

How to give yourself an Organic Facial Spa

Step 1 - Cleanse

Twice daily (am/pm).

Gently press the face with a warm (never hot), soft cloth to open pores and soften surface skin cells. Apply one or two pumps of cleanser to the palm of your hand and massage gently into your face and neck. Remove gently with water and a damp cloth. If wearing make-up, a second cleanse is necessary. (First one to remove make-up, the second to cleanse the skin).

170 applications per bottle @ 2 pumps per application

Step 2 - Exfoliate

Once a week for sensitive / dry / mature skin.

A few times a week for normal / combination / oily / clogged skin.

Do not exfoliate blemished skin, to avoid spreading infection.

Squeeze a small amount of exfoliant onto fingertips and GENTLY massage onto damp skin using a small circular motion, paying particular attention to T-zone if necessary.

25 applications @ 1 teaspoon per application

Step 3 – Mask

Once a week for sensitive / dry / mature skin. Twice a week for normal / combination / oily skin.

Daily for blemished skin (for a week) then every second day (for a week), then twice weekly until congestion and blemishes have cleared.

Using the jar lid as a bowl, make a smooth paste by mixing 1 tsp of purified water with 1 heaped tsp of mask powder.

*Stir to form a smooth paste and smooth a generous amount of mask onto the face and neck. Lie down with your feet up and relax for 10-15 minutes, until mask is **almost** dry. Rinse off with plenty of tepid water and a soft cloth.*

20 applications @ 1 teaspoon per application

Step 4 – Skin Condition

Twice daily (am/pm) on cleansed skin.

Important - Leave a few seconds to absorb into skin before moisturising.

On clean moist skin, massage 2 to 3 pumps of conditioner gently onto face, throat and décolleté.

200 applications @ 3 pumps per application

Step 5 – Treatment Gels

Twice daily (am/pm) after conditioning and before moisturising.

Apply 1 to 2 pumps of the Purifying Blemish or Soothing Couperose Gel the fingertip and pat into affected areas.

150 applications @ 1 pump per application

Step 6 - Moisturise

Twice daily (am/pm) after conditioning (and treatment, if required).

Apply one to two pumps of your moisturiser to the palm of your hand and warm to skin temperature. Pat and press gently onto your face, throat and décolleté.

130 applications @ 2 pumps per application

Step 7 - Serum

After moisturising.

Rejuvenessence Facial Serum daily (am/pm).

Uplift Eye and Neck Serum twice daily (am/pm).

*To use the **Rejuvenessence Facial Serum**, pump a few drops into the palm of the hand, warm to skin temperature, then gently pat and press onto your face, throat and décolleté.*

*To use the **Uplift Eye and Neck Serum**, pump a few drops into the palm of the hand, then using one finger, pat and smooth around the total eye area (from outer to inner eye), then gently pat and press remainder of concentrate onto throat and décolleté.*

200 applications @ 1 pump per application

Step 8 - Hydrate

Whenever you and your skin are feeling stressed!

Holding the bottle at arm's length, spray a gentle mist around the face to cleanse the aura, calm the soul and rehydrate the complexion.

100 applications @ 3 pumps per application

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