

Combination & Teenage Skin

Characteristics:

- All age groups.
- Will often be oily on T-zone (forehead, nose and chin) due to excessive oil production by sebaceous glands.
- May also have blackheads in these areas.
- The rest of the face is normal, or may be dry around eyes, sides of face and throat.
- Skin becomes drier with age as oil glands dry up.

Daily Care Routine

Cleanse:

am & pm **Plant Gel Cleanser** (combination/oily skin).

Tone & Hydrate:

am & pm **Flower-Water Toning Lotion** (combination/oily).
This step refreshes and tones the skin and ensures economical and even application of Day & Night cremes. Spray over make-up to 'set' and remove 'powdery' look.

Exfoliate:

Three times a week with **One-Step Exfoliating Cleanser**.
Keep handy in shower as frequent use helps dislodge blackheads and keeps skin clear.

Day Moisturiser:

Oil Control Day Creme or **Alba-White Day Creme**.

Night Treatment:

Lemon Night Creme. For very oily t-zone, press on a fine film of **Waratah & Beetroot Mask**.

Blemish Treatment:

Rosemary Blemish Gel.

Eye Treatment:

am & pm **Firming Eye Creme**.

Help Prevent Blackheads:

Sage Face Oil - 2 drops in summer, 4 drops in winter to keep the skin's natural oils moving and help clear pimples and blackheads. Use with Toning Lotion to help penetrate, and apply evenly and thinly.

Mask:

Once a week **Waratah & Beetroot Mask**.
For extra benefit first apply 6 – 8 drops of **Anti-Oxidant Plant Serum**. Alternate with **Rosehip & Lavender Complexion Refiner**.

Complementary Products & Skin Health Tips

- Sunscreen:** Apply **Great Outdoors Sunscreen** in addition to nutritive moisturisers if in direct sunlight. Non-greasy, will not clog the pores.
- Cool and Tone:** Apply **Instant Help Eye Gel** several times throughout the day to cool and soothe especially if outdoors or working in air conditioning.
- For the Body:** **Blue Mallee Shower Foam, Macadamia Body Scrub** twice weekly, **Body Oils** and **Nutritive Body Lotion** after shower, soothe burns, insect bites etc with **After Sun Gel**.
- Skin Health Tips:**
- Drink 6 to 8 glasses of (purified) water per day, 4 during winter.
 - Excessive exercise increases sebum production, so be sure to cool the skin with cold water and do an extra cleanse after.
 - Avoid stimulants such as cigarettes, chilli and coffee.
 - Avoid fatty or oily foods such as bacon, margarine, peanuts, peanut paste, full cream milk.
 - Avocado, fish, almonds and sunflower seeds contain 'friendly' fats and are very acceptable in the diet
 - Exposure to the sun dramatically accelerates ageing of the skin whether wearing a sunscreen or not