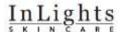


## Morning Skincare Routine

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

Step	Ritual	Product	Application
Step 1	If oily - Cleanse your face for the day ahead.  Or  Just Mist Rose & Hibiscus Spritz over face with closed eyes, to awaken the skin.  This product can be kept in refrigerator for an extra cooling effect	Foaming Cleansing Gel or Hibiscus Cream Cleanser	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. Use lukewarm washcloth to remove cleanser.
Step 2	Apply your environmental protection serum	A.M. Daily Serum	Add a few pumps of serum to your skin & gently massage in. No need to dry before moving to the next step.
Step 3	Moisturise your skin to nourish & protect it from environmental stressors.	Day Cream Protect Moisturiser	Using clean fingers, apply a small amount of cream to face, behind ears, neck & decolletage.
Step 4	Hydrate delicate eye area with eye roller	Reef Blue Hyaluronic Acid Booster Serum 15ml Roller	Start the day by rolling this cooling serum around the orbital bone & eyebrow.
Step 5	Don't forget to apply SPF.		Apply sunscreen if going outside

Your morning routine should focus on simplicity & preparing your skin for the day ahead. A quick cleanse is all you need to refresh your skin after a good night's sleep. Serum's 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 moisturiser to prevent dehydration & 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	Double cleanse your face in the evening to remove sunscreen, makeup, dirt & impurities.	Hibiscus Cream Cleanser	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.
			Use lukewarm washcloth to remove & repeat cleansing process.
			Pay attention to hairline, eyebrows & behind ears.
Step 2	Exfoliate: start using scrub once a week. Only increase to biweekly if skin requires extra exfoliation. Many sensitive skins will not be able to increase due to barrier function issues.	Get Wicked	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 with warm water. (Never put face directly under shower rose as temperature will be too hot for delicate face)
Step 3	Apply barrier treatment serum.	Chill Pill Serum	Add a few pumps of serum to your skin & gently massage in. No need to dry before moving to the next step
Step 4	Moisturise your skin to nourish & protect it from environmental stressors.	Night Cream Protect Moisturiser	Using clean fingers, apply a small amount of cream to face, behind ears, neck & decolletage.
Step 5	Moisturise your skin to nourish & protect it.	I Glow Eye Cream	Protect the delicate eye area by gently applying your I Glow Eye Cream around the orbital bone & eyebrow.
Step 6	Apply Sleep Mask as the final step.	Dreamtime Night Repair	End your routine with our lavender scented sleep mask. Press over face & leave on. You may apply more if skin is thirsty.

Skincare Tips: Layering Serums

Serums are concentrated solutions that target specific skin concerns with high potency & active ingredients. They are designed to penetrate deeply. Layering them from thinnest to heaviest ensures they target different concerns effectively.