

## Daily Routine –Psoriasis Body

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**.

Apply **Medi Balm** to affected areas.

### 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.

It is also beneficial to gently exfoliate the area with the **Detoxifying Body Exfoliant** once a week. This will assist in removing excessive build-up of scales.

Note - The **Ultra Calm Replenishing Cream** can be used in place of the Medi Balm throughout the day as needed if you prefer a less balmy consistency.

**See recommended routine for psoriasis of the face below.**

## Daily Routine –Psoriasis Face

### MORNING

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

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

Apply the **Ultra Calm Replenishing Cream**.

### EVENING

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

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

Apply the **Ultra Calm Replenishing Cream** over the entire face.

Lock in moisture to affected areas with the **Medi Balm**.

It is also beneficial to gently exfoliate the Face with the **Calming Facial exfoliant** once a week.

if flareup's are under control tone morning and evening after cleansing with the **Calming Rose Otto Mist**.

Note – **Medi Balm** or **Ultra Calm Replenishing Cream** may be used as needed throughout the day over affected areas.

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