

Sensitive Hormonal Acne/PCOS

Acne can have many root causes such as hormone imbalance, hereditary factors, incorrect skincare products, gut bacteria imbalance, poor diet, and vitamin deficiency. When it comes to hormonal and sensitive acne prone skin it is important to treat the sensitivity first. Juniper's Calming products and Antioxidant Skin Firming Serum are recommended in the daily routine to assist in the topical treatment of hormonal and sensitive acne prone skin.

Juniper Australia recommends the following routine after diagnosis of sensitive/hormonal acne prone skin.

Morning

- Cleanse **Calming Face and Body Wash**
- Tone and balance **Calming Rose Otto Mist**
- Treat **Calming Treatment Serum**
- Moisturise **Ultra Calm Replenishing Cream**
- Protect **Antioxidant Skin Firming Serum**

Evening

- Pre-cleanse **Calming Makeup Remover**
- Cleanse **Calming Face and Body Wash**
- Tone and balance **Calming Rose Otto Mist**
- Treat **Calming Treatment Serum**

Tips

Reduce congestion and calm the skin by applying the **Ultra Calm Exfoliating Mask** or **Calming Clay Mask** weekly. This is wonderful to use instead of retinol because it is much gentler on the skin and can help draw out blackheads and other impurities.

Breakouts, apply a dab of **Calming Clay Mask** to the pimple or pustule and leave for 20 mins before removing with the **Calming Makeup Remover**. Spritz your face several times during the day with the **Calming Rose Otto Mist** to calm redness and reduce sensitivities.

Apply **Antioxidant Skin Firming Serum** as a makeup primer by patting on the skin and leaving for a few minutes before applying any sunscreen or makeup. This will assist in protecting the skin and avoid clogging of the pores. The Skin Firming Serum can be applied after makeup to help it stay on longer. It can also be reapplied throughout the day to smooth lines and wrinkles and tighten the skin.