

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 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.