
Oily & Blemished Skin

Daily Hygiene Therapy

Morning Ritual

Cleansing Powder
Cleansing Balm
Skin Rescue Paint
D.Tox Extract
Balm No.5 or
Skin Rescue Balm

1. Place half teaspoon (included in jar) of **Cleansing Powder** into the palm of your hand.
2. Add two pumps of **Cleansing Balm** on top of the powder.
3. Add 8 drops of **Skin Rescue Paint** onto the above.
4. Now mix with finger to obtain a soft smooth paste.

Application:

5. Collect some of the preparation with fingertips. Placing the thumb under the chin as a pivot point, massage the paste onto the face with your fingertips in firm, slow circular motions, starting from;
 - chin & bottom lip
 - top of lips
 - sides of nose and bridge of nose
 - between the eyebrows
 - forehead, up to the hair line
6. The rest of the mixture will be used to repeat, but to also cleanse the sides of the face. Add a little extra water and mix with both hands. With the fingertips of both hands, firmly massage the following areas in slow circular motions (from the middle to the sides of the face):
 - upper forehead working well around/into the hair line
 - middle of the forehead & top of eyebrows to your temples
 - sides of nose to ears
 - top lip to jaw line
 - bottom lip & chin to jaw line
 - under the chin to neck line
7. Rinse well with water.

Dermal Healing

8. Spray **D.Tox Extract** liberally onto the face and neck, and gently press into the skin to facilitate absorption.
9. Apply **Skin Rescue Paint** to blemishes. Collect a few drops onto a fingertip or a sterile cotton bud and gently spot treat the affected areas.
10. Complete the morning hygiene ritual by applying the recommended product; **Balm No.5** or **Skin Rescue Balm**.

Evening Ritual

Cleansing Wash
Cleansing Balm
D.Tox Extract
Skin Rescue Paint

1. Massage a small amount of **Wash Cleansing** Wash onto wet skin and rinse thoroughly.
2. Pump two squirts of **Cleansing Balm** into the palm of your hand. Rub hands together. Apply evenly to face and neck area. Gently massage into the skin. Repeat procedure twice. If heavy make-up has been used, repeat once more.

Dermal Healing

3. Spray **D.Tox Extract** liberally onto the face and neck, and gently press into the skin to facilitate absorption.
4. Complete the evening ritual by applying **Skin Rescue Paint** to blemishes. Collect a few drops onto a fingertip or a sterile cotton bud and gently spot treat the affected areas.

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Dermal Healing (continued)

- 10a. To apply the **Balm No.5**, collect a small amount with fingertips.
Rub hands together.
Apply evenly to face and neck area. Gently massage into the skin, fingertapping around eye contour.
- 10b. To apply the **Skin Rescue Balm**, collect a small amount with fingertips.
Rub hands together.
Apply evenly to face and neck area. Gently massage into the skin, fingertapping around eye contour.



Herbario

Herbario hygiene a healing ritual...
activates the skin healing processes rather than suppressing them,
affecting not only dermal health but also the way we look and feel.