

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.

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 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 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 face and neck paying special attention to areas that are irritated.

If 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

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

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.

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