

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	<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> <i>Use lukewarm washcloth to remove cleanser.</i>
Step 2	Apply your environmental protection serum	A.M. Daily Serum	<i>Add a few pumps of serum to your skin & gently massage in. No need to dry before moving to the next step.</i>
Step 3	Moisturise your skin to nourish & protect it from environmental stressors.	Day Cream Protect Moisturiser	<i>Using clean fingers, apply a small amount of cream to face, behind ears, neck & décolletage.</i>
Step 4	Hydrate delicate eye area with eye roller	Reef Blue Hyaluronic Acid Booster Serum 15ml Roller	<i>Start the day by rolling this cooling serum around the orbital bone & eyebrow.</i>
Step 5	Don't forget to apply SPF.		<i>Apply sunscreen if going outside</i>

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	<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> <i>Use lukewarm washcloth to remove & repeat cleansing process.</i> <i>Pay attention to hairline, eyebrows & behind ears.</i>
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	<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 with warm water. (Never put face directly under shower rose as temperature will be too hot for delicate face)</i>
Step 3	Apply barrier treatment serum.	Chill Pill Serum	<i>Add a few pumps of serum to your skin & gently massage in. No need to dry before moving to the next step</i>
Step 4	Moisturise your skin to nourish & protect it from environmental stressors.	Night Cream Protect Moisturiser	<i>Using clean fingers, apply a small amount of cream to face, behind ears, neck & décolletage.</i>
Step 5	Moisturise your skin to nourish & protect it.	I Glow Eye Cream	<i>Protect the delicate eye area by gently applying your I Glow Eye Cream around the orbital bone & eyebrow.</i>
Step 6	Apply Sleep Mask as the final step.	Dreamtime Night Repair	<i>End your routine with our lavender scented sleep mask. Press over face & leave on. You may apply more if skin is thirsty.</i>

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.