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.

Holistic Wellness Products

SUPERFOODS
• Miessence Vitality Pack
• Miessence InLiven Probiotic Superfood

SUPPLEMENTS
• Osmosis Complete Digestive Enzyme

HARMONISED WATERS
• Osmosis Inner Harmony
• Osmosis Hormone Health

Kits To Make Your Skin Care Choices Easy

• Aspect Dr ABC Essentials Kit
• Aspect Dr Age Management Kit
• Aspect Dr Blush Free Kit
• Aspect Dr Brightening Skin Kit
• Osmosis Jetset Normal Ageing Skin Kit
• Osmosis Unwrinkle Me Kit

Wrinkles your main concern?

Wrinkles Schminkles medical grade silicone pads - smooth your wrinkles while you sleep.

I decided to look younger for longer and to age gracefully and therefore I would need to change my skin care routine. Thinking of combination of serums with vitamin B and C, moisturiser and cleanser I came across Dr Aspect ABC Kit. I was impressed that within just 4 weeks my skin has become brighter and healthier. No wonder, the cleanser is deep cleaning and exfoliating and the serum with Vitamin C is full of antioxidants and great for fine lines and brights dull skin. The Exfol serum has vitamin A which is great for shedding the dead skin, regulating oil flow and putting antioxidants back into the skin which combats fine lines. And I love that it’s our Aussie product!

Olga
# Finding the Right Anti-Ageing Products for your skin

We have listed these options in order of application. These items are your basic starting point when choosing your products. You may have extra skin care needs, and we have addressed these further on.

## Normal To Oily Skin

### CLEANSER (morning/night)
- CosMedix Benefit Clean
- Osmosis MD Purify Enzyme Wash
- Organic Nation Foaming Cleanser
- Societe AHA Exfoliating Cleanser

### ANTIOXIDANT SERUMS (morning only)
- Aspect Dr Multi B and Active C Serums
- Aspect Dr OptiBoost Complex
- CosMedix Affirm
- CosMedix Benefit Balance with CosMedix Pure C Mixing Crystals
- Organic Nation Super Active 7 Serum
- Organic Nation Supernatural 8 Serum
- Osmosis MD Replenish with Clear + Mist
- Societe Intense Firming Complex
- Societe Triple C

### VITAMIN A SERUMS (night only)
- Aspect Dr Exfol A Plus Serum
- CosMedix Refine
- CosMedix Elite Refine RX
- Osmosis MD Quench
- Societe Refinishing Complex

### MOISTURISER (morning/night)
- Aspect Dr Oil Free Moisturiser
- Organic Nation Hydration Rescue Gel
- Osmosis MD Quench
- Societe Skin Hydration Complex

### UV PROTECTION (morning & as needed)
- Aspect Hydra Shield
- Colorescience Sunforgettable Brush
- CosMedix Hydrate+
- Osmosis MD Protect
- Societe Prime & Defend

### MASK (weekly)
- CosMedix Detox Activated Charcoal Mask
- CosMedix Glow Bamboo Brightening Mask

## Dry Or Sensitive/Reactive Skin

### CLEANSER (morning/night)
- Aspect Micellar Waters
- CosMedix Elite Gentle Clean
- Osmosis MD Cleanse
- Societe Pure Everyday Cleanser

### ANTIOXIDANT SERUMS (morning only)
- Aspect Dr Redless
- Organic Nation Skinfood 4 Serum
- Societe Age Defying Boosting Pads (PM)

### VITAMIN A SERUMS (night only)
- CosMedix Serum 16
- Osmosis MD Calm

### HYDRATING MIST (all through the day)
- CosMedix Mystic
- Colorescience Hydrating Mist
- Osmosis MD Clear + Mist
- Osmosis Mineral Hydration Mist

### MOISTURISER (morning/night)
- Aspect Dr Resveratrol
- Aspect SMC
- CosMedix Elite X-Age
- CosMedix Emulsion
- CosMedix Illuminate & Lift
- Osmosis MD Quench
- Societe Skin Hydration Complex

### UV PROTECTION (morning & as needed)
- Aspect Hydra Shield
- CosMedix Hydrate+
- Colorescience Sunforgettable Brush
- Osmosis MD Protect
- Societe Prime & Defend

### MASK (weekly)
- Aspect Probiotic Sleep Mask
- Aspect Hydrating Mask
- CosMedix Pure Enzymes
- CosMedix Restore Moisture-Rich Mask

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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.

<table>
<thead>
<tr>
<th>EYE CREAMS</th>
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<tbody>
<tr>
<td>• Aspect Dr Eyelift</td>
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<tr>
<td>• Aspect Gold Eye Cream</td>
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<tr>
<td>• Aspect Eye Lift 3</td>
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<tr>
<td>• Cosmedix Elite Eye Doctor - only if you are already using a facial Vitamin A serum as this eye cream does contain an A - otherwise start with CosMedix Opti Crystals.</td>
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<tr>
<td>• Organic Nation Eye Matrix Cream</td>
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<tr>
<td>• Osmosis MD Refresh and/or Refresh PM</td>
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<tr>
<td>• Societe Ultimate Eyelift System</td>
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<tr>
<th>LIP CREAMS</th>
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<tr>
<td>• PCA Skin Peptide Lip Therapy</td>
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<tr>
<th>NECK CREAMS</th>
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<tr>
<td>Take all your products down your throat to your decolletage. Initially, only treat these areas 2-3 times per week with your serums taking care they don’t sit in your neck creases as this could be irritating.</td>
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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.

<table>
<thead>
<tr>
<th>UNEVEN SKIN TONE &amp; PIGMENTATION</th>
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<tbody>
<tr>
<td>• Aspect Dr Complete Pigment</td>
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<tr>
<td>• CosMedix Simply Brilliant</td>
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<tr>
<td>• Cosmedix Elite X-Cell +</td>
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<tr>
<td>• Organic Nation Enlighten 3 Skintone</td>
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<tr>
<td>• Osmosis MD Catalyst AC11 - an essential to us!</td>
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<tr>
<td>• Societe Refinishing Complex</td>
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<tr>
<td>• Societe Brightening Serum</td>
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<tr>
<th>ENLARGED PORES</th>
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<tbody>
<tr>
<td>• Osmosis Rescue Serum</td>
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<tr>
<td>• Societe Clarity Back Solution</td>
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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

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

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