

Morning

CLEANSING

The ritual of cleansing your face is an important and nurturing aspect of self-care. Not only does cleansing the skin in the morning remove oil and sweat that the skin releases during the night, it prepares the skin to best absorb the nutrients from your moisturiser and positively effects the way you feel setting you up for a great day.

Using just one pump of your **Ultimate Cleanser**, spread between the fingers of both hands and start massaging in circular motions over your face and neck area. Start to wet your hands with a little water as you continue to massage, until the cleanser becomes very milky. Remove your cleanser by using tepid water and a cotton facial cloth.

You may wish to cleanse your face whilst in the shower, just be aware not to put the face under the shower stream as the heat and pressure can dehydrate, and in some cases damage, the skin.

TONING – SPRITZER

Toning is an integral part of the cleansing process where the refreshing mist helps to refine the skin and support elasticity and firmness. Create your own toner by filling your **50ml Spritzer Bottle** with water (filtered is preferable) and adding 4 drops of your **Balance** or **Nourish Therapeutic Toner**. After you have cleansed your skin, simply spritz a few times over the face. This supplies the skin with a beautiful dose of therapeutic essential oils designed to balance, regulate and revitalise your skin. The specially formulated toners also support your emotional wellbeing creating a positive sense of self-care and self-worth. You may use this at anytime throughout your day to rehydrate and refresh your skin and give yourself a pep!

NB. Spritzer solution should be discarded and replaced after one month.

MOISTURISING

Your **Balance Hydrating Moisturiser** or **Nourish Revitalising Moisturiser** is designed to absorb quickly into the skin, boosting the moisture content while balancing oil flow. This refreshes and enlivens the skin and makes you feel fantastic first thing in the morning. It is also the ritual of 'feeding' your skin, and a time to nurture and acknowledge your own innate beauty, something we should celebrate every day. The key is to apply your moisturiser on to *damp spritzed skin*. Place a small amount of your chosen moisturiser onto one finger, spread this quickly between the fingers of both hands and pat quickly all over your face and neck to place a fine film onto the skin, then gently smooth out over the face and neck areas. Your Twenty8 moisturisers are a concentrated blend of plant extracts and oils so you only need a lovely fine film to be effective. *Less is more with Twenty8.*

Evening

CLEANSING

As the day comes to an end your evening cleansing ritual is an exquisite way to prepare for rest and to honour yourself for the day that has been. With ingredients of Lavender and beautiful white clay your **Ultimate Cleanser** will not only remove your make-up and eye make-up it will help to remove excess oils, dirt and environmental pollution all gently yet very effectively.

Using just one pump of your **Ultimate Cleanser**, spread between the fingers of both hands and start massaging in circular motions over your face and neck area. Start to wet your hands with a little water as you continue to massage, until the cleanser becomes very milky. Remove your cleanser by using tepid water and a cotton facial cloth.

TONING – COMPRESS

Toning with a compress is an integral part of the evening cleansing ritual where the soft cotton facial cloth gently cleanses, exfoliates and allows deeper absorption of the exquisite essential oils. Create your compress by placing 4 drops of your **Balance** or **Nourish Therapeutic Toner** into a basin of warm water. Immerse your cloth and then squeeze the excess water until it feels heavy but not dripping. Open and then place over your face and press firmly into the skin. Take some deep breaths to inhale the aromas and then a moment to acknowledge and be grateful for this moment. Repeat this 4 times to thoroughly soak your skin, and relax your mind. This evening ritual also allows any challenges or worries of your day to subside and helps to set a positive intention for sleep — an instrumental element of self-care and beauty.

If you are rushed or too tired you can alternatively use your spritzer toner, but the compress is definitely the ultimate evening ritual.

MOISTURISING

We believe the skin, like your digestive system, needs to rest in the evening so it does not require heavy creams to help it feel fantastic by the morning. Both of the Twenty8 moisturisers are designed to be used morning and night, however a smaller amount is all that is required in the evening. Remember less is best.

Our recommendation for your evening moisturising ritual would be to replace your moisturiser with the amazing **Face Lift Serum**, nature's Botox in a bottle! Simply place 3–5 drops of this serum onto your fingers, spread quickly between the fingers of both hands and then pat lightly all over your face and neck. The idea is get a fine film of product onto the skin, gently smoothed out over the face and neck areas so your skin is feeling nourished but not at all heavy.

FACE LIFT SERUM

Your Face Lift Serum is a dynamic blend of plant extracts and oils designed to repair and rejuvenate your skin without making it feel heavy. This is your 'Botox in a jar' serum without any of the chemical nastiness or concerns! It helps to soothe, repair, firm, tone and enrich the skin flooding it with the essential nutrients it craves.

After toning with your compress or spritzer, ensuring your skin is damp, place 3–5 drops of your **Face Lift Serum** onto your fingers, spread quickly between the fingers of both hands and pat lightly all over your face and neck to place a fine film of product onto the skin. Gently smooth out over the face and neck areas.

FIRMING EYE & LIP CREAM

Whenever you apply this product, *take a moment to look into those beautiful eyes of yours, acknowledge how gorgeous they are and that they truly are the window to your soul.* Remember the only thing worse than getting old is not getting old, so any fine lines and wrinkles are to be revered from now on.

As you apply the cream to your lips remind yourself that the words that come out of them will be as positive as possible at all times.

This cream dramatically strengthens and regenerates the delicate tissue around the eyes and lips. It is applied to cleansed, toned skin, before you moisturise. Lubricate a very small amount of your **Firming Eye & Lip Cream** between your ring fingers. Press gently around the eye area (avoiding the lower eye lid), and smooth over and around the lips. This product can be used morning and evening, and is a wonderful treatment anytime for dry cracked lips.



HEALING SKIN BOOST

The skin is often a reflection of what is happening inside the body and how we feel emotionally. And with the perfect blend of essential oils the **Healing Skin Boost** is also nature's gift to help balance your emotions and clear the mind of any negativity. If there is a break out or an irritation the **Healing Skin Boost** with its powerful anti-inflammatory and anti-bacterial gel containing essential oils and mineral salts, will speed up the healing and regenerating processes.

Apply to your skin after you have cleansed and toned and before any moisturiser or serum. Place a small amount to the affected area and leave for a few minutes to dry.

As a blemish treatment you may also apply as a mask at night time, therefore apply a small 'blob' of **Healing Skin Boost** to the blemish and leave to dry overnight.

NB. Occasionally the contents may separate and a liquid may appear on top. This is a natural occurrence as our products have no emulsifiers or chemicals added to prevent this happening.

To restore your product to its optimum consistency, gently mix the contents using a clean teaspoon or spatula.

CLAY TREATMENT MASK

The purpose of a mask is to draw impurities and skin secretions, reduce blemishes and blackheads and to give your skin that extra zest and vitality. The time you make to do a mask ritual also shows you value yourself, that you are going to give yourself some TLC and honour the great job your skin does to help you look your absolute best.

Treating your skin with a mask is like giving your face a beautiful hug and telling it you care.

Simply place a small teaspoon of either the **Balance** or **Nourish Clay Treatment Mask** into a small bowl and mix with a little water to form a paste. Apply over your face avoiding the eye area and massage gently for a minute to help exfoliate the skin. Leave on the skin 5–10 minutes to allow the clay to dry and absorb and collect excess oil and dead skin cells. Compress with a cotton facial cloth to remove at the basin or in the shower.

Normal to oily skin could use the **Balance Clay Treatment Mask** twice per week, while normal to dryer skins would benefit by using the **Nourish Clay Treatment Mask** once per week.