



## **Daily Routine – Dermatitis Severe**

Juniper Australia recommends the following routine to get the best results for aggravated dermatitis of the face and for dermatitis of the body:

### **MORNING**

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle.

Massage the entire area with the **Calming Treatment Serum**.

Moisturise with **Calming Jojoba Moisturiser**.

### **EVENING**

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle.

Massage the entire area with the **Calming Treatment Serum**.

Moisturise with **Calming Jojoba Moisturiser**.

Lock in moisture with **Medi Balm** over the affected area's

**Thank you for trusting Juniper and we look forward to giving you the gift of healthy skin.**



## **Daily Routine -Facial Dermatitis Mild**

Juniper Australia recommends the following routine to get the best results for the management of mild dermatitis of the facial area:

### **MORNING**

Cleanse, using **Sensitive Cleansing Lotion** as per instructions on the bottle

Tone, using **Calming Rose-Otto Mist** as per instructions on the bottle. Please note that for sensitive skin types it is very important to tone twice as this will assist in calming the skin reducing redness.

Apply **Sensitive Rejuvenation Oil** all over face and neck paying special attention to areas that are irritated or have veins.

Apply **Sensitive Moisturising Lotion** as per instructions on the bottle

- Please wait at least 10 minutes before applying any sunscreen

### **EVENING**

Cleanse, using **Sensitive Cleansing Lotion** as per instructions on the bottle

Tone, using **Calming Rose-Otto Mist** as per instructions on the bottle. Please note that for sensitive skin types it is very important to tone twice as this will assist in calming the skin reducing redness.

Apply **Sensitive Rejuvenation Oil** all over face and neck paying special attention to areas that are irritated.

Please note that for severe highly reactive dermatitis (eczema) We recommend using the daily management routine – PDF (Dermatitis\_Reactive)

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## **Daily Routine –Dermatitis Baby**

Juniper Australia recommends the following routine for the management of dermatitis of a baby (classified as under two years of age):

### **MORNING**

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle.

Massage the entire area with the **Calming Treatment Serum**.

Moisturise with **Calming Jojoba Moisturiser**.

### **EVENING**

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle.

Massage the entire area with the **Calming Treatment Serum**.

Moisturise with **Calming Jojoba Moisturiser**.

Lock in moisture with **Medi Balm** over the affected area's

**Note:** The Medi Balm is a great barrier balm to prevent nappy rash. It is also good for cradle cap and any areas of dryness.

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## **Daily Routine –Peri Oral Dermatitis Severe**

Juniper Australia recommends the following routine to get the best results for peri oral dermatitis- severe:

### **MORNING**

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle.

Massage the entire face with the **Calming Treatment Serum**.

Moisturise with **Calming Jojoba Moisturiser**.

### **EVENING**

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle.

Massage the entire face with the **Calming Treatment Serum**.

Lock in moisture with **Medi Balm** over the affected areas.

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## **Daily Routine –Peri Oral Dermatitis Mild**

Juniper Australia recommends the following routine to get the best results for peri oral dermatitis-mild:

### **MORNING**

Cleanse, using **Sensitive Cleansing Lotion** as per instructions on the bottle. This will gently cleanse and calm your skin, leaving it hydrated.

Tone, using **Calming Rose-Otto Mist** as per instructions on the bottle.

Apply **Pure Rejuvenation Oil** to the areas that are irritated. This high oleic oil is rich in Vitamins A,B, E and will normalise the essential fatty acid imbalances and reduces symptoms of eczema and dermatitis. It is infused with Australian Sandalwood which is a antipruritic (relieves the sensation of itching and prevents its occurrence) Carrot Seed which has strong detoxifying properties and assists the skin to heal and regenerate the cells.

Apply **Sensitive Moisturising Lotion** to Calm, heal and protect the skin.

### **EVENING**

Cleanse, using **Sensitive Cleansing Lotion** as per instructions on the bottle. This will gently cleanse and calm your skin, leaving it hydrated.

Tone, using **Calming Rose-Otto Mist** as per instructions on the bottle.

Apply **Pure Rejuvenation Oil** to the areas that are irritated. This high oleic oil is rich in Vitamins A,B, E and will normalise the essential fatty acid imbalances and reduces symptoms of eczema and dermatitis. It is infused with Australian Sandalwood which is a antipruritic (relieves the sensation of itching and prevents its occurrence) Carrot Seed which has strong detoxifying properties and assists the skin to heal and regenerate the cells.

Please note that for severe Peri Oral Dermatitis refer to Peri Oral Dermatitis\_Severe).

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