

Daily Skincare Routine



Massage & Cleanse

Start by supporting the tone, and lymphatic flow, of your skin with a facial oil massage. This will also cleanse your skin and it is ideal to repeat twice, applying a warm wash cloth to the face in between applications.

Exfoliate

Gently apply facial scrub and massage in small, circular upward motions.

Tone

Tighten your pores, thereby reducing absorption of dirt and grime, by spritzing an alcohol-free facial toner or rose water.

Rejuvenate

To treat your skin's specific needs and to enhance your weekly skincare routine, masks and facial serums can be a wonderful way to add this extra nourishment. There are a variety of masks to choose from, learn more about the masks from [The Conscious Collection](#).

Daily eye cream and/or weekly eye treatments are also recommended to nourish the extremely delicate skin around your eyes.

Hydrate

Finish with a nourishing skin oil, individualized to your specific needs.

[Learn more about my natural, organic skincare line, The Conscious Collection, which features facial oils, toners, masks and more.](#)