

# SKNLOGIC

essentials kit for normal or combination skin



# Instructions

# What causes combination skin?

There's a difference between a skin type and a skin condition. You're born with a skin type, such as combination, dry, oily or sensitive. But skin conditions are acquired and vary throughout life, i.e., dehydration, redness, pigmentation or breakouts.

Oily Skin is caused by a genetically predisposition to overproduction of sebum (oil in the skin) by the sebaceous glands (the glands that produces oil/sebum in the skin) and dry skin is happens when the sebaceous glands do not produce enough sebum. Combination Skin is a combination of partly dry and partly oily skin. Usually but not always it is the T-zone (the central part of the face - forehead, nose, chin) that are more oily, with the cheeks being drier.

Before we can treat a skin condition we must first balance the skin type so that you have healthy functioning skin.

## do's and don'ts for combination skin



**Do wash every day and night**- you do not need an excessively soapy cleanser, but rather opt for a soap-free, pH-balanced cleanser like Cleanse wash to clean the skin without stripping the skin of its protective layer.

**Do use products with oils** - Using products with small concentrations of oils can help slow down the production of oil in your skin while keeping the drier parts of your skin moisturised.



**Don't skip the moisturiser** - All skin types need moisture. Use sparingly on oily areas if you are feeling particularly shiny and apply more when needed to dry patches.

**Don't fly solo** - When you find that your oily or dryness just isn't going away, book an appointment with a Sknlogic trained esthetician for a specialised treatment. They could recommend add on products that will offer extra help for your skin.

# combination skin relief daily regimen

Repair and protect skin function, balance the skin.

- 1 Cleanse the skin by applying an almond sized amount of **Cleanse Wash** to dampened face and neck, massaging with light, upward strokes. Concentrate on any areas of excessive dryness and impurities. Rinse with lukewarm water. Pat skin dry with towel.

**ProTip:** Hot water does not open pores, and cold water won't close them either. Switching from hot to cold will only put skin into shock, only use lukewarm water when cleansing.

- 2 Apply **Tone** to the face and neck after cleansing with a cotton pad or gauze. Gently pat dampened cotton pad or gauze over face and neck. Never rub your skin during or after using a skin toner. Avoid eye area.

**ProTip:** Toners are a critical part the skin care regimen, delivering critical hydration and specific skin condition benefits such as reducing oil secretion, improving skin tone and eliminating toxins. It also has degreasing and deep cleansing properties. Balances the PH and prepares the skin for treatment. They also remove drying chlorine, salts and minerals found in tap water that can be very harsh on the skin's epidermal surface layers.

- 3 Apply **Moist** over damp face and neck with light upward strokes. Repeat steps 1 - 3 in the mornings and evenings.
- 4 Smooth a generous amount of **Protect SPF 40** to face and neck, avoiding the eye area, preferably 30 minutes prior to sun exposure.

**ProTip:** Use Protect SPF 40 everyday even on cloudy days and days when you stay indoors. Blue light (also known as high energy visible light, or HEV) is the strong light that emits from the screens on cell phones, computers, tablets, and TVs, as well as from fluorescent and LED lighting. Studies have shown that HEV light penetrates even deeper than UVA and UVB rays. Protect SPF 40 protects you from HEV light as well as UVA, UVB and Infrared.

# advance skin care kits

The Sknlogic Advance skin care kit takes skin health to the next level.

The products are designed to combat specific skin conditions. After you have been on the Essentials regimen for 4 weeks you can add on the advance kit. (Available while stocks last).



Includes FREE Gauze, Remove Pre-Cleanse, Mask brush and Facial Sponges

## Age Defence

This kit is for you if you struggle with fine lines and wrinkles, sagging skin and loss of skin tone and texture. For a limited time this kit also includes FREE Remove Pre-Cleanser, Mask brush, Gauze & Facial Sponges.



Includes FREE Gauze, Remove Pre-Cleanse, Mask brush and Facial Sponges

## Clearer Skin

This kit is for you if you struggle with breakouts and congested skin.

For a limited time this kit also includes FREE Remove Pre-Cleanser, Mask brush, Gauze & Facial Sponges.



Includes FREE Gauze, Remove Pre-Cleanse, Mask brush and Facial Sponges

## Dark Spot Control

This kit is for you if you struggle with Hyper pigmentation, dark patches, discolouration and uneven skin tone. For a limited time this kit also includes FREE Remove Pre-Cleanser, Mask brush, Gauze & Facial Sponges.

After 12 weeks of using the advance kit you can add on the Multi Active Lotion. MAL includes a high concentration of Alpha and Beta Hydroxy acids (14%) in a lightweight emulsion as an intensive treatment for increased cell turnover to restore skin suppleness, clarity and texture twice a week. This active treatment optimizes skin rejuvenation, treats hyper-pigmentation, dehydration and problematic skin.