
Normal – Dry Skin

Daily Hygiene Therapy

Morning Procedure

Antioxidant Cleansing Powder Antioxidant Cleansing Oil

Procedure:

1. For natural daily skin hygiene - place 1/2 a teaspoon of Antioxidant Cleansing Powder on the palm of the hand.
2. Place 1 teaspoon of Antioxidant Cleansing Oil onto the Antioxidant Cleansing Powder.
3. Add 1 teaspoon of water and mix with finger to obtain a soft paste.

This treatment is best done in the shower recess just before starting the daily hygiene routine.
The Powder and Oil may be combined in a small dish.

Application:

1. With one hand, collect a small amount of the preparation. Placing the thumb under the chin as a pivot point, massage chin, bottom and top of lip with fingers in a circular motion, sustaining pressure.
2. Collect an additional amount of the preparation and continue cleansing sides and centre of the nose. In a circular motion, massage the bridge of the nose to prevent or reduce frown lines.
3. Adding a little extra water, rub hands together with the rest of the preparation and treat forehead, sides of the face, jaw and neck area.
4. Rinse the face and neck thoroughly, using a generous amount of warm water.
5. With a small towel, rub the face and neck to enhance circulatory function and encourage healing energy flow.

Following the Daily Hygiene Treatment, proceed to the next step:

Dermal Nutrition

To accomplish this, apply **ReGen Extract**. Spray a small amount onto the hands and press into the skin to facilitate absorption.

Follow with **Serum No.1** or **ReGen Cream**.

To apply **Serum No.1**, place a few drops on palm of hands, press gently into face and neck with finger tapping around eye contour.

Evening Procedure

Antioxidant Cleansing Wash Antioxidant Cleansing Oil D.Tox Extract

1. At night, massage a small amount of Antioxidant Cleansing Wash onto wet skin and rinse thoroughly.
2. Follow with the Antioxidant Cleansing Oil. Place 1 teaspoon on the palm of the hand. Rub hands together and apply to face and neck. Wipe off with water dampened tissue. Repeat the procedure twice. If heavy make-up has been used, repeat once more.

Complete the evening hygiene treatment by protecting the skin from bacteric, fungal invasion.
Proceed to the next step: Dermal Protection.
To accomplish this apply **D.Tox Extract**. Spray a small amount of the extract onto the hands and press into the skin to facilitate absorption.

Let the skin breath at night.

At night the skin should be cleansed, sanitised and allowed to breathe, without interfering with its natural biological processes.

Treat the occasional unexpected blemish with **Skin Rescue Paint** as soon as the symptom appears.

To apply the **Skin Rescue Paint**, collect a few drops of the Paint in the palm of the hand. With fingertip spot treat the affected area. Always apply the **Skin Rescue Paint** on a clean face, twice a day, morning and evening, until the blemish has healed.



Normal – Dry Skin

Fortnightly Treatment

Antioxidant Cleansing Oil

Procedure:

1. For natural skin hygiene, clean face and neck with the Antioxidant Cleansing Oil by placing 1 teaspoon on the palm of the hand, rub hands together and apply to face and neck.
2. Wipe off with a water dampened tissue and repeat the procedure twice.
3. Follow with the Mask Powder and ReGen Mask Extract application.

Mask Powder ReGen Mask Extract

How to combine:

1. Place 2 teaspoons of Mask Powder in a small cup.
2. Add 2ml (2 pipettes) of ReGen Mask Extract.
3. Add 2 teaspoons of hot water.
4. Add 1 teaspoon of honey.
5. Mix with a small whisk. Blend ingredients adding enough additional hot water to obtain a soft smooth paste, similar to porridge in consistency.

Application:

With a cosmetic spatula apply a thick layer to face, eye contour and neck area. Now just relax.

With the mask application, it is most desirable to rest for 20 minutes while the beneficial effect of the plants' active ingredients purify and regenerate the skin.

After 20 minutes remove most of the mask with a cosmetic spatula, then wipe off remaining mask residue with a wet face cloth.

Now that the skin is thoroughly clean, complete the treatment by applying a generous layer of **Balm No.6** or **Serum No.1** for a soak rich in botanical nutrients.

Delicate Skin

Daily Hygiene Therapy

Morning Procedure

Antioxidant Cleansing Oil - Delicate Skin

Procedure:

1. For natural skin hygiene, clean face and neck with the Antioxidant Cleansing Oil - Delicate Skin by placing 1 teaspoon on the palm of the hand. Rub hands together and apply to face and neck.
2. Wipe off with water dampened tissue, repeat the procedure twice.

Follow with Dermal Nutrition.

Dermal Nutrition

Spray a small amount of the **Extract No.4** onto the hands and press into the skin to facilitate absorption. Complete the morning hygiene treatment by protecting the skin with **Emulsion No.2**, **Balm No.6** or **Serum No.1**.

Evening Procedure

Antioxidant Cleansing Wash

Antioxidant Cleansing Oil

Delicate Skin Extract No.4

Oil No.3

Emulsion No.2

1. At night, massage a small amount of Antioxidant Cleansing Wash onto wet skin and rinse thoroughly.
2. Follow with the Antioxidant Cleansing Oil - Delicate Skin. Place one teaspoon on the palm of the hand. Rub hands together and apply to face and neck. Wipe off with water dampened tissue. Repeat the procedure twice. If heavy make-up has been used, repeat once more.
3. Follow with application of **Extract No.4** & **Oil No3** or **Emulsion No.2** & **Balm No.6**.



Delicate Skin

Weekly Treatment

Antioxidant Cleansing Wash

How to Use:

1. Massage a small amount of Antioxidant Cleansing Wash onto wet skin and rinse thoroughly.
2. Follow with Mask Powder and ReGen Mask Extract.

Mask Powder

ReGen Mask Extract

How to combine:

1. Place 2 teaspoons of Mask Powder in a small cup.
2. Add 2ml (2 pipettes) of ReGen Mask Extract.
3. Add 2 teaspoons of hot water.
4. Add 1 teaspoon of honey.
5. Mix with a small whisk. Blend ingredients adding enough additional hot water to obtain a soft smooth paste, similar to porridge in consistency.

Application:

With a cosmetic spatula apply a thick layer to face, eye contour and neck area. Now just relax.

With the mask application, it is most desirable to rest for 20 minutes while the beneficial effect of the plants' active ingredients purify and regenerate the skin.

After 20 minutes remove most of the mask with a cosmetic spatula, then wipe off remaining mask residue with a wet face cloth.

Now that the skin is thoroughly clean, complete the treatment by applying **Extract No.4, Oil No.3** or a generous layer of **Balm No.6** for a soak rich in botanical nutrients.

Impure Skin – Oily

Daily Hygiene Therapy

Morning Procedure

Antioxidant Cleansing Balm Antioxidant Cleansing Powder

Procedure:

1. Place 2 teaspoons of Antioxidant Cleansing Balm on the palm of the hand.
2. Place 1/2 a teaspoon of Antioxidant Cleansing Powder on top of the Balm and mix with finger to obtain a soft smooth paste. This treatment is best done in the shower recess just before the start of the daily hygiene routine.

Application:

1. With one hand, collect a small amount of the preparation. Placing the thumb under the chin as a pivot point, massage chin, bottom and top of lip with fingers in a circular motion, sustaining pressure.
2. Collect an additional amount of the preparation and continue cleansing sides and centre of the nose. In a circular motion, massage the bridge of the nose to prevent or reduce frown lines.
3. Adding a little extra water, rub hands together with the rest of the preparation and treat forehead, sides of the face, jaw and neck area.
4. Rinse the face and neck thoroughly, using a generous amount of warm water.
5. With a small towel, rub the face and neck to enhance circulatory function.

Following the Daily Hygiene Treatment, proceed to the next step: Dermal Healing.

Dermal Healing

To accomplish this, apply **D.Tox Extract**. Spray a small amount onto the hands and press onto the skin to facilitate absorption.

Follow with **Skin Rescue Paint**. To apply: collect a few drops of the paint in the palm of the hand. With fingertip, spot treat the affected area morning and evening. Follow with **Balm No.5** or **Skin Rescue Balm**.

Evening Procedure

Antioxidant Cleansing Wash Antioxidant Cleansing Balm D.Tox Extract Skin Rescue Paint

1. At night, massage a small amount of Antioxidant Cleansing Wash onto wet skin and rinse thoroughly.
2. Follow with the Antioxidant Cleansing Balm. Place 1 teaspoon on the palm of the hand. Rub hands together and apply to face and neck. Wipe off with water dampened tissue. Repeat the procedure twice. If heavy make-up has been used, repeat once more.
3. Apply the **D.Tox Extract** and follow with **Skin Rescue Paint** or **Skin Rescue Balm**.

Impure Skin – Oily

Weekly D.Tox Treatment

Antioxidant Cleansing Oil

Procedure:

1. For natural skin hygiene, clean face and neck with the Antioxidant Cleansing Oil by placing 1 teaspoon on the palm of the hand, rub hands together and apply to face and neck.
2. Wipe off with a water dampened tissue and repeat the procedure twice. Follow with D.Tox Steam Treatment.

D.Tox Steam Treatment

The D.Tox Steam Treatment is the first step of the Weekly D.Tox ritual. It prepares the derma layers for deep cleaning. It stimulates blood and lymph function, activating cellular elimination processes.

How to Use:

1. Add 6 drops to hot water.
2. Hang towel over back of head, position head over steaming bowl to retain vapours, enjoy the soothing and detoxifying action for about 15 minutes.
3. With the skin still moistened perform the morning treatment with the **Cleansing Balm** and **Cleansing Powder**.
4. Rinse the face and neck thoroughly, using a generous amount of warm water.
5. With a small towel, rub the face and neck to enhance circulatory function, encouraging the healing flow of energy.

Proceed to the next step: Dermal Detoxification:

Mask Powder & D.Tox Mask Extract

How to combine:

1. Place 2 teaspoons of Mask Powder in a small cup.
2. Add 2ml (2 pipettes) of D.Tox Mask Extract.
3. Add 2 teaspoons of hot water.
4. Add 1 teaspoon of natural yoghurt.
5. Mix with a small whisk. Blend ingredients adding enough additional hot water to obtain a soft smooth paste, similar to porridge consistency.

Application:

With a cosmetic spatula apply a thick layer to face, eye contour and neck area. Now just relax. With the mask application, rest for 20 minutes while the beneficial effect of the plants' active ingredients purify and regenerate the skin.

After 20 minutes remove the mask with a cosmetic spatula, then wipe off remaining mask residue with a wet face cloth.

Follow with **Skin Rescue Paint** application.

1. To apply the **Skin Rescue Paint**, collect a few drops of the paint in the palm of the hand.
2. With fingertip spot treat the affected area.

Follow up with **Balm No.5** or **Skin Rescue Balm**.