

Morning Skincare Routine

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

Step	Ritual	Product	Application
Step 1	CLEANSE: Cleanse your face for the day ahead. Or Micellar Water can be used as a refreshing wake up for the skin. Damped cotton round – don't soak & wipe eyes last	Foaming Cleansing Gel or Hibiscus Cream Cleanser (DRY)	<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 dampened lukewarm washcloth to remove cleanser.</i>
Step 2	SERUM- Apply your hydration booster to get your skin ready for the day.	Reef Blue Booster Serum (or Reef Blue Light Serum) Then Choose: B-Shot Concentrate A.M Daily or Chill Pill Vitamin C	<i>Add a couple of pumps of Reef Blue for hydration.</i> <i>Then follow with 2nd Serum</i> <i>Allow a minute for them to be absorbed.</i>
Step 3	MOISTURISE-Hydrate your skin with your choice of skin type appropriate moisturiser.	Daintree Grass Reef Blue Moisturiser Day Cream Protect	<i>Using clean fingers, apply 1-2 pumps of cream to face, behind ears, neck & décolletage.</i>
Step 4	EYES-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>
Step 6	Hydration Mist	Defence Mist	<i>Take Defence Mist with you and spritz throughout the day for added hydration</i>

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 hydration focused 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	CLEANSE: Double cleanse your face in the evening to remove sunscreen, makeup, dirt & impurities. Micellar Water may be used as a 1st cleanse to remove make-up	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 dampened lukewarm washcloth to remove & repeat cleansing process.</i> <i>Pay attention to hairline, eyebrows & behind ears.</i>
Step 2	EXFOLIATE: twice a week. <i>When rinsing, never put face directly under shower rose as temperature will be too hot for delicate face.</i>	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</i>
Step 3	SERUM -Choose treatment serum or layer 2 serums* Seriously Black MAX OF 3 NIGHTS PER WEEK. You may alternate your serums for a broader treatment protocol	Nourishing Serum Seriously Black Chill Pill Serum Reef Blue Serum	<i>Add a couple of pumps to your skin & gently massage in. Keep away from eyes.</i> <i>No need to dry before moving to the next step</i>
Step 4	MOISTURISE your skin to nourish & protect it from trans epidermal water loss and environmental stressors.	Night Cream Protect Nourishing Moisturiser Daintree Grass Dreamtime Night Repair	<i>Using clean fingers, apply 1 pump of cream to face, behind ears, neck & décolletage. Do Not put close to eyes</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 is best to layer from the lightest to the thickest serum. Seek Serum Individual Skincare routine by contacting Jacqui.