



A few tips on ZO skincare:

AM

1. **Cleanse** your face with a 5 pence size blob of cleanser and warm water. Morning and evening. Wash for 60 seconds, it is full of good vitamins and nutrients and is a treatment in itself. It is enough to take off all your makeup, so you don't need additional makeup remover. Avoid hot water on face and heat such as saunas, it can stimulate the oil glands and worsen congestion.

2. **Scrub** with a 5 pence size blob of scrub and warm water in the mornings only, for 40 seconds, the last 5 seconds gently around the eyes. Initially you may only tolerate this once or twice a week, as it can make your skin feel dry and stingy or burning. As you get used to it you can do it every day.

3. **Oil control pads/or toner**. You should wipe your whole face with both sides of the pad morning and evening, or splash on toner like aftershave. Again, initially they may sting or dry your skin a bit, but you will get used to them. So maybe start with 2-3x a week and gradually build up to every day morning and evening. You can cut all your pads in half when you open the tub, half a pad is plenty and then they last twice as long.

Do not use moisturizer unless you are feeling really dry and uncomfortable, it can take months to wean off it, but the time will come when you don't feel the need for it any more.

4. **Anti-oxidants** (daily power defence or vitamin c); the environment is full of pollution in the form of free radicals. These bind to our skin, denaturing our collagen and elastin. Using antioxidant creams mops up all the free radicals and prevents this aging damage. These creams will also hydrate your skin and replace moisturiser. 2 pumps in the morning is a standard regimen, however, you can use more if you feel dry during the day.

5. **Daily SPF** protects our skin from aging to light damage which occurs winter and summer.

PM

1. Cleanse

2. Oil pads/toner

3. Retinol or Serums-

Retinol 2 pumps at night, (skin brightener, wrinkle and texture repair, radical night repair)

Alternatively, growth factor or firming serum in the evening stimulates collagen and elastin production, which are gentle and non-irritant.

Retinol can be irritant if you have not had this before. Start using it twice a week. Any reactivity occurs 3 days after application. You may experience redness, dryness or peeling. This is all good for your skin, but if you are struggling you can use 1 pump less often and gradually build up to 2 pumps every night.

A New SUPER SUPER serum has landed. **AOX serum.**

This is similar to daily power defence, but does not replace it. If you introduce AOX into your regimen, you would use this in place of the DPD in the morning. Then you would use your daily power in the evening before any of your other serums. This gives you 24 hours of antioxidant protection. Protection from inflammation which causes aging...known as "inflammaging"