

FINE LINES / WRINKLES	DRYNESS	DULL / TIRED	Step 1 – ASK What is your primary skin concern?	DEHYDRATED	CONGESTED / BLEMISHES	SENSITIVE / IRRITATED
<p>Fine lines and wrinkles, most noticeably around the eye and lip area. Skin can be dehydrated.</p> 	<p>Rough texture, sometimes irritated. Looks and feels flat in colour. Can feel rough to touch.</p> 	<p>Poor colour, lacking lustre and tone. Sometimes dehydrated. Skin looks tired.</p> 	<p>Step 2 – LOOK Check for the following characteristics.</p>	<p>Skin lacks moisture. Patches of dryness and flakiness. Uneven appearance.</p> 	<p>Blackheads and blemishes, generally where there is more oil flow.</p> 	<p>Skin can appear high in colour, feel irritated and itchy. Skin can also feel taut and have a shiny appearance. Treat skin with care.</p> 
 <p>Polishing Scrub x 1 per week Moisture Intense Masque x 2 per week</p>	 <p>Polishing Scrub x 1 per week Moisture Intense Masque x 2 per week</p>	 <p>Polishing Scrub x 2 per week Moisture Intense Masque x 2 per week</p>	<p>Step 3 – ADVISE Deep Cleanse</p>	 <p>Polishing Scrub x 2 per week Moisture Intense Masque x 2 per week</p>	 <p>Polishing Scrub x 2 per week (avoid areas where blemishes are raised) Pore Cleansing Masque x 2 per week (Use on alternate days to polishing scrub)</p>	 <p>Polishing Scrub x 1 per week (Apply gently, avoid irritated areas) Moisture Intense Masque x 1 per week</p>
 <ul style="list-style-type: none"> • TIME DEFIANCE® Skin Refinishing Lotion or Alpha Hydroxy Serum Plus AM and PM • Replenishing Eye Crème AM and PM 	 <ul style="list-style-type: none"> • TIME DEFIANCE Skin Refinishing Lotion or Alpha Hydroxy Serum Plus AM and PM • Moisture Plus x 3 per week • Replenishing Eye Crème AM and PM 	 <ul style="list-style-type: none"> • Alpha Hydroxy Serum Plus AM and PM • Moisture Plus when dryness is also present • Replenishing Eye Crème AM and PM 	<p>Step 4 – ADVISE Boost/Treat</p> <p>For more intensive results refer to the TIME DEFIANCE product category.</p>	 <ul style="list-style-type: none"> • TIME DEFIANCE Skin Refinishing Lotion or Alpha Hydroxy Serum Plus AM and PM • Moisture Plus x 3 per week • Replenishing Eye Crème AM and PM 	 <ul style="list-style-type: none"> • TIME DEFIANCE Skin Refinishing Lotion AM and PM • Anti-Blemish Gel AM and PM on blemishes • Replenishing Eye Crème AM and PM 	 <ul style="list-style-type: none"> • TIME DEFIANCE Skin Refinishing Lotion AM and PM • Replenishing Eye Crème AM and PM • Soothing Crème AM and PM
<p>Please refer to relevant Skincare Guide</p>			<p>Step 5 – ADVISE Moisture/Protect</p>	<p>Please refer to relevant Skincare Guide</p>		

EYE & LIP MAKEUP REMOVER

Non-greasy formula that gently removes all traces of makeup, leaving the lips moisturised and lashes conditioned.

Application: Shake bottle, apply gently with a cotton pad over the eye and lip area before cleansing.



POLISHING SCRUB

A blue foaming gel with jojoba beads that exfoliates the skin and improves skin texture.

Application: After cleansing the skin, massage in a circular motion over wet face and neck, then rinse thoroughly and apply toner.



PORE CLEANSING MASQUE

A special clay mask that deeply cleanses and draws out skin impurities. Contains zinc, copper and magnesium to benefit the skin.

Application: Apply to cleansed skin and leave on for 5-10 minutes. Rinse off with warm water and apply toner.



MOISTURE INTENSE MASQUE

A calming facial mask that provides immediate moisture to the skin.

Application: Apply to cleansed skin and leave on for 5-15 minutes. Rinse and apply toner.



TIME DEFIANCE® SKIN REFINISHING LOTION

An advanced skin product that enhances natural exfoliation, reduces the appearance of fine lines and improves skin tone. Skin looks and feels firmer.

Application: Apply a few drops to a cleansed face and neck area. Use twice a day before moisturiser.



ALPHA HYDROXY SERUM

A clinically proven, triple action facial treatment that improves the appearance of dry skin and fine lines in as little as 24 hours. Reduces skin flakiness. Can be used on sensitive skin.

Application: Apply a few drops to a cleansed face and neck area. Use twice a day before moisturiser.



ANTI-BLEMISH GEL

Essentials Anti-Blemish fights blemishes and discourages breakouts from resurfacing. It contains salicylic acid, oregano and acerola cherry reducing acne, absorbing oil and purifying your skin.

Application: Apply directly onto blemish area twice a day.



MOISTURE PLUS

A vitamin-rich concentrate for ultra-dry skin. Nourishing essential fatty acids including borage and chia combine to instantly seal in moisture.

Application: Dispense two to four drops onto your face before moisturiser application or mix with moisturiser.



REPLENISHING EYE CRÈME

A non-greasy crème that reduces the appearance of fine lines, puffiness and dark circles around the eyes.

Application: Pat gently around the eye area twice a day before applying moisturiser.



SOOTHING CREME

A calming formula that pays essential attention to sensitivity and redness. Vitamins A, C and E nourish. Omega 3, chamomile, liquorice, bamboo and blue lotus come together to comfort, help reduce redness and calms stressed skin.

Application: After toning, place an almond sized portion on fingertips and gently spread across face, neck and throat.

