

SKNLOGIC

essentials kit for dry skin

Instructions



What causes dry 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. Dry Skin is caused by a genetically predisposition to inadequate oil production. Dry Skin can also be caused by Intrinsic aging (genetically determined aging) as the sebaceous glands (the glands that produces oil/sebum in the skin) activity tends to decrease with age.

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 dry skin



Do wash gently - do not use harsh cleansers with sulphates but gentle creamy cleansers that replenish the skin without stripping the skin of its natural oil and water levels.

Do drink water - The skin is the largest organ of the body and keeping yourself properly hydrated will contribute to healthier skin.



Don't take long hot showers - Washing overly long in hot water strips the skin of essential moisture.

Don't fly solo - When you find that your dry skin just isn't going away, book an appointment with a Skinlogic trained esthetician for a hydrating treatment. They could recommend add on products that will offer extra hydration to your skin.

dry skin relief daily regimen

Repair barrier function, hydrate and relieve dry skin.

- 1 Cleanse the skin by applying an almond sized amount of **Gentle Cleanse Cream** 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.
- 3 Apply thin layer of **Omega Face Oil** to clean dry skin. Use a very small amount to ensure that all the oil penetrates and does not leave an oily film. Can be used as a primer underneath make-up. If you use the Omega Face oil as a primer you will apply the Omega Face Oil after you have applied your Protect SPF 40. You can also mix the Omega Face Oil with your Moist Supreme and apply it together. Omega Face oil contain nut oils and should be tested before use if allergic to nuts.
- 4 Apply **Moist Supreme** over damp face and neck with light upward strokes. Repeat steps 1 - 4 in the mornings and evenings.
- 5 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.