

# skin regimes

The below Skin Regimes will get you started, the optimum personal regime should be selected according to your emotional landscape and skin requirement, you'll become proficient at selecting the formulations that work for you on the day that you need them.

## Selection by colour – Emotion & Skin type

	Blue Zone – Calm & Clear Neglected/no time for self	Red Zone – Emergency Fragile/emotional	Green Zone – Purifying Negative Energies	Yellow Zone – Uplifting Skin Invigorating	
Oily/Blemished Skin	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose)  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (every 2nd day)  <b>Tone Rehydrate:</b> Travel or Calm &amp; Clear Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Travel or Calm &amp; Clear Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose)  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (every 2nd day)  <b>Tone Rehydrate:</b> Emergency Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Emergency Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose)  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (every 2nd day)  <b>Tone Rehydrate:</b> Space Clearing Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Travel or Calm &amp; Clear Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose)  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (every 2nd day)  <b>Tone Rehydrate:</b> Sensuality or Woman Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Woman or Body Love Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	Oily/Blemished Skin
Normal/Combination Skin	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose), or Purifying Cream Cleanser.  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (every 3rd day)  <b>Tone Rehydrate:</b> Travel or Calm &amp; Clear Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Travel or Calm &amp; Clear Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose), or Purifying Cream Cleanser.  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (every 3rd day)  <b>Tone Rehydrate:</b> Emergency Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Emergency Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose), or Purifying Cream Cleanser.  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (every 3rd day)  <b>Tone Rehydrate:</b> Space Clearing Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Travel or Calm &amp; Clear Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose), or Purifying Cream Cleanser.  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (every 3rd day)  <b>Tone Rehydrate:</b> Sensuality or Woman Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Woman or Body Love Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	Normal/Combination Skin
Dry/Mature & Sensitive Skin	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose). Purifying Cream Cleanser every 2nd day.  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (weekly)  <b>Tone Rehydrate:</b> Travel or Calm &amp; Clear Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Travel or Calm &amp; Clear Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose). Purifying Cream Cleanser every 2nd day.  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (weekly)  <b>Tone Rehydrate:</b> Emergency Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Emergency Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose). Purifying Cream Cleanser every 2nd day.  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (weekly)  <b>Tone Rehydrate:</b> Space Clearing Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Travel or Calm &amp; Clear Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	<p><b>Cleanse:</b> Gentle Face Wash (morning citrus – evening rose). Purifying Cream Cleanser every 2nd day.  <b>Intense Cleanse:</b> Gentle Exfoliating Cream (weekly)  <b>Tone Rehydrate:</b> Sensuality or Woman Skin Mist  <b>After bath or shower:</b> Body Lotion (morning citrus – evening rose)  <b>Beauty Treatment:</b> Soothing Firming Eye Neck Face Gel  <b>Beauty Treatment:</b> Intensive Eye Serum  <b>Day Moisturise:</b> Woman or Body Love Daily Moisturiser  <b>Beauty Treatment:</b> Replenishing Night Cream</p>	Dry/Mature & Sensitive Skin

For optimum skin & bodycare results ensure your regime covers all **4 steps** every day:

**Step 1: Gently Cleanse & Purify – Step 2: Tone, Clarify & Rehydrate – Step 3: Daily Essence Moisturiser – Step 4: Intensive Face & Body Treatments**

Create a powerful affirmation regime of self love, self nurture and self worth.

**LOVE YOUR BODY • LOVE YOUR SOUL • LOVE WHO YOU ARE**



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