

# DAILY ROUTINE

## FOR SENSITIVE/REDNESS/CALMING SKIN

Se		DAILY ROUTINE FOR SENSITIVE/REDNESS/CALMING SKIN	
		<h1 style="margin: 0;">Juliette Armand</h1> <p style="margin: 0; font-size: small;">THE PERSONAL PROFESSIONAL SKINCARE</p>	
		MORNING	NIGHT
Cleanse		Sensitive Cleansing Gel	Sensitive Cleansing Gel
Tone		Cleansing Toner Lotion	Cleansing Toner Lotion
Serum		Vitamin B Complex Serum	Vitamin B Complex Serum
Moisturiser		Hydra Calming Cream	Hydra Calming Cream
Eyes		Eye Multivitamin Shine Cream	Eye Multivitamin Shine Cream
Exfoliate		(twice a week)	Cacao Exfoliating Cream
Mask		(once a week)	Hydrating Therapy Mask

## How to Apply in Easy Steps

### STEP 1: Cleanse    Sensitive Cleansing Gel

#### APPLICATION

**USE:** Daily Morning and Night routine. Pour a small pea sized amount onto the fingertips. Then disperse over dampened face and neck, massage using gentle circular movements. Thoroughly rinse off with lukewarm water by hand or using a soft cloth. Pat face dry with towel. It can be used as a daily cleanser or as a first step to remove makeup. For easy use, use it in the shower. Continue with Cleansing Toner Lotion.

### STEP 2: Tone    Cleansing Toner Lotion

#### APPLICATION

**USE:** Daily Morning and Night after Hydra Cleansing Milk. Pour a pea sized amount onto a cotton pad. Then wipe gently using upward and outward movements over face and neck. Do not rinse off. Can be poured into a small spray bottle and can be spritzed over face and neck instead of a cotton pad or hydration spray during the day. Continue with Vitamin B Complex Serum when dry.

### **STEP 3: Serum    Vitamin B Complex Serum**

#### **APPLICATION**

**USE:** Daily Morning and Night after Cleansing Toner Lotion. Apply a few drops to fingertips and apply to face and neck using upwards and outwards strokes. Pat into skin. Around each eye, apply only to the eye socket. Continue with Eye Shine cream/serum.

### **STEP 4: Eye Care    Eye Multivitamin Shine Cream**

#### **APPLICATION**

**USE:** Daily Morning and night following Vitamin B Serum. Apply a small amount onto ring fingers, pat around each eye socket, morning and night. Do not apply too close to the eye or eyelid. Can also apply around lip area. Continue with Hydra Calming Cream.

### **STEP 5: Moisturise:    Hydra Calming Cream**

#### **APPLICATION**

**USE:** Daily Morning and Night after Eye Cream. Apply a small pea sized amount to fingertips and apply to face and neck following using upward and outward motions. Do not apply too close to the eyes.

## **WEEKLY CARE**

### **Weekly Exfoliation:    Cacao Exfoliating Cream**

#### **APPLICATION**

**USE:** Once or twice a week for gentle exfoliation. Following cleansing, apply a small amount to fingertips and apply to face and neck. Massage gently in circular motions avoiding eye area. Thoroughly wash off using tepid water follow with toner, serum, eye cream and moisturiser.

### **Weekly Mask:    Hydrating Therapy Mask**

#### **APPLICATION**

**USE:** Once a week at night. After cleansing, toning and serum has been applied, put a small amount (size of 20 cent piece) directly onto face and neck and gently massage for a couple of minutes. Leave for 10-15 minutes. Thoroughly wash off with lukewarm water. Then reapply toner, serum, eye cream and moisturiser.