



Daily Routine – Eczema Severe

Juniper Australia recommends the following routine to get the best results for aggravated eczema of the face and for eczema 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 Eczema Mild

Juniper Australia recommends the following routine to get the best results for the management of mild eczema 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 eczema of the face, we recommend using the daily management routine – PDF eczema_severe)

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Daily Routine – Eczema Baby

Juniper Australia recommends the following routine for the management of eczema for 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 areas.

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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