

Finding the Right Anti-Ageing Products for your skin

It can be difficult to provide an overall guide for anti-ageing products, as all skins have lived a different life, however we have done our best to clarify your choices. There are two products we highly recommend as "magic juices" for 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 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](#)
- [Organic Nation Foaming Cleanser](#)

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](#)
- [Organic Nation Super Active 7 Serum](#)
- [Organic Nation Supernatural 8 Serum](#)

VITAMIN A (night only)

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

UV PROTECTION

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

MOISTURISER (night and/or morning)

- [Osmosis MD Quench](#)
- [MD Rejuvena Daily Hydration](#)
- [Organic Nation Hydration Rescue Gel](#)
- [Aspect Dr Resveratrol](#)



*Aspect Dr Resveratrol
Moisturising Cream*

*All time favourite moisturiser,
leaves my skin hydrated
and glowing...
could live without it!
Ali*

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Dry and maybe sensitive/ reactive skin

CLEANSER

- [Aspect Micellar Waters](#)
- [CosMedix Elite Gentle Clean](#)
- [Osmosis MD Cleanse](#)
- [Rejuvaphyl Daily Cleanser](#)

ANTIOXIDANTS (morning only)

- [Aspect Dr Redless](#)
- [CosMedix CPR Skin Recovery System](#)
- [Rejuvaphyl Redness Recovery](#)
- [Organic Nation Skinfood 4 Serum](#)

VITAMIN A (night only)

- [Osmosis MD Calm](#)
- [CosMedix Serum 16](#)
- [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](#)
- [Rejuvaphyl Ultra-Rich Hydration](#)
- [CosMedix Elite X-Age](#)
- [CosMedix Emulsion](#)

UV PROTECTION

- [CosMedix Hydrate+](#)
- [Colorescience Sunforgettable Brush](#)
- [Osmosis MD Protect](#)
- [Aspect Hydra 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 - it's 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!
- [Organic Nation Enlighten 3 Skintone Serum](#)

Enlarged pores

- [Rejuvaphyl Pore Perfecting Complex](#)
- [Osmosis Rescue Serum](#)

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

Eye, lip & 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 Opti Crystals

*This is simply magic in a bottle.
This eye cream not only hydrates the eye area it has really reduced the severity of the dark circles under my eyes.
I really recommend this product.
Dimity*



- [CosMedix Opti Crystals](#)
- [Cosmedix Elite Eye Doctor](#) - only if you are already using a facial Vitamin A serum as this eye cream does contain an A
- [Organic Nation Eye Matrix Cream](#)
- [Osmosis MD Refresh](#) and/or [Refresh PM](#)
- [Aspect Eye Lift 3](#)
- [Aspect Dr Eyelift](#)
- [Aspect Eye Cream](#)
- [PCA Skin Peptide Lip Therapy](#)

Don't forget to take all your products down your throat and, especially, to your décolletage. 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.

- [PCA Skin Perfecting Neck & Décolleté](#)

Mask (weekly)

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

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

Wrinkles your main concern?

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



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

Still not sure?

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

[View All Our Skin Care Guides](#)