

SKNLOGIC

essentials kit for oily skin

Instructions



What causes oily 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).

Sebum is vital for keeping the skin healthy, but too much of it can lead to shiny skin, clogged pores, uneven skin tone and acne.

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 oily 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 Gel to unclog pores and clean the skin without stripping the skin of its protective layer.

Do use a moisturiser - Oily skin needs moisture too, so don't skip this step! Oily skin can also get dehydrated, dehydration is a lack of moisture not a lack of oil.



Don't avoid oils - If we strip the oil away, the skin will produce more oil to compensate, using products with small concentrations of oils can help slow down the production of oil in your skin.

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

oily skin relief daily regimen

Repair barrier function, balance the skin.

- 1 Cleanse the skin by applying an almond sized amount of **Cleanse Gel** 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 Gel** 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.