

## **Dermatitis Face & Body- Moderate to Severe**

Juniper Australia recommends the following routine to get the best results for aggravated eczema of the face and, for eczema of the body:

### **MORNING**

- Cleanse using **Calming Face and Body Wash** as per instructions on the bottle.
- Massage the entire area with the **Calming Treatment Serum**.
- Moisturise with **Calming Jojoba Moisturiser** (Body)
- Moisturise **Ultra Calm Replenishing Cream** (Face)

For **Dermatitis of the hands**, use **Repair + Restore Hand Treatment** as per instructions on the bottle.

### **EVENING**

- Cleanse using **Calming Face and Body Wash** as per instructions on the bottle.
- Massage the entire area with the **Calming Treatment Serum**.
- Moisturise with **Calming Jojoba Moisturiser** (Body)
- Moisturise **Ultra Calm Replenishing Cream** (Face)
- Lock in moisture with **Medi Balm** over the affected areas

Note: The **Ultra Calm Exfoliating Mask** and **Calming Rose Otto Mist** may be used (as per instructions on the bottle) when flare-ups are under control.

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

## Daily Routine -Facial Dermatitis (mild)

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

### Morning

Cleanse using **Sensitive Cleansing Lotion** as per the 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 and reducing redness.

Apply **Sensitive Rejuvenation Oil** all over the 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 the 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 and reducing redness.

Apply **Sensitive Rejuvenation Oil** all over the face and neck, paying special attention to areas that are irritated.

If the eczema is under control, the **Calming Facial Exfoliant & Calming Clay Mask** or **Ultra Calm Exfoliating Mask** may be incorporated into your weekly routine as per the 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

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## **Babies Skin –Eczema/Dermatitis**

Eczema and dermatitis are inflammatory skin conditions. The treatment of eczema and dermatitis depends on the cause and whether it is an atopic or a contact form of eczema. Juniper's sensitive products calm the skin and reduce the itchiness associated with these conditions while protecting sensitive skin from harsh weather and environmental factors.

A maintenance skincare routine for babies with eczema/dermatitis should consist of: -

Cleanse with **Calming Face and Body Wash**

Moisturise with **Calming Jojoba Moisturiser**

Lock in moisture with the **Medi Balm**

Note: The Medi Balm is a great barrier balm to prevent nappy rash. It is also beneficial to use on cradle cap and any other dry areas.

### **Tips**

Avoid synthetic clothing, irritants, and harsh chemicals in anything, especially skincare.

Calendula teabags infused in the bath are a gentle way to calm the skin while bathing. Avoid any contact with strong perfumes and body lotions as this will irritate the baby's skin further making the condition worse.

Note: The **Ultra Calm Replenishing Cream** and **Calming Treatment Serum** may be used on affected areas if required from the age of 3 months.

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## Peri Oral Dermatitis

Peri Oral Dermatitis is a common inflammatory skin condition found in adult women. It rarely occurs in men and may occasionally affect children. Groups of itchy or tender red papules (bumps) appear most often around the mouth. They spare the skin bordering the lips (which appears pale) but develop on the sides of the chin, then spreading to include the upper lip and cheeks. The surrounding skin may appear pink, and the skin surface often becomes dry and flaky with a burning sensation. Peri Oral Dermatitis can look like a cold sore (during severe flare-ups) around the mouth area or acne like with dry and flaky skin. It can also appear around the nose 'periorificial' and eye area when it should be more correctly called 'periocular' dermatitis.

Characteristics of Peri Oral Dermatitis include:

- Groups of red papules or bumps around the mouth.
- Mild burning Sensation
- Dry and flaky facial skin.
- Aggravation by topical steroids, asthma inhalers, contraceptive pill, fluoride toothpaste, and harsh chemicals in cosmetics and skincare.

## 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 **Ultra Calm Replenishing Cream** or **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 **Ultra Calm Replenishing Cream** or **Medi Balm** (Medi Balm should only be used over the affected areas).

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## **Dermatitis of the eye - Periocular Dermatitis**

Juniper recommends the following routine to assist in the treatment of periocular dermatitis (dermatitis of the eye)

### **Morning**

Cleanse with the **Calming Makeup Remover**

Moisturise with the **Calming Jojoba Moisturiser** or **Ultra Calm Replenishing cream**

### **Evening**

Cleanse with the **Calming Makeup Remover**

Moisturise with the **Calming Jojoba Moisturiser** or **Ultra Calm Replenishing Cream**

Lock in moisture/protect the skin barrier with the **Medi Balm**. Gently apply over the affected area.

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