasy. Protects and moisturises. Will not clog pores.

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