



DATE: 19/7/2016

‘DETAILED FACE CARE REGIME PLAN’

**SERVICE-1: - DEVISE A CUSTOMIZED FACE CARE REGIME;
EXCLUSIVELY FOR THE CLIENT’S SKIN**

NAME OF THE CLIENT	Ms. X
CODE ASSIGNED FOR THE CLIENT	01/S-1/07/2016
<p><u>SPECIFIC FINDINGS OF THE CLIENT’S SKIN ANALYSIS</u> <i>(Based on the precise information shared by the client while answering EUS’s especially designed questionnaire.)</i></p> <p>Skin Type- Dry & low hydrated skin</p> <p>Skin Sensitivity- Moderate</p> <p>Moisture Content of the Skin- Seems to be below Normal with high trans epidermal water loss (TEWL)</p>	

Skin Turgor- Between Low to Moderate

Skin Absorption Capacity- Slightly impaired

Health of Stratum corneum- Average

Skin resilience- Lower than Normal

Acid mantle & Skin barrier function- Seems to be Mildly disrupted

SPECIFIC AREAS OF CONCERN- Dry Skin & Wrinkles

SUMMARY

- **Your skin is not only dry it also seems to have a higher TEWL. This can be due to higher pollution level in the atmospheric air present in your area.**
- **Dry skin is naturally prone to wrinkles and this gets further enhanced when your TEWL is high. Therefore you need to focus on this immediately as you are already above 35 years.**
- **Your skin's absorption capacity also seems slightly impaired.**
- **Your skin's acid mantle & skin barrier function seem to be mildly disrupted. This can be due to harsh skincare ingredients like SLS, ethanol, colorants' etc.**

- Also because of your skin’s sensitive nature you have a higher tendency to react to normal anti-ageing products and products having masked fragrance.
- The ability of your skin to react to a change also seems to be low.

THE ENTIRE LIST OF SKINCARE PRODUCTS REQUIRED AS PART OF THE FACE CARE REGIME; SELECTED EXCLUSIVELY FOR THE CLIENT’S SKIN

(For the convenience of our client’s we have divided the skincare products into 2 categories namely **Low to Mid Range** and **Mid to High Range**. You can choose any category depending on your budget/choice.)

S.No	SKINCARE PRODUCT CATEGORY	LOW- MID RANGE <i>(Skincare Products/ Brands)</i>	MID- HIGH RANGE <i>(Skincare Products/ Brands)</i>
A.	FACE WASH	<ul style="list-style-type: none"> • Biotique bio honey gel hydrating foaming face wash • Neutrogena ultra gentle daily cleanser foaming • Dove deep pure face wash 	<ul style="list-style-type: none"> • The Body Shop Nutriganics Foaming Facial Wash • La roche posay Toleriane Purifying Foaming Cream • Eucerin Sensitive Skin Gentle

		<ul style="list-style-type: none"> • Garnier Clean Smoothing Cream Cleanser 	<p>Hydrating Cleanser</p> <ul style="list-style-type: none"> • CeraVe Hydrating Cleanser
B.	FACE SCRUB	<ul style="list-style-type: none"> • Biotique Bio Papaya smoothing & revitalizing scrub • Aroma magic Coffee Bean Scrub • The Nature's Co. Coffee face scrub • Vichy Purete Thermale Softening Exfoliating Cream 	<ul style="list-style-type: none"> • The Body Shop Honey & Oats scrub • Clarins Gentle Peeling Smooth Away Cream • La Roche-Posay Ultra fine scrub • Dermologica Daily Microfoliant
C.	MORNING MOISTURIZER	<ul style="list-style-type: none"> • Aroma Magic Almond moisturizing lotion • Lotus Herbals Sheamoist butter + strawberry moisturizer • Wockhardt Nourish Oat moisturizing lotion 	<ul style="list-style-type: none"> • Aveeno Positively Radiant Daily Moisturizer SPF 30 • Burt's Bee Intense hydration day lotion • Elizabeth Arden Eight Hour Cream Intensive Daily Moisturizer SPF 15

		<ul style="list-style-type: none"> • Biotique Bio morning nectar SPF 30+ ultra soothing face lotion 	<ul style="list-style-type: none"> • Murad Hydro-Dynamic Ultimate Moisture
D.	<p align="center">EVENING MOISTURIZER</p> <p>Note: If your budget doesn't allow buying separate moisturizers for morning and evening. You can use simple oils (coconut/almond) in place of an evening moisturizer.</p>	<ul style="list-style-type: none"> • Cetaphil Daily Advance Ultra hydrating lotion • Neutrogena Naturals Multi-Vitamin Nourishing Moisturizer • Sebamed Baby Lotion 	<ul style="list-style-type: none"> • Cerave facial moisturizing lotion pm • Clinique Dramatically Different moisturiser (tube) • Eucerin Sensitive Daily Protection moisturizing face lotion • Aveeno Baby Daily Moisture Lotion
E.	<p align="center">REGULAR NIGHT CREAM (Moisturizing/ Replenishing)</p>	<ul style="list-style-type: none"> • Olay complete night fortifying moisture cream • Aroma Magic Almond Nourishing cream • FabIndia Vitamin E Enriched Night Cream For Dry Skin 	<ul style="list-style-type: none"> • Forest Essentials Sanjeevani Beauty Elixir • Burt's Bees Carrot Nutritive Night Cream • Clinique Repair wear Sculpting Night Cream

		<ul style="list-style-type: none"> • Neutrogena Hydro Boost Night Concentrate formula 	<ul style="list-style-type: none"> • Philosophy Miracle Worker Overnight
F.	TARGETTED TREATMENT CREAMS	<ul style="list-style-type: none"> • Aaranyaa Energy Enhancing Night Cream • Neutrogena Healthy skin anti-wrinkle night cream • Lakme youth infinity night cream • Sebamed Q10 anti-ageing protection cream 	<ul style="list-style-type: none"> • Vichy LiftActiv with Rhamnose Night • La Roche Posay Redermic C Anti Wrinkle Firming Moisturizing Filler For Dry Skin • RoC Retinol Correxion Sensitive Night Cream • Murad Hydro-Dynamic Ultimate Moisture
G.	FACE SERUM	<ul style="list-style-type: none"> • Olay regenerist regenerating serum • Cipla VC 15 serum • Pond's Gold Radiance Precious Youth Serum 	<ul style="list-style-type: none"> • Forest essentials Advanced Soundarya age defying facial Serum with 24K Gold • Auriga International Flavo-C forte Intensive Anti-Ageing Care

		<ul style="list-style-type: none"> • Neutrogena Rapid Repair Serum 	<ul style="list-style-type: none"> • Elizabeth Arden Ceramide Gold Ultra Restorative Capsules • Estee Lauder Advanced Night Repair Synchronized Recovery Complex
H.	SUNSCREEN	<ul style="list-style-type: none"> • Stiefel Ansolar lotion sunscreen SPF 60 + • Glenmark La shield sunscreen gel SPF 40+++ • Neutrogena Sensitive Skin Sun block Lotion SPF 60+ • Sebamed Sun care Multi protect lotion SPF 30+ 	<ul style="list-style-type: none"> • Aveeno Active Naturals Protect plus Hydrate lotion SPF 50 • Cetaphil Daylong SPF 50 • SkinCeuticals Physical Fusion UV Defense SPF 50 • Burt's Bee Baby Bee SPF 30 Sunscreen Stick

DETAILED APPLICATION SPECIFICS AS PART OF THE REGIME EXCLUSIVELY FOR THE CLIENT'S SKIN

A

Appropriate TIME & ORDER of application of each skincare product selected/ identified; exclusively for the client's skin.

MORNING

- **FACE WASH**
- **FACE SCRUB**
- **MORNING MOISTURISER**
- **SUNSCREEN**

EVENING

- **CLEANSING MILK/ BABY OIL/ FACE WASH (Only if you have been in extreme heat & pollution the entire day)**
- **EVENING MOISTURISER**

	<p><u>NIGHT</u></p> <p>REGULAR (Moisturizing/ Replenishing) NIGHT CREAM</p> <p>OR</p> <p>TARGETTED TREATMENT CREAM (for Anti-ageing)</p> <p>OR</p> <p>FACE SERUM</p>
<p><u>B</u></p>	<p><u>Frequency (for the complete month) of product application</u></p> <ul style="list-style-type: none"> ✓ FACE WASH- Try to restrict this to once a day but if you have been through extreme summer heat and pollution the entire day you can use it twice a day. ✓ FACE SCRUB- Exfoliate your skin 2 times in a week; once with a synthetic/ readymade scrub and once with a homemade mild scrub. In winters make it once a week. ✓ MOISTURISER- Twice daily. Preferably apply it within 5mins of washing your face so that the damp skin can soak in moisture.

- ✓ **SUNSCREEN- Daily without fail. Even if you are inside the house or working in front of a computer you must apply a sunscreen having minimum SPF 15+.**
- ✓ **REGULAR (Moisturizing/ Replenishing) NIGHT CREAM- Every night except on days you are applying your TARGETTED TREATMENT CREAM or FACE SERUM.**
- ✓ **TARGETTED TREATMENT CREAM- Start by applying once a week. Then gradually increase to 2 times a week.**

Note:

- **The day you apply targeted treatment cream; SKIP your REGULAR NIGHT CREAM as well as FACE SERUM.**
 - **Effective Anti ageing creams always sting a bit and give mild redness when applied for the first time, this is normal. Gradually your skin adapts to it.**
 - **Always start your anti-ageing cream with a pea size amount and mix it with your moisturiser before applying on the face.**
- ✓ **FACE SERUM- Apply once a week. You can also mix the serum with your regular moisturiser.**

Note:

- **The day you apply a face serum; SKIP your REGULAR NIGHT CREAM as well as TARGETTED TREATMENT CREAM.**

	<p>✓ FACE PACK-</p> <ul style="list-style-type: none"> • Deep Cleansing: Should be applied once a month. • Moisturizing: Can be applied 1-2 times in a week. • Rejuvenating/ Anti-Ageing: Should be applied once in 15 days. <p>✓ FACIAL- Once in 3 months.</p>
<p><u>C</u></p>	<p style="text-align: center;"><u>Detailed modes of application (if any) of skincare product</u></p> <p>✓ MOISTURISER- Always take a small amount of moisturiser inside your palm and add 2 drops of water and 1 drop of coconut oil/almond oil. Then apply your moisturiser smoothly on your entire face. Also if you are going to wear make-up over the moisturiser then first let your moisturiser dry and get fully absorbed inside the skin. Only then apply any coat of make-up.</p> <p>✓ SUNSCREEN- Always apply your moisturiser first. Let the moisturiser dry for about 5-10 mins. Then apply sunscreen on top of your moisturiser.</p> <p>Useful links. Read the correct method of</p> <ul style="list-style-type: none"> • Washing face: https://www.enrichingurskin.com/face-washingcleansing/ • Exfoliating: https://www.enrichingurskin.com/face-exfoliation/ • Applying Moisturizer: https://www.enrichingurskin.com/moisturiser-cream/ • Applying sunscreen: https://www.enrichingurskin.com/sun-protection/

<p>IMPORTANT POINTS OF CAUTION</p>	<ul style="list-style-type: none"> You mentioned in the questionnaire that you are unaware if you have any specific allergies. Hence we suggest you should do a skin patch test before using any new skincare product. <u>For doing a patch test:</u> apply a small amount of the product on the inner arm or behind the ear. Keep it on for 24 hrs. If you experience excessive inflammation or redness, stop using it and get back to us.
<p>IMPORTANT RECOMMENDATIONS FOR THE CLIENT'S SPECIFIC SKIN</p> <ul style="list-style-type: none"> Skincare tips Diet Home remedies 	<ol style="list-style-type: none"> Use only lukewarm water for washing your face. Don't use more than a pea size of your face wash/ cleanser. Avoid using a toner. Avoid using skincare products containing surfactants, alcohols, enhanced fragrance, colorants, dyes, salicylic acid, menthol and lemon extract. Add fats, avocados, walnuts, flaxseeds, bananas and spinach in your diet. Add omega-3 fatty acids in your diet. Home remedies: <ul style="list-style-type: none"> <u>Alternative for scrub:</u> Mix 2 spoons of Brown sugar and 2 spoons of powdered coffee. Add rose water to make a thick paste. Massage this in

circular motion, applying medium pressure with your fingertips. Keep on for 5-10 mins before washing off with lukewarm water.

- **Face pack (Deep Cleansing):** Mix grated cucumber/ cucumber juice, curd & honey. Apply it on the face and keep it for 15-20 mins. Wash off by massaging in circular motion using lukewarm water.

- **Face pack (Moisturizing):**

- a. **Oatmeal & Honey Pack-** Mix equal quantities of both oatmeal and honey together. Apply it on your dry skin. Let it dry for 15 minutes and then rinse it off with lukewarm water.

- b. **Apricots & Olive oil Mask-** Warm little olive oil, **not too hot**, you don't want fried skin. Mash 2 apricots and mix them with enough of the olive oil to make a paste. Apply it on your dry skin, lie down and leave it for 10 minutes. Then wash it off with lukewarm water.

- c. **Avocado, Banana & Papaya Mask-** Mash 1 ripe fresh avocado, 1 ripe Banana and 1/2 Papaya. Mix these fruits into a nice paste and apply it on your dry skin. Let it dry for 15 minutes and then rinse it off with lukewarm water.

- **Face pack (Anti-Ageing/ Rejuvenating):** **Step-1:** Grate fresh coconut , about 1cup and squeeze the milk out of it (don't use canned coconut milks containing preservatives as that won't work for you). **Step-2:** Boil half carrot or avocado. Mash them to make a paste. **Step-3:** Mix coconut milk + mashed

	<p>carrot/ avocado + few drops of Honey. Step-4: Apply this for 20-30 mins, once a week.</p>
<p>FEW SUGGESSTIONS</p>	<p>1) A few specific sections on our website can be very helpful for you. We suggest you view these following sections-</p> <ul style="list-style-type: none"> • Skincare Tips for Dry Skin by clicking on this link: https://www.enrichingurskin.com/skincare-tips-dry-skin/ • Recommended skincare products for Dry Skin by clicking on this link: https://www.enrichingurskin.com/daily-use-skincare-product-recommendations-dry-skin/ <p>2) You can also view & benefit from the USEFUL SKINCARE TIPS we post regularly. To view these follow us on Facebook or Twitter.</p>

NOTE:-

- 1) Skin takes about 2-4 weeks to show any results/ signs of improvement. Therefore always give some time to any new product you start applying unless you experience a reaction in the very 1st application itself.
- 2) If you have any queries please get back to us. We are available 24X7 to serve our clients.