

Eczema Face & Body- Moderate to Severe

Juniper Australia recommends the following routine to get the best results for aggravated eczema of the face and 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 **eczema 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 area.

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.