

# Finding the Right Anti-Ageing Products for your Skin

There are two products we highly recommend, as “magic juices” for an ageing skin. You may only need one bottle of each, but this will largely depend on your skin type, your age, your general health, skin health and the amount of sun-damage you have deep in your skin. However, we find constantly in-clinic, that these two really do impress people with their results. They are [Osmosis MD Rescue Serum](#) and [Osmosis MD Stem Factor](#). Always apply Stem Factor first - following cleansing. Use them initially am and pm - only one small pump of each, then after around 4 weeks use one in the am, one in the pm and begin to add some speciality products as below.

We also recommend taking a supplement to help your gut health, but also to help balance your hormones and gut health with your skin. There are super foods, Harmonised Waters and wellness products for you to choose from:

- [Miessence Vitality Pack](#) or the [Miessence InLiveN Probiotic Superfood](#)
- [Osmosis Complete Digestive Enzyme](#)
- Harmonised Waters - [Osmosis Inner Harmony](#) or [Osmosis Hormone Health](#)

Of course, almost everyone in today’s modern world will benefit from [Osmosis Sugar Detox](#).

## Normal to a little oily skin:

### CLEANSER -

- [Osmosis MD Purify Enzyme Wash](#)
- [CosMedix Benefit Clean](#)

### ANTIOXIDANTS (morning only) -

- [CosMedix Affirm](#)
- [CosMedix Radiance](#)
- [CosMedix Benefit Balance](#) with [CosMedix Pure C Mixing Crystals](#)
- [Osmosis MD Replenish](#) with [Osmosis Clear + Mist](#)
- [Aspect Dr Multi B Serum](#) and [Aspect Dr Active C Serum](#)

### VITAMIN A (night only) -

- [Osmosis MD Correct](#)
- [Aspect Dr Exfol A Plus Serum](#)
- [MD Rejuvena Rejuvaphyl Rejuvenating Complex LS or HS](#)

### MOISTURISER (night and/or morning) -

- [Aspect Dr Resveratrol](#)
- [Osmosis MD Quench](#)
- [MD Rejuvena Daily Hydration](#)

### UV PROTECTION -

- [Aspect Hydra Shield SPF 15](#)
- [CosMedix Hydrate+](#)
- [Colorescience Sunforgettable Brush](#)
- [Osmosis MD Protect](#)

## Dry and maybe sensitive/ reactive skin:

### CLEANSER -

- [CosMedix Elite Gentle Clean](#)
- [Osmosis MD Cleanse](#)

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## ANTIOXIDANTS (morning only) -

- [Aspect Dr Redless](#)
- [CosMedix CPR Skin Recovery System](#)
- [MD Rejuvena Rejuvaphyl Redness Recovery](#)

## VITAMIN A (night only) -

- [Osmosis MD Calm](#)
- [CosMedix Serum 16](#)
- [MD Rejuvena Rejuvaphyl Rejuvenating Complex \(Retinol Free\)](#)

## HYDRATING MIST (all through the day) -

- [CosMedix Mystic](#)
- [Osmosis MD Clear + Mist](#)
- [Colorescience Hydrating Setting Mist](#)
- [Osmosis Colour Mineral Hydration Setting Mist](#)

## MOISTURISER (night and/or morning) -

- [Aspect SMC](#)
- [Osmosis MD Quench](#)
- [MD Rejuvena Rejuvaphyl Ultra-Rich Hydration](#)
- [CosMedix Elite X-Age](#)
- [CosMedix Emulsion](#)

## UV PROTECTION -

- [CosMedix Hydrate+](#)
- [Colorescience Sunforgettable Brush](#)
- [Osmosis MD Protect](#)
- [Aspect Hysdra Shield](#)

## Product Recommendations for Specific Skin Concerns

Following are concern-specific product recommendations. They will all give optimal results when used in conjunction with a Vitamin A serum and nourishing antioxidants. Our two superior products at the beginning of this article will give great results for all these concerns - its whether you wish to optimise their results with an additional product.

## Uneven Skin Tone & Pigmentation:

- [Aspect Dr Complete Pigment Serum](#)
- [CosMedix Simply Brilliant](#)
- [Cosmedix Elite X-Cell +](#)
- [Osmosis MD Enlighten](#) and [Osmosis MD Catalyst AC11](#) - an essential to us!

## Enlarged Pores:

- [MD Rejuvena Rejuvaphyl Pore Perfecting Complex](#)

## Kits:

- [Aspect Dr Age Management Kit](#)
- [Aspect Dr Blush Free Kit](#)
- [Aspect Dr Brightening Skin Kit](#)
- [Osmosis MD Spoil Me Kit](#)
- [Osmosis Jetset Normal Ageing Skin Kit](#)
- [Osmosis Unwrinkle Me Kit](#)
- [Osmosis Firm Me Up Kit](#)

# Finding the Right Anti-Ageing Products for your Skin

## Mask (weekly):

Always useful to give a healthy younger-looking glow to your skin, but also for some gentle extra stimulation and nourishment.

- [CosMedix Glow Bamboo Brightening Mask](#)
- [CosMedix Pure Enzymes](#)
- [CosMedix Restore Moisture-Rich Mask](#)
- [Osmosis MD Polish](#)
- [Aspect Probiotic Sleep Mask](#)
- [CosMedix Detox Activated Charcoal Mask](#)

## Wrinkles your main concern?

[Wrinkles Schminkles](#) medical grade silicone pads - smoothe your wrinkles while you sleep.



## Eye & Neck Creams:

Only use enough eye cream/serums to balance on the top of a match head, warm between your fingers and pat under your eyes and around the side. There is usually no need to apply eye creams and serums to your top lids.

- [Cosmedix Elite Eye Doctor](#) - only if you are already using a facial Vitamin A serum as this eye cream does contain an A
- [Osmosis MD Refresh](#) and/or [Refresh PM](#)
- [Revision Nectifirm](#)
- [Aspect Eye Lift 3](#)
- [Aspect Dr Eyelift](#)
- [Skin Medica TNS Illuminating Eye Cream](#)
- [Organic Nation Eye Matrix Cream](#)

Don't forget to take all your products down your throat and, especially, to your decolletage. Initially, only treat these areas 2-3 times per week with your actives and take care that these serums don't sit in your neck creases as this could be irritating.

**Don't forget, you receive \$15 off your first order!**

## Still not sure?

Complete the [Online Skin Consultation](#) and Gaye, our registered nurse will happily help you to choose the right treatments and products for your skin type or concern.

**Share this with a friend!**