

Daily Routine -Facial Eczema (mild)

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

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** or **Ultra Calm Replenishing Cream** as per instructions on the bottle.

Evening

Cleanse, using **Sensitive Cleansing Lotion** as per instructions on the bottle.

Tone, using **Calming Rose-Otto Toner** 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.

If Eczema is under control the **Calming Facial exfoliant** & **Calming Clay Mask** may be incorporated into your weekly routine as per instructions on the bottle.

Please note that for severe or highly reactive eczema, we recommend using the daily management routine – Face & Body Eczema Moderate-Severe pdf

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