

Oily/Combination/Acne Prone Skin

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

Morning

Cleanse, using the **Oil Balancing Cleanser** as per instructions on the bottle

Tone twice, using **Oil Purifying Treatment Toner** as per instructions on the bottle.

Please note that for oily/dehydrated skin types it is very important to tone twice as this will assist in refining the pores and balancing the skins natural pH.

Apply **Oil Balancing Lotion** as per instructions on the bottle

Apply **Revitalising Eye Cream** as per instructions on the bottle.

Apply the **Antioxidant Skin Firming Serum** prior to sunscreen or makeup to protect the skin and prevent congestion.

Evening

Pre cleanse with the **Calming Makeup Remover**.

Cleanse using **Oil Balancing Cleanser** as per instructions on the bottle

Tone twice, using **Oil Purifying Treatment Toner**

Apply **Oil Balancing Lotion** as per instructions on the bottle

Apply **Revitalising Eye Cream** as per instructions on the bottle.

Apply the **Antioxidant Skin Firming Serum** prior to sunscreen or makeup to protect the skin and prevent congestion.

In addition to your regular routine, you can maintain a healthier, clearer complexion by exfoliating 1-2 times a week with the **Purifying Facial Exfoliant** and applying a **Calming Clay Mask** for mild congestion or the **Renewal Clay Mask** for deep Cleansing. Both masks may be used as a spot treatment as needed.

Thankyou for trusting Juniper, we look forward to giving you the gift of healthy skin.

Oily/Combination/Acne Prone Skin

Oily skin or Seborrhoea is the name given to excessively oily skin but the scientific name of the bacteria that cause acne vulgaris is Propionibacterium acnes. Seborrhoea is due to the overactive sebaceous gland and results in overproduction of sebum, it can be identified by its shiny, thick and firm appearance. An oily appearance can look neglected with enlarged pores and blemishes. With acne vulgaris, the acne is anaerobic: they do not need oxygen to survive and grow. Although these bacteria are present in all follicles in small numbers, the oxygen provided in an open follicle prevents them from reproducing in large numbers. However, once the follicle is blocked, the oxygen cannot reach them and they multiply rapidly, feeding on the sebum produced by the overactive sebaceous glands. (Refer to Grade II acne), It is important to use a product to treat oily skin that is antiseptic and controls bacteria. It can be a mistake to use harsh skin care products that contain alcohol or strong astringents on oily skin, as this will stimulate the production of more sebum, making the condition worse. The skin care routine Juniper recommends consists of certified organic geranium and lavender for its antibacterial properties and its regulation of sebum production. The Purifying range also contains Australian Wattle seed for its pore refining and anti-inflammatory properties. Skin with advanced or severe acne should be treated very gently and never exfoliated until the condition is under control.

Note for aggravated acne skin with papules, pustules, nodules and cysts it is important not to exfoliate and to treat the skin gently so the sebum glands are not over-stimulated.

Causes of Oily/Acne Prone Skin Inherited factors, Incorrect skin care products, Endocrine system changes (puberty) Hormonal imbalances, Poor Diet, Stress.

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| Oily Skin (Seborrhoea) | Identified by the appearance of enlarged pores and greasy-looking thickened skin |
| Grade I | Presence of a few pustules, minor breakout. Mainly open comedones present, with some closed comedones. Typically teenage skin |
| Grade II | Greater amount of papules and pustules with many clogged comedones and some open ones. |
| Grade III | Skin Appears red and inflamed with many papules and pustules – Please refer to sensitive/hormonal acne prone skin routine |
| Grade IV | Cysts present with comedones, papules, pustules and inflamed skin - – Please refer to sensitive/hormonal acne prone skin routine |

Formation of Skin Pimples and Acnes

