



DAILY ROUTINE – PIGMENTATION/SUN DAMAGE – FACE

Juniper Australia recommends the following routine to get the best results for sun damage/pigmentation of the face:

MORNING

- Cleanse **once**, using **Nourishing Cream Cleanser**.
- Exfoliate with **Regenerative Facial Exfoliant** daily for one week then afterwards 2-3 times per week.
- Tone **twice**, using **Rose-Otto Hydrating Mist** as per instructions on the bottle. Please note that it is very important to tone twice as this will assist in refining the pores and balancing the skins natural pH.
- Apply **Vitamin C Serum** as per instructions on the bottle.
Avoid exposure to sunlight or wear/use sun protection whilst using this product.
- Apply **Moisture Rich Hydrating Cream** as per instructions on the bottle
- Apply **Revitalising Eye Cream** as per instructions on the bottle
- Apply **Antioxidant Skin Firming Serum** by patting on the skin and leave for a few minutes before applying any sunscreen or makeup. The Antioxidant Firming Serum can be applied after make-up to hold make-up in place. It can also be re-applied through the day to smooth fine lines and wrinkles.

EVENING

- Pre cleanse with the **Calming Makeup Remover**. This will remove all makeup and sunscreen.
- Cleanse **twice**, using **Nourishing Cream Cleanser** as per instructions on the bottle
- Tone **twice**, using **Rose-Otto Hydrating Mist** as per instructions on the bottle. Please note that it is very important to tone twice as this will assist in refining the pores and balancing the skins natural pH.
- Apply **Vitamin C Serum** as per the instruction leaflet.
Avoid exposure to sunlight or wear/use sun protection whilst using this product.
- Apply **Antioxidant Skin Firming Serum**
- In addition to the skincare routine above, we recommend applying the **Renewal Clay Mask** once a week to replenish moisture and brighten the complexion leaving your skin deeply hydrated.

Note: the above recommendation is not for sensitive skin conditions.



DAILY ROUTINE – PIGMENTATION/SUN DAMAGE – BODY

Juniper Australia recommends the following routine to get the best results for sun damage/pigmentation of the body:

MORNING

- Wash with the **Calming Face and Body Wash**.
- Exfoliate with the **Detoxifying Body Exfoliant** (three times a week)
- Apply **Vitamin C Night Serum** to sun damaged areas. (see footnote)
Avoid exposure to sunlight or wear/use sun protection whilst using this product.
- Apply the **Intensive Body Lotion**.

EVENING

- Wash with the **Calming Face and Body Wash**.
- Exfoliate with the **Detoxifying Body Exfoliant** (three times a week)
- Apply **Vitamin C Night Serum** to the pigmentation.
Avoid exposure to sunlight or wear/use sun protection whilst using this product.
- Apply the **Intensive Body Lotion**.

Note: If there are large areas of sun damage/pigmentation all over the body, it is recommended that the **Vitamin C Night Serum** only be applied to the most damaged areas of the skin. The **Revitalising Body Oil** should then be applied all over the other areas prior to the **Intensive Body Lotion**.

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



DAILY ROUTINE – SCAR MANAGEMENT

Juniper Australia recommends the following routine to get the best results for scar reduction:

MORNING

- Wash with the **Calming Face and Body Wash**.
- Apply **Scar Treatment Serum**
Avoid exposure to sunlight or wear/use sun protection whilst using this product.
- Apply **Medi Balm** to keep the area moist, hydrated and provide a barrier to the wound.

EVENING

- Wash with the **Calming Face and Body Wash**.
- Apply **Scar Treatment Serum**
Avoid exposure to sunlight or wear/use sun protection whilst using this product.
- Apply **Medi Balm** to keep the area moist, hydrated and provide a barrier to the wound.

Note: Before commencing with this recommendation and for further information – read the leaflet (Scar Treatment Serum) via the Skin Guide on the Juniper website or read the leaflet enclosed in the Scar Treatment Packaging.

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