

# THE FIVE MINUTE FACIAL™



## MORNING

**STEP 1: Cleanse** with Purifying Cream Cleanser or for those that prefer a wash, Clarifying Facial Wash.

**STEP 2: Exfoliate** with Refining Rose Hip Scrub. You can exfoliate everyday if required, but twice weekly should be all that is needed. Use with The Five Minute Facial™ Muslin Cloth to give skin that deep-down clean.

**STEP 3: Revitalise** with Eighth Natural Wonder. Apply this revitalising facial serum under your moisture cream for daily anti-ageing skin protection and instant skin radiance.

**STEP 4: Replenish** with Replenishing Moisture Cream for instant hydration and powerful antioxidant protection.

To refresh and tone skin you can spritz on Hydrating Rosewater Mist to the face and neck at any stage of the regime. Spritz skin once you have finished and after applying make-up.

### The Five Minute Facial™

The Five Minute Facial™ is the name we use to describe how uncomplicated and quick the Kosmea skin care regime is. We believe that five minutes is all that is needed each day to make your skin look and feel like it has had a facial.

We don't believe in cluttering your skin with lots of different products so we have kept our range neat and simple. We don't have a separate eye cream or night cream as we believe that the organic rose hip oil found in each product contains all of the goodness your skin needs. There is also no need to worry about matching your skin type with the right product as organic rose hip oil has the effect of balancing and harmonising the skin, making it an ingredient suitable for all skin types, especially sensitive.



## NIGHT

**STEP 1: Cleanse** with Purifying Cream Cleanser or for those that prefer a wash, Clarifying Facial Wash.

**STEP 2: Revitalise** with Eighth Natural Wonder. Applied at night, this facial serum will help firm and tone the skin as you sleep! No night cream is needed.

**STEP 3: Rejuvenate** with Skin Clinic™ Certified 100% Organic Rose Hip Oil if required.

### Why no night cream?

While we sleep our skin is busy repairing, regenerating and renewing itself. It has been 'choked' all day by dirt, make-up and environmental pollutants so that nighttime is really the only time it has to be able to breathe freely and 'be itself'. Applying thick creams and lotions at night does not allow skin to have this freedom and can clog up the skin.

We recommend using Eighth Natural Wonder and/or Skin Clinic™ Certified 100% Organic Rose Hip Oil at nighttime. **Organic rose hip oil** is so close to the natural lipids in our skin that it allows the skin to breathe as it is absorbed. Overnight it works to repair and rebuild skin and help with cell renewal. Skin is nourished and boosted with radiance and so sleep really is beauty sleep.