If you want to effect change in your skin then you need to understand what is happening, which products are right for you now and how best to use them. The types of products you choose and any extra additions are determined by what you want to achieve. We find in clinic that many people simply do not know where to start and so we have formulated this guide to help you create a healthier skin.

Everyone's skin is different and yet the same. The building blocks are all there but each type of block, or cell, is in varying quantities in each individual's skin. You know this simply by comparing your skin; how it looks and how it reacts, to your friends and even with close family members.

We also know that we are born with a healthy skin, and as we get older our skin changes. Some of these changes are natural genetic ones and some are caused through lifestyle and environmental choices. Although we don't really want to age with our baby face and skin – we'd look pretty funny – most people want to maintain the health of their skin and have it feel and look as good as possible as they do get older.

Skin Cell turnover begins to slow at around age 25. The effect of this is that all the skin's functions slow and we begin to notice slowly but surely any, or all of the signs of ageing. It is logical that before we can treat a specific concern the skin needs to be in optimal health for the age of the individual and this is achieved with a daily skin care regime. Additional products can then safely be added to treat specific skin concerns such as pigmentation and acne.

If you do have specific skin concerns, please read the appropriate product or Skin Fact page. Usually these serums are added in with your Vitamin A as part of your evening routine.

You are always welcome to have a consultation in-clinic or online to ensure your products and routine are appropriate.
Skin Care 101

Morning

In order of application:
Use only 1 pump of each

- **Cleanser** – removing all the toxins expelled overnight from the skin. Apply with wet hands, massage into skin with lots of water, rinse well and pat dry.
- **Antioxidants** – assisting your skin to fight free radicals. Leave on
- **Eye** and **Neck Moisturiser** – to nourish the sensitive areas that age the fastest
- **Moisturiser/SPF** – to nourish your skin and protect from UV damage
- **Makeup** – to create an even appearance and enhance your features as well as treat your skin concern

Evening

In order of application:

- **Cleanser** – remove pollutants built up during the day – to allow natural healing overnight
- **Antioxidants** – assisting your skin to fight free radicals
- **Vitamin A Serum** (unless pregnant or breastfeeding) – help increase natural cellular turnover
- **Eye and Neck Moisturiser** – to nourish the sensitive areas that age the fastest

NOTE: Eye creams only need enough to balance on a match stick head, and can be used morning and night

Weekly:

Cleanse first, apply mask for at least 15 min then rinse well and apply antioxidants, etc. as per evening list

- **Mask** – removing dead cell build up to allow your products to be more effective

Monthly

In-Clinic Facial Treatments. We recommend:

- **Medi-Facial** – heal, hydrate and strengthen your skin, especially tailored for your skins needs
- **DermaFrac Treatment** – micro-dermabrasion to prepare the skin, micro-needling to stimulate natural skin repair and serums tailored for your skins needs
- **Osmosis Vitamin A Facial Infusions** – ultimate in dermal remodeling, promotes cellular turnover, normalises skin function, reduces inflammation, prevent pigmentation, activate skin’s immunity and stimulate collagen synthesis
- **Lactobotanical Treatment** – superior non-harmful exfoliation, increased hydration, effective bacterial management, reduced epidermal pigmentation and collagen stimulation
- **Intense Pulse Light Therapy (IPL)** – rejuvenation, reduction of visible capillaries, pigmentation and diffuse redness as well as permanent hair removal
Balancing your skin with your Gut

Extras to include daily:

- **Harmonised Water** (twice daily) – to help heal your body from the gut, thus assisting your skin's body functions

- **Super Foods** (morning or evening) – to help heal your body from the gut, thus assisting your skin's body functions

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. Or, if you live in Hobart, you’re welcome to have a consultation in-clinic - [book here](#).