



## **Daily Routine –Psoriasis**

Juniper Australia recommends the following routine to get the best results for your skin condition:

Note: Before commencing your daily routine we need to prepare the skin and remove the flaky scales. It is important that removal of this skin is done correctly to avoid exasperating the condition. You will need to soak the skin either in a bath or shower and gently removed the scales with medical gauze (available from the chemist) or just use a face washer. Whilst the skin is still damp apply a small amount of the Medi Balm. Allow the balm to absorb slightly then reapply. Wait 24 hours then commence the daily treatment.

### **MORNING**

Wash with the **Calming Face and Body Wash**.

Whilst the skin is still damp apply the **Calming Treatment serum**, making sure you massage the serum into the psoriasis.

Apply the **Calming Jojoba Moisturiser**.

### **EVENING**

Wash with the **Calming Face and Body Wash**.

Apply the **Scar Treatment Serum** to the affected area only.

Apply the **Calming Jojoba Moisturiser** over the entire face and body.

Apply the **Medi Balm** to the affected areas only.

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