

Morning Skincare Routine

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

| Step | Ritual | Product | Application |
|--------|--|-------------------------------|--|
| Step 1 | Cleanse your face for the day ahead. | Face Wash Scrub 2 in 1 | <i>Best used in shower. Wet face before using & apply a small amount of Face Wash Scrub on damp fingertips. Massage in circular motions over face, avoiding eye area. Pay attention to eyebrows, nose & shaving area. Use lukewarm washcloth to remove thoroughly.</i> |
| Step 2 | Moisturise your skin to protect it from Australian climate and environmental aggressors. | Face Cream For Men | <i>Once out of shower, pat dry face. Don't rub. Using clean fingers, gently apply 2 pumps of cream face, behind ears, neck & décolletage. Keep away from eyes</i> |
| Step 3 | 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 4 | Hydrate Beard Area 1-3 times per week | Beard Oil | <i>Dispense a pea size amount onto your palms & gently rub between hands. Then distribute evenly throughout beard. Use 1-3 times per week</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. 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 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 | Cleanse your face to remove sunscreen and the days grime. | Face Wash Scrub 2 in 1 | <i>Best used in shower. Wet face before using & apply a small amount of Face Wash Scrub on damp fingertips. Massage in circular motions over face, avoiding eye area. Pay attention to eyebrows, nose & shaving area. Use lukewarm washcloth to remove thoroughly.</i> |
| Step 2 | Apply treatment serum. For your individual skin concern. | Chill Pill Serum-Sensitive Nourishing Serum-Dry Debut Clear Skin-Oily Retinol Night-Anti Ageing B Shot – Brightening Reef Blue Serum-Hydration | <i>Out of shower- 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 protect it from Australian climate and environmental aggressors | Face Cream For Men | <i>Using clean fingers, gently apply 2 pumps of cream face, behind ears, neck & décolletage. Keep away from eyes</i> |
| Step 4 | 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> |

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.