



## **INSTRUCTIONS FOR USE/HANDY HINTS**

Sometimes less is more. The key thing to remember with ALL Spiezia – Made for Life products is that a little goes a long, long way. The intensity and richness of all our hand-made totally organic products means that you will only require a small amount to achieve the best results.

So before you dip into your Spiezia Organic product, think about how much you may need and start with less rather than more. Your skin will only absorb what it needs and as all of our products (other than our refreshing toners and spritzes) contain NO water you will find you will need to use far less than other skincare products which do contain water.

## **LOOKING AFTER YOUR FACE, NECK AND DECOLLETAGE**

The three steps which we always recommend – for all skin types is as follows:

- 1) Cleanse**
- 2) Tone**
- 3) Moisturise and Nourish**

HOW?

### **Cleansing**

Spiezia Made for Life Facial Cleanser (rated as one of the best 25 facial products on sale for two years running in The Times) should be used as follows:

Take a small amount – no larger than a pea (an organic one mind!) Rub onto your finger tips and gently massage in circular movements onto your face. Start around the mouth and jaw line and work your way up over your forehead and up to your scalp line. If you need a little more, simply dip into your pot and take a little more – what you are aiming for is a nice fine layer of our cleanser to cover your face and to start decongesting and gently removing any make-up and pollution from the day. Take an extra 'pea-size' amount and massage gently over your throat and upper chest down to you bust line.

Leave your cleanser on for 2 minutes (or more if you like) to feel the full benefits.



### **Handy Hints from the Spiezia – Made for Life team:**

Go and Clean your teeth whilst you have your facial cleanser on (usually about 2 minutes)

**OR**

for a deep and luxurious de-tox, go and have a cup of Green Tea or glass of water and relax for a few moments, read a book and chill

**OR**

If you have a problem skin or are prone to eczema, then you can put the facial cleanser on whilst taking a shower and washing your hair to create a protective and moisturising layer over your face.

PS Don't forget you can use the cleanser over your eyes to remove mascara – even waterproof mascara.

### **Toning**

You have two options here:

**Option one** is to take some (organic) cotton wool, ensuring that you shake your bottle of refreshing Made for Life Floral Skin Toner prior to use to ensure that the essential oils and floral waters are well-blended prior to use and pop some of your blend onto the cotton wool.

Gently remove the facial cleanser using upward sweeps with the cotton wool. Again because there is NO alcohol in our toner you may use this safely all over the face even over the eyelids – bliss!

**Option two** is to run a muslin organic flannel under a warm tap and then gently wipe over the whole face. The slightly uneven texture of the flannel will buff off any dead skin cells and leave your skin glowing.

### **Handy Hints from the Spiezia – Made for Life Team**

Once you have completed removing your facial cleanser and toning, take a warm clean flannel and place softly over the face, neck and décolletage to gently open your pores. This will mean that your beautifully cleansed skin will now be ready to absorb the moisturiser of your choice.

People with more mature or drier skin may prefer to use the flannel for removal and just use the toner on the more oily areas ie. Forehead, nose and chin – see how you get on. Everyone has their own preference.



## **Moisturising**

Nourish that skin with one of 100% organic moisturisers. Simply choose from one of the following:

### **100% ORGANIC DAYTIME MOISTURISER**

**EASILY ABSORBED AND USED WITH OR WITHOUT MAKE-UP OR AS A SERUM FOR SPECIFIC AREAS**

Designed to soften and revitalise the skin, giving it a healthy glow. The slow maceration of the rose petals and vanilla pods in the jojoba oil allows for the complete extraction of their vital properties which are stored to help moisturise your face all day long.

Our Daytime Moisturiser is quickly absorbed by the skin so you can enjoy it either as a protective base for your make-up or to guard your skin against wind and adverse weather conditions. It nourishes and regulates the moisture of the skin and is safe for use around the eyes.

### **100% ORGANIC NIGHT CREAM**

**FOR NOURISHING MORE MATURE, DRY AND TIRED SKIN AND IDEAL FOR DAYTIME USE**

Created to revitalise, enrich and to retain the elasticity of the skin, replacing many of the substances depleted during the day. The cream's ingredients are naturally rich in vitamins E and A (beta-carotene) and their natural properties, together with our care in combining them, make this cream unique. Lightly apply a little to the skin after cleansing and toning, massaging in gently.

### **100% ORGANIC NIGHT TIME EXTRA**

**TO SMOOTH AND SOFTEN AGEING LINES**

Our organic NIGHT TIME EXTRA offers help for those areas of your skin that are damaged by the natural process of ageing. How? Creams and potions cannot remove lines and wrinkles permanently, but many natural herbs contain the right vital elements and nutrients to restore your skin's elasticity and help re-establish its natural balance, thus slowing down the ageing process. Wrinkles are scars that need to be nourished in order to shrink. Give your skin the right nutrient and let nature do the rest.

NIGHT TIME EXTRA is a very rich, highly concentrated nourishing cream with a delicate, relaxing fragrance. Used together with NIGHT CREAM will combine the beneficial properties of the two products whilst you sleep.

Having made your selection, complete your beauty regime by gently massaging in small circular motions, the appropriate products all over your face including neckline and décolletage. Again remember not to apply too much of the product – a little goes a long way. Feel free to experiment too – some of our customers have found that the Night Cream is great for general application but where they have drier skin or want to soften lines they apply the Night Time Extra.

Spiezia Organics Ltd.

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**Handy Hints from the Spiezia – Made for Life team:**

Use the 100% Calendula ointment on any dry patches, eczema or spots – it's really effective, very therapeutic and will not thin the skin at all. If you need to treat an emergency spot prior to going out – calendula is perfect!

Try using the daytime moisturiser as a serum – gently massage a very small amount to specific areas which are dry or need extra attention.