

# MANIFEST *yourself*

A LIFESTYLE + WELLNESS BLOG



## ALL NATURAL SKIN CARE WITH KARI GRAN

POSTED ON JANUARY 28, 2015 BY KIMBERLY BROWN



A few weeks ago, I mentioned that I had my FIRST EVER YouTube video in the works – and here it is! I received a travel size sample of the [Kari Gran Skin Care](#) system right before the holidays and have been testing it out at home.

I'm a big believer that it takes time for your skin to adjust to a new regime, so I wanted to ensure that it wasn't just a fluke.

Within days of using the entire system I began to see subtle changes in the tone of my skin. I didn't want to believe it, so I kept using the starter kit (which lasts a little over 2 weeks)... and then I purchased the full sized bottles.

Now the part I am most excited to share is.... that this system uses the oil cleansing method. You are only using essential oils to cleanse and moisturize your skin.

I wouldn't have ever imagined that this would work for my combination, uber sensitive skin – but it has been working miracles! In the video you'll hear my commentary and information on how to use the 3 step system. (Cleanse, Tone, Moisturize).

[Starter Kit:](#) \$35 // [Full Size Kit:](#) \$140 // [Cleansing Oil:](#) \$30 (there is a 10% promotion going on now) // [Essential Serum:](#) \$60

As an aside – I think it's also important to say that I haven't used any other cleansers on my skin in over a month. Originally, I thought I would cheat and use a traditional cleanser to make my skin “really feel clean” after workouts but I didn't need to.

With this system, you cleanse your face at night and put a little extra serum on so it can absorb into your skin more while you sleep. Then in the morning you refresh your skin by wiping it with a warm, damp towel and reapplying the toner and essential serum. DONE.

Sometimes I even work out in the am, and I went ahead and rinsed with warm water and my skin still felt clean – and to prove it, I haven't had a breakout all month long. That's all the proof I need.

I repurchased the cleansing oil and essential serum a week or so ago and opted to use my own toner to save a little bit of money. For more information on the entire line of products, head on over to the [Kari Gran website](#) – I also loved the lip whip that KG included in the original sample kit too, btw.

Have you ever tried oil cleansing before?

**-KIMBERLY**