

Which Raw Gaia products are best for your skin & a recommended skin care routine



Here you will find our recommendations to help you decide which Raw Gaia products may be best for your type of skin and condition as well as a suggested skin care routine.

If you need information on how to use any of the skin care products mentioned here, please visit the relevant product page on our website.

You will also find relevant articles on the *skin care information* section of our website, with recommendations on how to achieve healthier skin through positive changes in diet, the use of certain nutritional supplements, etc.

SKIN CARE ROUTINE

This is the general skin care routine we would recommend. Feel free to adapt it according to your type of skin and condition, as described below.

Daily morning care:

- Wash your face with warm water. You can use a soft facial loofah to gently exfoliate your skin. If you have dry skin, avoid using soap on your face.
- If necessary, apply the *Living Facial Cleanser*.
- Mist your face with the *Floral Face Toner*
- Use one of Raw Gaia's *Moisturisers* or *creams*. If you want the moisturiser to sink in more readily, you can mist your face with the *Toner* after applying the moisturiser or apply to wet skin. Use a very small amount of moisturiser if you are going to use make up.

Body brushing:

Body brushing will help your body to eliminate toxins by speeding up lymphatic drainage and stimulating the circulation to the skin. Using the *Dry Body Brush* or *Back Brush*, brush upwards towards the body on your arms and legs and in towards the centre of your body across the buttocks, small of your back, upper chest and abdomen. The key point is to remember to always brush towards the centre of your body. Use a firm, sweeping movement without scratching your skin. Do this for five minutes every morning or before having a shower or a bath, as part of your cleansing routine.

Daily evening care:

- Wash your face with warm water. If your skin is dry, avoid using soap on your face.
- Cleanse using the *Living Facial Cleanser* (it will remove dirt, makeup, mascara, etc)
- Mist your face with the *Floral Face Toner*
- Use one of Raw Gaia's *Moisturisers* or *creams*. In the evening, you may want to apply more moisturiser / cream than in the morning.
- Apply the *Revitalising Eye Oil* for extra care in the area around the eyes.

To keep your face nicely glowing and cleansed, once a week use the *Raw Chocolate Face Pack* or the *Sun-dried Green Clay Face Pack*.

General body care:

After a shower or bath, you can use any of Raw Gaia's moisturisers and creams as hand and body creams. The *Coconut Butter* and *Shea Butter* are also excellent moisturisers for arms and legs. *Shea Butter* is particularly good for very dry skin. Or you can use the *Living Beauty Massage Bar* or the *Detox Massage Bar*, which are particularly nice after a shower or bath.

To wash your body and hands, use any of our *Raw Soaps*. They are extremely gentle, feel very nice to use and will not dry out your skin.

And finally, for the lips, you can use the *Sweet Orange* or the *Peppermint Living Lip Balms*.

PRODUCTS FOR OILY SKIN AND/OR ACNE:

For oily skin and/or acne, we would recommend:

- *Raw Chocolate Face Pack* or *Sun-Dried Green Clay*, once a week
- *Living Facial Cleanser*, applying it once or twice a day
- *Witchhazel Floral Water*, which is also very good for oily skin, so can you use it once a day or whenever it feels appropriate
- As a moisturiser, you can try the *MSM Beauty Spray*, which is a very light moisturiser. You can also use the *MSM Beauty Cream* provided you use it very lightly (it may help to apply it on your face with wet hands).
- Please note that the *Living Facial Cleanser* will moisturise your skin, so if your skin is very oily, you may not need to use a moisturiser / cream separately.
- The *Floral Face Toner* will help to balance the skin.

PRODUCTS FOR SENSITIVE SKIN

Many adults and babies with extremely sensitive skin or suffering from skin conditions such as dermatitis, eczema, psoriasis, etc. have found our skin care range truly effective. We think that this is due to the purity and living nature of our products and the use of plant-based ingredients that have special soothing and healing qualities.

So, in regards to selecting a moisturiser, you can try the *Hemp Living Moisturiser* or the *For Her Babies Living Cream*. The latter does not contain any essential oils and is therefore recommended for people sensitive to them.

If you are sensitive to essential oils, avoid those products that contain essential oils and use instead Raw Gaia's organic, cold-pressed oils and floral waters according to your particular needs.

Other products that are generally suitable for sensitive skin:

- *Sun-Dried Green Clay*, used once a week
- *Floral Face Toner*
- As a cleanser, you can use a *Floral Water* (like *Rose*) instead of the *Living Facial Cleanser*.

PRODUCTS FOR COMBINATION SKIN:

For combination skin, we recommend the following:

- *Living Facial Cleanser*, applying it once or twice a day.
- Use one of Raw Gaia's moisturisers / creams except in oily areas. (The cleanser will moisturise your skin, therefore you may not need to use a moisturiser/ cream in the oily parts of your face).

- If your skin has a tendency to get oily, go for the *MSM Beauty Spray* or the *MSM Beauty Cream* provided you use it very lightly (it may help to apply it on your face with wet hands).
- The *Floral Face Toner*, which will help to balance the skin.
- *Sun-Dried Green Clay* or *Raw Chocolate Face Pack*, once a week

PRODUCTS FOR DRY SKIN:

If you have dry skin, you can follow the general skin care routine outlined above, with any of our moisturisers / creams. If your skin is very dry, you can apply the *Wildcrafted Shea Butter* on your face as a night cream. Shea Butter is also an excellent moisturiser for dry legs and arms.

The following products are also suitable for dry skin:

- Sun-dried Green Clay or Raw Chocolate Face Pack, once a week
- The Floral Face Toner, which will help to balance the skin.
- *Living Facial Cleanser*

© Raw Gaia, 2008

