



### **How to use products:**

#### **Cleansers:**

##### **Why you need to use cleansers:**

To remove all debris of the day from your skin and help penetration of active ingredients and moisturisers.

##### **How to use cleanser:**

Wet cotton and press excess water out of cotton. Place a small amount of cleanser on cotton.

Wipe over face until make-up or debris is not visible on cotton any more.

To remove excess cleanser wipe with dry tissue and then wipe again with warm damp cloth.

Wipe until cleanser is all removed from skin. Wipe with clean warm damp cloth before toning.

Do not cleanse if you are going to scrub your face. Always tone after cleanse or scrub and mask.

#### **Toners:**

##### **Why you need to use toner:**

Remove excess cleansers and tone has active ingredients to deal with skin concern.

##### **How to use toner:**

Wet cotton with cool water and press excess water out of cotton. Spray toner on cool dampened cotton. Don't spray on face.

Wipe all over face and neck and chest area until all cleanser is removed. Please check that there are no cleanser or scrub on cotton.

#### **Exfoliates:**

##### **Why you need to use scrubs:**

To remove dead skin cells and prevent pimples, millia and blockages. It helps penetration of active ingredients of products.

##### **How to use scrubs:**

Scrub 2 times a week, if you are between 20-30 year:

Scrub 3 times a week, if you are between 30-40 year:

Wet skin with warm water. With light small circular movement scrub skin all over.

To remove excess scrub wipe with dry tissue and then wipe again with warm damp cloth.

Wipe with clean warm damp cloth before toning. Wipe until scrub is all removed from skin. Repeat until skin is clean.

Always toner after cleansing or scrubbing. Apply on chest area also.

Do not press too hard or scrub too often, it will stimulate oil secretion.

#### **Purifying powder:**

##### **Why you want to use powder and change up the scrub.**

Has oil absorbing properties.

##### **How to use powder:**

Scoop out in mixing container and do not get any water in dried powder that is for later use.

Make past with equal amount of water and powder. Mix thoroughly. Scrub face with small circular motions all over face.

Let it dry for 10 minutes. Wipe off with warm damp cotton. Always tone after scrub.

#### **Cleansing mouse:**

##### **Why you want to use mouse and change up the scrub.**

Has oil absorbing properties and has a lighter feel on the skin than normal scrubs.

##### **How to use mouse:**

Scoop out in mixing container and do not get any water in dried powder that is for later use.

Make past with equal amount of water and powder. Mix until with fingers until mousse like consistency.

Scrub face with small circular motions all over face. Let it dry for 10 minutes. Wipe off with warm damp cotton.

Always toner after cleansing or scrubbing.

#### **Phyto-biological scrub:**

Phyto-biological scrub bottle is once of use. Use once a week. Enzyme scrub is not allowed to be reused.

##### **Why you want to use phyto-biological scrub.**

Removes more effectively dead skin on the surface of the skin and helps refine pores.

##### **How to use phyto-biological scrub.**

Leave on skin for 10 minutes. Wash off with warm water on cotton or clean warm damp face clothe.

No other scrubbing in that week. Moisturise well after enzyme scrub.

## **Moisturizers:**

### **Why you must use moisturizers.**

Hydrates skin with active ingredients for skin concern. Make skin looking more plumb and healthy.

Oil/acne skin are mostly dehydrated and that shrinks pores that oil can not escape and cause pimples and millia.

### **How to use moisturizer.**

#### **Eye cream**

Apply only around the eye area. Soft skin, above the bone area. Not too close to eyes, skin will absorb cream.

Most face moisturizers are too rich for eye area and cause millia and pimples.

#### **Moisturizers:**

Apply after skin has been cleaned and toned with cool water damp cotton.

Apply small amount on face and neck. Product is very concentrated and you need little to get results.

Apply on décolleté area, chest area also. If you have ampoules, moisturizer must be applied after ampoules.

#### **Nourishing moisturizers.**

##### **Why you need to use nourishing moisturizers.**

Night cream for mature and dehydrated skin. Skin heals, regenerate and absorb active ingredients at night.

Use in winter time as day moisturizers, helps prevent dehydrated skin.

##### **How to use nourishing moisturizers.**

Apply after ampoules. Apply at night time as a moisturizer.

#### **Active ampoules:**

##### **Why you need ampoules:**

Treatment product is booster and faster results for skin concerns.

Active ingredients are in small molecules to penetrate deeply in skin.

##### **How to use ampoules.**

Apply after toned skin with cool watered cotton. Apply before moisturiser.

Use small amount at night time or if extra action results morning and night time.

#### **Spot ampoule**

Apply only on spot 2 times a day .

#### **Scar ampoule**

Apply only on spot 2 times a day.

#### **Anti-aging booster ampoule**

Apply at night. Skin replenish night.

#### **Coupe rose repair ampoule (dilated capillaries)**

Apply at night. Skin absorb better at night and repair during night rest.

#### **Hyper pigmentation ampoule**

Apply at night. Skin absorb better at night.

#### **Marula face oil ampoule**

Skin food for skin to be healthy and nourished. Apply oil instead of moisturizer.

#### **Masks:**

##### **Advanced booster to cure skin concerns.**

Apply once a week. Apply after cleansed skin. Leave on skin for 15 minutes.

Wipe off with warm damp face cloth or cotton. Tone with cool cotton and moisturise after mask.

##### **Eye mask**

Reduce dark & puffy eyes area.

##### **Warm oil mask**

Put clean damp cotton on eyes.

Heat ampoule in warm cup of water. Not boiling. Place gauze in plate and soak gauze with ampoule.

Apply over face for 15 min and remove gauze.

##### **Rub off mask**

Scoop out in mixing container and do not get any water in dried powder that is for later use.

Mix warm water in mask until it makes a past.

Quickly apply evenly and thin of whole face. It will dry quickly and if it does, mix more hot water in.

Wait 10 minute till it dries. To remove hold skin tight and rub between fingers, small areas. Moisturise after.

##### **Phyto-biological mask**

Use all the mask, do not be reused after opened. Apply on skin and neck. Leave on skin for 10 minutes.

##### **Sunscreen: *no zinc oxide***

Sunscreen spray and spray SPF 45-5. Do not be in the sun between 11am and 3pm. Do not apply on eye area.

##### **After sun burn soothes**

Remove sun block and clean skin. Apply all over and re-apply as many times as needed. Keep skin hydrated with after sun soothes.

**Body:** *No preservatives to irritates for skin.*

**Back acne treatment**

Apply on back and leave 10 minutes. Wash off with warm water.

Do extractions then tone and moisturise afterwards.

**Hand cream**

**Body cream**

**Body wash**

**Cellulite scrub:** Help cellulite lotion penetrate. Wet area, small circular movement. Use 2x week. Wash off.

**Cellulite & toning cream:** Small amounts every night. Only scrub x 2 a week and apply after scrub.

**Salves:** use as normal ointments for skin concern

**Massage oils:** Massage all over body with added treatment properties.

**Healing lip & cuticle balm**

**Healing lip & cuticle balm:** Small amount on area needed. Stop using when lip and cuticles are healed.

**Lip cold sore:** Apply on effected area.

**Foot:** *Cracked heels, heals fast and naturally.*

Foot soak: Prepare for easy scrub of dead skin on feet. Soak feet for 15 minutes in warm water. 15 ml in 1L warm water.

**Crack heal & foot balm:** Apply as needed on area. Apply cream on cracked Ares, it is better at night, absorb more.

**Foot peel:** *Spa quality at home*

**Soak:** Mix ampoule with 1 l warm water for 15 minutes.

Mix peel & activator to make past.

Apply on area and leave for 15 minutes.

Remove peel with soak water. Scrub with foot file to remove roughness.

After apply oil on feet.

**Lanolin foot balm for dry and cracked heels:**

Apply 2 times a day for best results or when needed.

**Hair:** *Safe for all ages use.*

**Lice away spray:** Prevention and cure.

Shake and spray everyday on roots of hair. Comb with lice comb for 2 week.

Wash bedding with hot water for 1 week. Vacuum all seating area for on week.

**Hair detangle & moisturiser spray:** Shake and spray on clean wet hair.

**Hair spray:** Shake well before use and use as normal hair spray

**Hair gel:** Before blow dry on wet hair or dry hair and use as normal gel.

**Heat protect mist:** Spray on wet or dry hair before styling with heat. Blow dry and flat iron.

**Hair silk:** Apply before blow dry on wet or dry hair.

**Hair product build-up remover:** Wash after shampoo. Wash out after. Condition after.

**Hair repair treatment cream (split ends, dehydrated)**

Wash hair. Apply treatment cream on wet hair. Leave in hair at least 20 min and longer, even over night.

Wash out with shampoo and condition after.

**Warm marula hair oil (split ends, dehydrated)**

Heat oil in cup with warm, not boiling water until warm. Apply on wet hair after shampoo. Leave 15 minters.

Shampoo hair to remove oil and condition after.

**Hair grow treatment: Apply small amount at night time on affected area or all over scalp.**

**Marula oil shampoo and conditioner**

**Shampoo and conditioner for dry hair**

**Shampoo and conditioner for oily hair**

**Shampoo and conditioner for dandruff**

**Marula oil fine hair shampoo**

**Leave-in conditioner:** Apply on wet hair after washing your hair with shampoo.

**Baby:** *Baby for sensitive skin to prevent rashes.*

All baby products use as normal.

**Baby shampoo**

**Baby conditioner**

**Baby body wash**

**Baby body cream**

**Baby sleepy time cream**

**Baby diaper rash and barrier cream**

**Baby cleansing wipes**

**Baby powder (no talc)**

**Baby detangle hair spray.** *Shake and spray before bedtime.*

**Baby laundry liquid detergent**

**Baby laundry powder detergent**

**Baby fabric softener**

**Fabric stain remover.** Soak for 15 minutes and wash.

**Bath:**

Gentle on skin and skin feels soft without reactions.

All bath product you add 30 ml of products in your bath. Mix well in water.

**Moisturising milk bath**

**Weight management detoxify bath salts**

**Bath salt**

**Bubble bath**

**Bubbling bath salt**

**Men:** No artificial ingredients.

**Beard oil and beard balm**

**Shaving cream for men & women**

Wet hand and area. Small amounts at a time.

**Salves:** Heals excellent and with no irritation on skin.

**Healing calming salve:** Heal wounds, rashes, skin irritations

**Drawing salve:** Blisters, soothes & protect wounds, raise splinters

Apply on area as you need it. Remove after 20 minutes or leave on skin.

**Eczema healing salve**

**Scar healing salve:** Acne, stretch marks, burns, wounds, pock marks

**Antiseptic healing salve:** Blister, bruises, superficial burns, minor sunburn, irritated skin, chapped lips

**Muscle rub salve**

**Sinus & chest rub salve**

**Tooth pain salve:** Put a drop on your tooth brush

**Varicose veins salve (day time)**

Apply on effected area in day time

**Varicose veins salve (night time)**

Apply on effected area in night time

**Anti-snoring salve**

Apply under big toe, nose bridge and under nose.

**Insect repellents:** Results is excellent and healthy.

**Bug spray** Spray in air where you are.

**Bug repellent** Spray on yourself.

**Mosquito spray** Spray in air where you are.

**Tick repellent** Spray on yourself.

**Bug spray:** Spray in air where you are.

**Pillow:**

**Preventative pillow cover.** Dermatologist recommends for skin.

Anti-aging, anti-pore clogging and prevent curly hair tangle

Cover your favourite pillow. Cool wash and cool iron.

Machine washable with normal heat and iron.

**Skin care kit.** Best present for your friends with tested results and made by a professional.

**Best present for your friends with tested results and made by a professional.**

face; body; weight management; bath; baby; mix

**Face trail pack:** Try and see results before buying bigger containers.

Any skin concern you need it in samples I make it by order.

10ml Cleanser & 10ml Toner & 5ml scrub & 5 ml Moisture

**Toothpicks: 20:** Chew as you need it.

sugar cravings

faster metabolism

stop nail biting

stop smoking

**Smelling Inhaler:** Smell 3 times at a time, 3 times a day.

anti-stress

uplifting

stop sugar cravings

Stop smoking

Learning

Sinus

Headache

wake-up

Anti-snore



Contact Details

Suné Engelbrecht - +27 82 550 0392

Email: info@lemaskincare.com

www.lemaskincare.com