

Morning Skincare Routine

Start your day with a balancing skincare routine to nurture & protect your skin.

Step	Ritual	Product	Application
Step 1	<p>CLEANSE-If oily - Cleanse your face for the day ahead.</p> <p>Or</p> <p>Micellar Water can be used as a refreshing wake up for the skin. Damped cotton round – don't soak & wipe eyes last</p>	<p>Foaming Cleansing Gel or Hibiscus Cream Cleanser</p>	<p><i>Wet face before using – ideal when used in the shower. Apply a small amount of Foaming Cleansing Gel or Hibiscus Cream Cleanser on wet hands, rub together into a light lather, massage into face & neck for 30 seconds.</i></p> <p><i>Use dampened lukewarm washcloth to remove cleanser.</i></p>
Step 2	<p>SERUM- Apply your anti-aging & hydration boosters to get your skin ready for the day.</p>	<p>Reef Blue Booster Serum Vitamin C Serum B-Shot Concentrate Booster Serum</p>	<p><i>Add a couple of pumps of Reef Blue, then Vitamin C Serum to your skin first. Then follow with B-Shot. Allow a minute for them to be absorbed.</i></p>
Step 3	<p>MOISTURISE-Hydrate your skin with this peptide rich lightweighted moisturiser.</p>	<p>LightHouse Moisturiser</p>	<p><i>Using clean fingers, apply 1-2 pumps of cream to face, behind ears, neck & décolletage.</i></p>
Step 4	<p>EYES-Hydrate delicate eye area with eye roller</p>	<p>Reef Blue Hyaluronic Acid Booster Serum 15ml Roller</p>	<p><i>Start the day by rolling this cooling serum around the orbital bone & eyebrow.</i></p>
Step 5	<p>Don't forget to apply SPF.</p>		<p><i>Apply sunscreen if going outside</i></p>
Step 6	<p>Hydration Mist</p>	<p>Defence Mist</p>	<p><i>Take Defence Mist with you and spritz throughout the day for added hydration</i></p>

Your morning routine should start with quick cleansing, if required. Serums rich in antioxidants & hydrators are essential for protecting your skin from changing climate conditions, pollution, UV rays, & environmental stressors throughout the day. Lock in moisture with a good peptide based moisturiser & choose a sunscreen that best suits your sensitivities.

Evening Skincare Routine

End your day with a gentle and hydrating routine to lock in overnight nourishment.

Step	Ritual	Product	Application
Step 1	<p>Double cleanse your face in the evening to remove sunscreen, makeup, dirt & impurities.</p> <p>Micellar Water may be used as a 1st cleanse to remove make-up</p>	<p>Hibiscus Cream Cleanser</p>	<p><i>Double cleanse with the Hibiscus Cream Cleanser. (Foaming Gel can be used as first cleanse to remove sunscreen & makeup). On damp skin gently massage in circular motion.</i></p> <p><i>Use dampened lukewarm washcloth to remove & repeat cleansing process.</i></p> <p><i>Pay attention to hairline, eyebrows & behind ears.</i></p>
Step 2	<p>Exfoliate: start using scrub once a week. Only increase to biweekly if skin requires extra exfoliation.</p>	<p>Get Wicked</p>	<p><i>In Shower, very gently massage small amount of Get Wicked Facial Scrub over the face, neck & chest using circular motions with your fingertips. Paying attention to hairline, eyebrows, nose & behind ears. Rinse thoroughly (Never put face directly under shower rose as temperature will be too hot for delicate face)</i></p>
Step 3	<p>Apply anti-aging treatment serum.</p> <p>Retinol & Seriously Black can not be used on same night.</p> <p>You may alternate your serums for a broader treatment protocol</p>	<p>Retinol Night Serum Nourishing Serum Seriously Black Chill Pill Serum Reef Blue Serum</p>	<p><i>Add a couple of pumps to your skin & gently massage in. Keep away from eyes.</i></p> <p><i>No need to dry before moving to the next step</i></p>
Step 4	<p>Moisturise your skin to nourish & protect it from environmental stressors.</p>	<p>My Ultimate Anti-Wrinkle Cream</p>	<p><i>Using clean fingers, apply 1 pump of cream to face, behind ears, neck & décolletage. Do Not put close to eyes</i></p>
Step 5	<p>Moisturise your skin to nourish & protect it.</p>	<p>I Glow Eye Cream</p>	<p><i>Protect the delicate eye area by gently applying your I Glow Eye Cream around the orbital bone & eyebrow.</i></p>
Step 6	<p>Apply Sleep Mask as the final step.</p>	<p>Dreamtime Night Repair</p>	<p><i>End your routine with our lavender scented sleep mask. Press over face & leave on. You may apply more if skin is thirsty.</i></p>

Skincare Tips: Layering Serums is best to layer from the lightest to the thickest serum. Seek Serum Individual Skincare routine by contacting Jacqui.