

**CAROLINE
HIRONS. #**




HOW TO —


AUTUMN KIT #1

STEP ONE – CLEANSER


ANTONIA BURRELL NATURAL GLOW CLEANSING OIL 100ML




Glycolic Free




Cruelty Free




Pregnancy Friendly



Vegan



Suitable for breastfeeding



All skin types

Hard-working, yet calming and comforting, this cleansing oil transforms into the consistency of cleansing milk and washes away without leaving any oily residue. Helps to restore, maintain and strengthen your protective skin barrier, while respecting your skin microbiome for optimal health.

HOW TO USE IT:

- AM or PM.
- Apply to dry skin. Massage thoroughly, if you want to emulsify add a little water, massage and rinse. Otherwise remove with a flannel as always.
- I prefer as a second/skin cleanse, but it definitely removes makeup.





STEP TWO – EXFOLIATE

DEVIANT GENTLE RESURFACING LIQUID 100ML



Contains
Glycolic Acid



Cruelty Free



Pregnancy
Friendly



Suitable for
breastfeeding



All skin types



Vegan

An exfoliating liquid formula that combines a unique cocktail of AHAs (Mandelic, Lactic, Glycolic, Malic and Citric), BHA (Salicylic Acid) and PHA (Gluconolactone) to gently dissolve the bonds binding dull, dead cells to the skin's surface.

HOW TO USE IT:

- After cleansing, soak a cotton pad and apply all over the skin. Do not rinse. Can be followed with milder retinoids, such as ester (oil) formulas.

STEP TWO ALTERNATIVE – TREATMENT PREP

SUNDAY RILEY PINK DRINK MIST 50ML



Glycolic Free



Cruelty Free



Pregnancy
Friendly



Suitable for
breastfeeding



All skin types

A power drink for your skin, this peptide-infused essence resurfaces, balances and firms the look of your skin, while drenching it in advanced green tea antioxidant support. Additionally, ceramides nurture the natural moisture barrier, so your skin is left renewed and soft.

HOW TO USE IT:

- As a first step in your treatment routine, apply to dry skin, after cleansing. Can be misted directly on the face or sprayed into the palm of the hand and patted onto skin. Can be used morning and night, before serums, oils, and moisturiser.





STEP THREE - EYES

BIOSSANCE SQUALANE + PEPTIDE EYE GEL 15ML



Glycolic Free



Cruelty Free



Pregnancy
Friendly



Vegan



Suitable for
breastfeeding



All skin types

A weightless, ultra-hydrating eye gel that reduces the look of puffiness and dark circles. Your entire eye contour appears brighter and deeply hydrated, while slack, sagging skin feels plump and firm.

HOW TO USE IT:

- AM and PM.
- Apply a small amount (half a pump is usually sufficient) to the tip of the ring finger, blend with opposing finger and apply in a circular motion around the eyes.

STEP FOUR – SERUM

DERMALOGICA BIOLUMIN-C SERUM 59ML



Glycolic Free



Cruelty Free



Pregnancy
Friendly



Vegan



Suitable for
breastfeeding



All skin types

This potent yet gentle vitamin c serum works to prevent free radical damage, diminish unbalanced pigmentation and helps to reduce the appearance of fine lines and wrinkles.

HOW TO USE IT:

- Apply a full dropper of the serum into the palm of your hand, do the therapist swipe and smooth hands over face and neck. Use after cleansing or toning, and under moisturiser.





STEP FOUR ALTERNATIVE – SERUM

KATE SOMERVILLE DERMALQUENCH LIQUID LIFT® ADVANCED WRINKLE TREATMENT 75ML



Glycolic Free



Cruelty Free



Pregnancy
Friendly



Suitable for
breastfeeding



All skin types

A clinically proven at-home oxygenating and hydrating facial that delivers instant and lasting hydration, while visibly smoothing and plumping, in just one use. You'll see an immediate improvement in elasticity and bounce, revealing radiant, refreshed skin.

HOW TO USE IT:

- AM and PM, or as needed.
- Can be used twice a day, morning and evening. Shake bottle well. Prior to the first use, prime the applicator by spraying 3 times, away from the face. Press the actuator button, dispense the product on your face and immediately massage it in.
- To treat delicate areas of your face, such as eyes and lips, spray Dermal Quench on your hands first and gently massage it in.

STEP FOUR ALTERNATIVE – SERUM

VOTARY SUPER SEED SERUM 50ML



Glycolic Free



Cruelty Free



Pregnancy
Friendly



Vegan



Suitable for
breastfeeding



All skin types

For sensitive, redness-prone and irritated skin, no matter what the cause. Votary Super Seed Serum relieves redness while calming and softening your skin. Cooling and refreshing, it leaves skin more resilient and less reactive.

HOW TO USE IT:

- Apply as and when needed to relieve signs and symptoms of irritation. Dispense one or two pumps into palm, do a therapist swipe and smooth all over the face.





STEP FIVE – MOISTURISE

STRIVECTIN® SD ADVANCED™ PLUS INTENSIVE MOISTURIZING CONCENTRATE 60ML



Glycolic Free



Cruelty Free



Pregnancy
Friendly



Vegan



Suitable for
breastfeeding



All skin types


This intensive moisturiser is now more concentrated and powerful than ever and targets 10 types of collagen to visibly improve wrinkles and stretch marks while strengthening the skin barrier. Powered by StriVectin's patented NIA-114, it works to visibly reduce fine lines, significantly improving skin texture and restoring radiance.

HOW TO USE IT:


- Face: Apply a small amount after you've applied your serums and underneath SPF.
- Body: Apply after showering to targeted areas of concern.

STEP FIVE PM - RETINOID


ALLIES OF SKIN 1A RETINAL PEPTIDES + OVERNIGHT MASK 50ML




Glycolic Free




Cruelty Free



Vegan



Suitable for breastfeeding



All skin types

A multi-tasking overnight mask (pH 5.2-5.7) – supercharged with a time-release 0.05% Retinaldehyde, 13.5% Peptide Complex, nine Antioxidants and five Brighteners – hydrates and brightens stressed-out skin, as it repairs all signs of premature ageing. The mask works overnight to support collagen production and reduce glycation, while also lightening dark spots.

HOW TO USE IT:

- PM.
- Apply to the face and neck in the evening after cleansing.

