

## **Polycystic Ovarian Syndrome (PCOS)**

Juniper Australia recommends the following routine after diagnosis of PCOS.

### **Morning**

- Cleanse **Calming Face and Body Wash**
- Tone and balance **Calming Rose Otto Mist**
- Treat **Calming Treatment Serum**
- Apply Sensitive Moisturising Lotion or Calming Jojoba Moisturiser
- Protect **Antioxidant Skin Firming Serum**

### **Evening**

- Pre-cleanse **Calming Makeup Remover**
- Cleanse **Calming Face and Body Wash**
- Tone and balance **Calming Rose Otto Mist**
- Treat **Calming Treatment Serum**

### **Tips**

Reduce congestion and calm the skin by applying a **Calming Clay Mask** weekly. This is wonderful to use instead of retinol because it is much gentler on the skin and can help draw out blackheads and other impurities.

Breakouts, apply a dab of **Calming Clay Mask** to the pimple or pustule and leave for 20 mins before removing with the **Calming Makeup Remover**.

Spritz your face several times during the day with the **Calming Rose Otto Mist** to calm redness and reduce sensitivities.

Apply **Antioxidant Skin Firming Serum** as a makeup primer by patting on the skin and leaving for a few minutes before applying any sunscreen or makeup. This will assist in protecting the skin and avoid clogging of the pores. The Skin Firming Serum can be applied after makeup to help it stay on longer. It can also be re-applied through the day to smooth lines and wrinkles and tighten the skin.

For further support, speak to your practitioner or contact [admin@juniperaustralia.com.au](mailto:admin@juniperaustralia.com.au) or call 02 9979 1664.

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