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S K I N C A R E

Combination Skin

Is this you? The most common skin type. This complexion has a mixture of dry and oily areas. Often skin is more shiny/oily in the T- zone section (centre panel, forehead through to chin) and dryer on the cheeks, but this can also be reversed.



- 1. Cleanse** – If your skin is combination/oily use Foam Cleanser – shake bottle and dispense 1-2 pumps into hands and massage thoroughly into skin, remove with cleansing cloth. If however skin is combination/dry use Cream Cleanser – Apply 1 pump to hands and massage into face, adding a few drops of water to evenly disperse, remove with cleansing cloth. Repeat if wearing makeup.
- 2. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 3. Exfoliation** – dispense a 10c piece size of Face Exfoliant into hands and apply in circular motions to face, neck and décolletage, adding a little water to spread easier. Leave the mask on 5 minutes to assist with deep cleansing and absorbing impurities. Remove with a cleansing cloth, adding a little water to soften product first if it has dried a little.
- 4. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 5. Mask** – use the Clay Mask and spread in a thin, even layer over face and neck. Avoid eye area. Allow to activate for 10 minutes. Whilst mask is activating enjoy your favourite tea or relax with a book. Again, remove with a cleansing cloth, adding a little water to soften product first if it has dried a little. Alternatively use Cream Mask if skin is a little more combination dry- apply all over face, neck and décolletage, include eye contour as this mask is fantastic to hydrate and smooth fine lines.
- 6. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 7. Serum** – Apply ¼ pump of Vitamin C Serum over face, neck and décolletage.
- 8. Eyes** – Apply recommended eye product – (Eye Gel, Eye Balm, Eye Treat) pea sized amount around eye contour.
- 9. Moisturise**- Apply 2 pumps of Day Moisture to face, neck and décolletage
- 10. Blemishes** – Apply a tiny drop of Blemish Control directly onto blemishes.
- 11. Beauty Balm** – select colour to suit your skin tone – Fair or Medium, use ¼ pump and apply to the centre of the face and blend outwards, add more if needed.
- 12. Lips** – Soothe Balm – a tiny drop helps heals dry lips and promotes a gloss effect for beautiful lips.

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Oily/Congested Skin

Is this you? Characterised by shiny areas, open or enlarged pores and more oil production than other skin types. This skin type can be prone to breakouts, pustules and congestion.



1. **Cleanse** - use Foam Cleanser – shake bottle and dispense 1-2 pumps into hands and massage thoroughly into skin, remove with cleansing cloth and warm water. Repeat if wearing makeup.
2. **Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
3. **Exfoliation** – dispense a 10c piece size of Face Exfoliant into hands and apply in circular motions to face, neck and décolletage, adding a little water to spread easier. Leave on 5 minutes to assist with deep cleansing and absorbing impurities. Remove with a cleansing cloth, adding a little water to soften product first if it has dried a little . Use in shower as option as the steam opens pores for an even deeper clean.
4. **Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
5. **Mask** – Apply a pea size amount of Eye Gel around eye contour to protect eyes from the mask. Use the Clay Mask and spread in a thin, even layer over face and neck. Avoid eye area. Allow to activate for 10 minutes. Whilst mask is activating put the kettle on and apply your favourite non-toxic nail polish. Remove with a cleansing cloth, adding a little water to soften product first if it has dried a little.
6. **Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
7. **Serum** – Apply ¼ pump of Vitamin C Serum over face, neck and décolletage. Regular use of Vitamin C Serum under day and or night cream evens skin tone, boosts collagen and skin radiance and reduces acne scarring.
8. **Eyes** – Gently apply eye product – Eye Gel, Eye Balm, Eye Treat, a pea sized amount around eye contour.
9. **Moisturise**- Apply 2 pumps of Moisture Control to face, neck and décolletage. Or if your skin is more combination then use Day Moisture.
10. **Blemishes** – Apply a tiny drop of Blemish Control directly onto blemishes. Use Clay Mask nightly just on areas that are blemished as a “spot control” as this will calm, heal and control the blemish.
11. **Beauty Balm** – select the right colour for your skin tone Fair or Medium, use ¼ pump and apply to the centre of the face and blend outwards, layer again if more coverage is desired.
12. **Lips** – Soothe Balm – a tiny drop helps heals dry lips and promotes a gloss effect for beautiful lips.

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Dry Skin

Is this you? This skin type has small or invisible pores, a dull appearance, can feel tight, dry and sometimes has flaky areas.



1. **Cleanse** – use Cream Cleanser – dispense 1-2 pumps into hands and massage thoroughly into skin with a little water to emulsify, remove with cleansing cloth and warm water. Repeat if needed.
2. **Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
3. **Exfoliation** – Make a paste with 1Tbl (50c piece) of Enzyme Microexfoliant with 1tsp of water, apply in circular motions to face, neck and décolletage. Leave on 5-10 minutes. Remove with a cleansing cloth. Use in shower as option as the steam opens pores for an even deeper clean.
4. **Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
5. **Mask** – Apply a pea size amount of Eye Gel around eye contour to protect eyes from the mask. Use the Cream Mask and spread in a thin, even layer over face and neck. Avoid eye area. Allow to activate for 10 minutes. Whilst mask is activating light a candle and relax to some soulful tunes. Remove with a cleansing cloth, adding a little water to soften product first if it has dried a little.
6. **Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
7. **Serum** – Apply Wrinkle Defence, Rosehip Oil or Biohydra+ serum over face, neck and décolletage.
8. **Eyes** – Gently apply eye product – Eye Balm or Eye Treat, a pea sized amount around eye contour.
9. **Moisturise** - Apply 2 pumps of Intense Moisture or Moisture Rich to face, neck and décolletage.
10. **Beauty Balm** – select the right colour for your skin tone Fair or Medium, use ¼ pump and apply to the centre of the face and blend outwards, layer again if more coverage is desired.
11. **Lips** – Soothe Balm – a tiny drop helps heals dry lips and promotes a gloss effect for beautiful lips.

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Mature Skin

Is this you? Mature skin is a skin **condition** where the skin shows signs of ageing. This can be normal ageing or accelerated ageing through lifestyle so can vary with severity. These signs are loss of elasticity or firmness, fine lines or deep wrinkles, uneven skin tone (sometimes with pigmentation). The skin can become thinner and more sensitised in some cases. If this is your stage of life, consider the below Stay-in skin treatment to help alleviate the inevitable signs of ageing and get the best from your skin at this time.



MATURE SKIN

Cleanse – use Cream Cleanser – dispense 1-2 pumps into hands and massage thoroughly into skin, remove with cleansing cloth and warm water. Repeat if with Cream Cleanser or Lactic Gel Cleanser.

Tone – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.

Exfoliation – Make a paste with 1Tbl (50c piece) of Enzyme Microexfoliant with 1tsp of water, apply in circular motions to face, neck and décolletage. Leave on 5-10 minutes. Remove with a cleansing cloth. Use in shower as option as the steam opens pores for an even deeper clean.

Tone – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.

Mask – Apply a pea size amount of Eye Gel around eye contour to protect eyes from the mask. Use the Cream Mask mixed with a little Rosehip Oil and spread in a thin, even layer over face and neck. Avoid eye area. Allow to activate for 10 minutes. Whilst mask is activating perhaps have a herbal tea, meditate or sink into still ness. Remove with a cleansing cloth and warm water.

Tone – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.

Serum – Apply ¼ pump of ACE Serum and or Wrinkle Defence over face, neck and décolletage.

Eyes – Gently apply eye product – Eye Treat, a pea sized amount around eye contour.

Moisturise - Apply 2 pumps of Pro Renewal to face, neck and décolletage.

Beauty Balm – select the right colour for your skin tone – Fair or Medium, use ¼ pump and apply to the centre of the face and blend outwards, layer again if more coverage is desired.

Lips – Soothe Balm – a tiny drop helps heals dry lips and promotes a gloss effect for beautiful lips.

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S K I N C A R E

Dehydrated Skin

Is this you? Unlike a dry skin type, this is a skin **condition**. Dehydration is when skin is lacking water or moisture which needs addressing at a point in time. Visible signs can sometimes be fine crepey horizontal lines across face. Skin can be dry, combination or oily skin type and suffer dehydration due to lifestyle, not drinking enough water, air conditioning, health and using incorrect skincare. Consider this Stay-in skin treatment if you think your skin needs a little extra attention at this time.



DEHYDRATED SKIN

- 1. Cleanse** – Double cleanse with Cream Cleanser – dispense 1-2 pumps into hands and massage thoroughly into skin, remove with cleansing cloth and warm water. Repeat.
- 2. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 3. Exfoliation** – Make a paste with 1Tbl (50c piece) of Enzyme Microexfoliant with 1tsp of water, apply in circular motions to face, neck and décolletage. Leave on 5-10 minutes. Remove with a cleansing cloth. Use in shower as option as the steam opens pores for an even deeper clean.
- 4. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 5. Mask** – Apply a pea size amount of Eye Gel around eye contour to protect eyes from the mask. Use the Gel Mask mixed with Rosehip Oil and spread in a thin, even layer over face and neck. Avoid eye area. Allow to activate for 10 minutes. Whilst mask is activating lock yourself away and do something quiet just for you – read a magazine, write in a journal or just be. Remove with a cleansing cloth.
- 6. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 7. Serum** – Apply Biohydra + serum over face, neck and décolletage.
- 8. Eyes** – Gently apply Eye Balm, Eye Treat, on the orbital bone using your ring finger.
- 9. Moisturise** - Apply 2 pumps of Day Moisture to face, neck and décolletage.
- 10. Beauty Balm** – select the right colour for your skin tone Fair or Medium, use ¼ pump and apply to the centre of the face and blend outwards, layer again if more coverage is desired.
- 11. Lips** – Soothe Balm – a tiny drop helps heal dry lips and promotes a gloss effect for beautiful lips.

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Hypersensitive / Rosacea

Is this you? These skin conditions can be highly reactive, thin, fragile and weak, often with signs of telangiectasia (broken capillaries) and couperose. They can be highly vascular, flush easily and be prone to dryness and irritation.



HYPERSENSITIVE/ROSACEA SKIN

- 1. Cleanse** - Cream Cleanser – Apply 1 pump to hands and massage into face, adding a few drops of water to evenly disperse, remove with cleansing cloth and warm water, (never very hot or very cold temperatures on this skin). Repeat if wearing makeup.
- 2. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 3. Exfoliation** – Make a paste with 1Tbl (50c piece) of Enzyme Microexfoliant with 1tsp of water, apply in circular motions to face, neck and décolletage. Leave on 5-10 minutes. Remove with a cleansing cloth. Use in shower as option as the steam opens pores for an even deeper clean.
- 4. NOTE** – the exfoliation step may be left out if skin too reactive/severe rosacea.
- 5. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 6. Mask** – Apply a pea size amount of Eye Gel around eye contour to protect eyes from the mask. Use the Gel Mask with 3 sprays of Toning Mist added. Apply to Face, neck and décolletage as this will cool, calm, reduce redness and strengthen skin. OR Cream Mask mixed with 1 pump of Rosehip Oil if skin is sensitive and dehydrated or dry- apply all over face, neck and décolletage, include eye contour as this mask is fantastic to hydrate and smooth fine lines. Allow to activate for 10mins. Whilst the mask activating take a moment just to rest. Remove with a cleansing cloth, adding a little water to soften the product if it has dried a little.
- 7. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 8. Serum** – Apply ¼ pump of Vitamin C Serum over face, neck and décolletage. OR 1-2 pumps of Rosehip Oil if skin is more dry and irritated.
- 9. Eyes** – Apply recommended eye product – (Eye Gel, Eye Balm, Eye Treat) pea sized amount around eye contour.
- 10. Moisturise** – Apply 2 pumps of Day Moisture or Intense Moisture (if more dry) to face, neck & décolletage.
- 11. Beauty Balm** – select the right colour for your skin tone - Fair or Medium, use ¼ pump and apply to the centre of the face and blend outwards, add more if needed.
- 12. Lips** – Soothe Balm – a tiny drop helps heals dry lips and promotes a gloss effect for beautiful lips.

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Sensitive skin

Is this you? This sensitive skin condition is where the skin is weakened and doesn't tolerate certain ingredients. Can react to products, environment and lifestyle factors.



1. **Cleanse** - Cream Cleanser – Apply 1 pump to hands and massage into face, adding a few drops of water to evenly disperse, remove with cleansing cloth and warm water. Repeat if wearing makeup.
2. **Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
3. **Exfoliation** – Make a paste with 1Tbl spoon (50c piece) of Enzyme Microexfoliant with 1tsp of water or less water if a smooth paste is created. Apply to face, neck and décolletage in circular motions and leave on 5 minutes. Remove with a cleansing cloth, adding a little water to soften product first if it has dried a little. Use in shower as option as the steam opens pores for an even deeper clean.
4. **Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
5. **Mask** – Apply a pea size amount of Eye Gel around eye contour to protect eyes from the mask. Use the Clay Mask if skin is combination and sensitive and spread in a thin, even layer over face and neck. Avoid eye area. Allow to activate for 10 minutes. Remove with a cleansing cloth, adding a little water to soften product first if it has dried a little. OR Cream Mask if skin is sensitive and dehydrated or dry - apply all over face, neck and décolletage, include eye contour as this mask is fantastic to hydrate and smooth fine lines. Allow Mask to activate for 10mins. Whilst mask is activating defuse some oils and relax on the couch for some genuine me time. Remove with a cleansing cloth, adding a little water to soften product first if has dried a little.
6. **Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
7. **Serum** – According to skin needs. Apply Vitamin C Serum, A.C.E Serum, BioHydra + Serum, OR Rosehip Oil over face, neck and décolletage.
8. **Eyes** – Apply recommended eye product – (Eye Gel, Eye Balm, Eye Treat) pea sized amount around eye contour.
9. **Moisturise** – According to skin type. Apply 2 pumps of Day Moisture or Intense Moisture (if more dry) to face, neck and décolletage.
10. **Beauty Balm** – select the right colour for your skin tone - Fair or Medium, use ¼ pump and apply to the centre of the face and blend outwards, add more if needed.
11. **Lips** – Soothe Balm – a tiny drop helps heals dry lips and promotes a gloss effect for beautiful lips.

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Pigmentation

Is this you? This skin condition is characterised by the the presence of excess melanin in the skin causing the skin to look uneven. It can be as a result of genetics but also occurs when cells become damaged by UV light (due to sun exposure), inflammation (acne), hormonal changes and environmental toxins.



- 1. Cleanse** - Use Lactic Gel Cleanser – use a 1Tbl spoon (50c piece), emulsify with a little bit of water and massage into the skin, neck and décolletage, remove with a cleansing cloth and warm water. Repeat if wearing makeup.
- 2. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 3. Exfoliation** – Make a paste with 1Tbl spoon (50c piece) of Enzyme Microexfoliant with 1tsp of water or less water if a smooth paste is created. Apply to face, neck & décolletage in circular motions and leave on 5 minutes. Remove with a cleansing cloth, adding a little water to soften product first if it has dried a little. Use in shower as option as the steam opens pores for an even deeper clean.
- 4. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 5. Mask** – Apply a pea size amount of Eye Gel around eye contour to protect eyes from the mask. Use the Clay Mask if skin is oilier and spread in a thin, even layer over face and neck. Avoid eye area. Allow to activate for 10 minutes. Remove with a cleansing cloth, adding a little water to soften product first if it has dried a little. OR Cream Mask if skin is more dry, neck and décolletage, include eye contour as this mask is fantastic to hydrate and smooth fine lines. Activate mask for 10 minutes. Whilst the mask is activating take some time to yourself, away from the household with a book or magazine. Remove the mask with a cleansing cloth, adding a little water to soften product first if it has dried a little.
- 6. Tone** – Mist 3-4 pumps of Toning Mist over skin whilst closing eyes.
- 7. Serum** – According to skin needs. Apply Skin Brightening Cream over face, neck and décolletage. Can add Vitamin C Serum overnight to additionally help even skin tone.
- 8. Eyes** – Apply recommended eye product – (Eye Balm, Eye Treat) pea sized amount around eye contour.
- 9. Moisturise** – According to skin type. Apply 2 pumps of Day Moisture or Intense Moisture (if more dry) to face, neck and décolletage.
- 10. Beauty Balm** – select the right colour for your skin tone - Fair or Medium, use ¼ pump and apply to the centre of the face and blend outwards, add more if needed.
- 11. Lips** – Soothe Balm – a tiny drop helps heals dry lips and promotes a gloss effect for beautiful lips.