HERBARIO DAILY SKINCARE RITUAL *for Normal to Dry Skin*

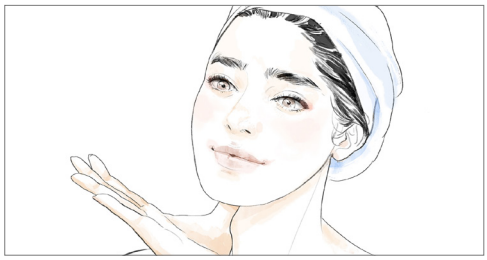
Herbario pioneered holistic dermal hygiene through our unique herbal detoxification & massage technique to flush out organic and environmental pollutants. Skin that is not properly cleansed will prevent moisturisers to be absorbed, resulting in sustained dehydration, endemic dryness and devitalised skin.

The **Detox Cleansing Technique** is a proactive facial workout designed to remove layers of dead skin, drain stagnant lymphatic congestion, release muscular tension and signs of emotional stress responsible for expression lines and undesirable changes of the facial symmetry.

The **Detox Cleansing Technique** provides a holistic treatment with a mindful approach to stimulate the functions of the whole facial ecosystem and the health of its microbiome, preparing the skin to absorb vital nourishment.

MORNING SKINCARE RITUAL

TO START:
- ► 1. Place one teaspoon of **Detox Cleansing Powder** into the palm of your hand.
- ► 2. Add one pump of **Detox Cleansing Oil.**
- ► 3. Then add about one teaspoon of water and mix together to obtain a soft paste.
- ► 4. Now proceed with our **9 Step Detox Cleansing Technique.** ***Video instructions are also available on our website.***

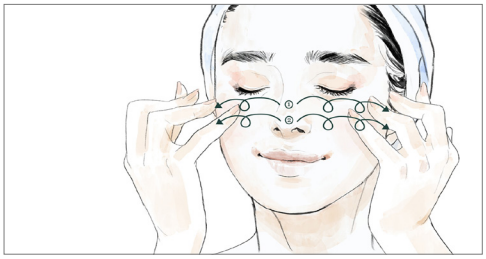


STEP 1: With your free hand, take a small amount of the paste with your fingertips, and place your thumb under your chin, pressing up.

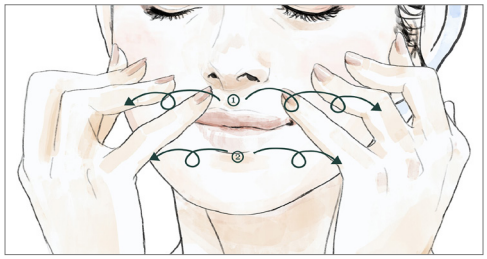
STEP 2: To release muscular tension, place your fingertips on the top of your chin, and firmly massage the chin and below the bottom lip in slow, circular motions. Repeat the same movement above your top lip.

STEP 3: Take a small amount of the paste and massage both sides of your nose in slow, figure of eight motions. Then massage the top of your nose from the bridge to the tip.

STEP 4: Add a little extra water to the rest of the paste and rub your hands together. Firmly massage your forehead in slow, circular motions, gliding your fingers out to the sides of your face to release tension and frown lines.

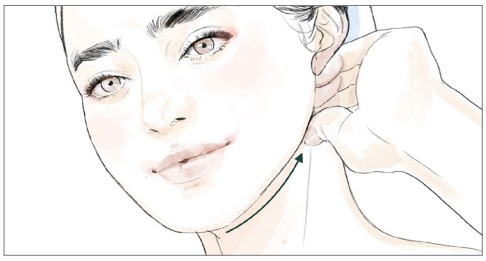


STEP 5: To prevent puffy eyes, place your fingertips on the sides of the nose (under the eye sockets) and massage, gliding in slow, circular motions towards the hairline. Repeat this movement starting from your sinus area.

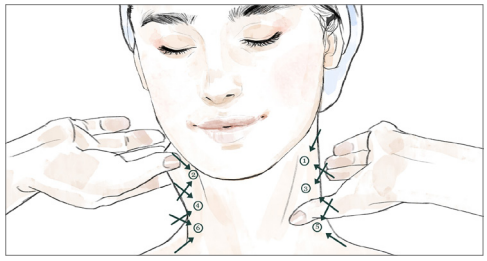


STEP 6: To prevent nasolabial folds (the smile lines), place your fingertips above the top lip and massage firmly in slow, circular motions gliding towards your ears. Repeat the massage from under your bottom lip, gliding towards your earlobes.

STEP 7: Place and hold your index & middle fingers under your earlobe (behind the jawline), while also placing and holding your thumb firmly under the chin.



STEP 8: While sustaining firm pressure, glide your thumb from underneath your chin (along the bottom of the jawline) towards your index & middle fingers until they connect. When your fingers connect, firmly pinch your skin to release muscular stress. Repeat on both sides 3-5 times. Ideally do this twice daily to prevent the appearance of a double chin, release tension & strengthen the jaw muscles.



STEP 9: With your fingertips, firmly pinch & pull the sides of your neck outwardly – start from below your ear and work your way down to your collarbone. Repeat 2-3 times to release neck tension.

TO FINISH: Thoroughly rinse with water. With a soft towel rub your face & neck (to stimulate circulation and collagen production) until your skin is pleasantly flushed.

Follow with the **Hydrating Regen Toner**. Finish the Morning Skincare Ritual by applying the **Serum, Moisturising Balm**, **Moisturising Regen Cream** or **Age Defence Firming Cream**. See overleaf for product application instructions.

EVENING SKINCARE RITUAL

STEP 1: Use the **Detox Cleansing Oil** at night to cleanse your skin and remove make up.
Place 2 pumps of **Detox Cleansing Oil** in the palm of your hand, rub hands together and apply to your face & neck.
Wipe off with a clean cotton pad/tissue or dampened face cloth. Repeat twice. To remove heavy make-up, repeat the process again.

STEP 2: To alleviate any stress or tightness of your jaw or neck before bed, repeat our **9 Step Detox Cleansing Technique** with a little extra **Detox Cleansing Oil.**

STEP 3: Follow with the **Hydrating Detox Toner.** See overleaf for instructions.

STEP 4: Finish the Evening Skincare Ritual by applying the **Serum, Moisturising Balm, Moisturising Regen Cream or Age Defence Firming Cream.** See overleaf for product application instructions.

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