

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

Below is a management plan for Peri Oral Dermatitis. To get the best results, this treatment plan is best followed as stated. Please note that for severe or highly irritated Peri Oral Dermatitis – refer to the PDF (Peri Oral- Severe)

### **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 PDF (Peri Oral Dermatitis\_Severe).

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

## **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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