

Morning Skincare Routine

Start your day with a balancing skincare routine to increase hydration whilst reducing excessive oil production.

Step	Ritual	Product	Application
Step 1	CLEANSE- Cleanse your face for the day ahead.	Foaming Cleansing Gel with Lemon Myrtle	<i>Wet face before using – ideal when used in the shower. Apply a small amount of Foaming Cleansing Gel with Lemon Myrtle 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	TONE & SERUM- Apply protective serum to get your skin ready for the day.	Debut Clear Skin Toner A.M. Daily Serum	<i>After shower dampen cotton round with Clear Skin Toner & wipe over face (keep away from eyes).-pay attention to hairline, chin, eyebrows & nose area.</i> <i>Then add 1 pump of A.M. Daily Serum over face.</i>
Step 3	MOISTURISE-Hydrate & Protect your skin with this hemp-based moisturiser.	Daintree Grass Moisturiser	<i>Using clean fingers, apply 1-2 pumps of cream to face, behind ears, neck & décolletage.</i>
Step 4 (if required)	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	SPOT TREATMENT	On The Spot	<i>Take On The Spot with you and use it throughout the day if you feel or see a pimple emerging.</i>

This skin type requires more steps than most, but some are only performed intermittently. Hydration can be key to getting this skin balanced so never miss the moisturising steps. Eye cream can be too stimulating so best staying with the hyaluronic acid in Reef Blue Roller. Choosing sunscreen & makeup for this skin type will take some trial & error. Don't give up.

Evening Skincare Routine

End your day with an active routine to balance oil production and curb any acne bacteria.

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>	Foaming Cleansing Gel with Lemon Myrtle	<p><i>Wet face before using – ideal when used in the shower. Apply a small amount of Foaming Cleansing Gel with Lemon Myrtle on wet hands, rub together into a light lather, massage in circular motions on to face & neck for 30 seconds.</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: Scrub twice a week.</p> <p><i>(Never put face directly under shower rose as temperature will be too hot for delicate face)</i></p>	Get Wicked	<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</i></p>
Step 3	<p>MASK: Full face masking once a week. Followed by breakout zones alternative nights until area settles down.</p>	Detox Mask	<p><i>Pat face dry. Apply (50cent coin size) Detox Mask to face excluding eye area. Leave for 15mins & remove with clean wet washcloth.</i></p> <p><i>Tip: Mask can be used as a spot treatment and slept in. Removed next morning</i></p>
Step 4	Tone	Debut Clear Skin Toner	<p><i>After shower or mask removal, dampen cotton round with Clear Skin Toner & wipe over face (keep away from eyes). - pay attention to hairline, chin, eyebrows & nose area</i></p>
Step 5	SERUM: Apply pore cleansing serum	Debut Clear Skin Salicylic Serum	<p><i>Add a couple of pumps to your skin & gently massage in. Keep away from eyes.</i></p>
Step 6	Moisturise your skin to increase hydration & reduce oil production.	Debut Clear Skin Face Cream	<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 7	Apply Sleep Mask twice a week as the final step.	Dreamtime Night Repair	<p><i>End your routine with our lavender scented sleep mask. Press pea size over face & leave on. You may apply more often if skin is thirsty.</i></p>