



So Organic helpful fact sheets:

# Face Care

Learn more at [www.SoOrganic.com](http://www.SoOrganic.com)

The skin on our face and scalp is the most exposed and yet most delicate skin on our body. No wonder then that its the face which needs the most nurturing in terms of skin care. Skin care for the face is specifically designed to be light yet protective.

Your facial skin care routine should support and enhance your skin's natural functions by naturally encouraging it to balance and heal itself. Most organic products use beneficial plant ingredients that directly address the underlying conditions rather than just the symptoms.

So Organic 5-step skin care philosophy:

At So Organic we have a very clear but basic 5-step philosophy on facial skin care:

1. Ensure you know your facial skin type, use our on line skin consultation, give one of our experts a call or pop in to store. It seems obvious but you should buy the correct products for your skin type, do not become distracted by glamorous packaging and claims!
2. Once you have your products, use them as directed and try to use them for a good amount of time to give them time to have an effect. Natural ingredients are as effective as their synthetic counterparts but the effects may be more subtle initially. New skin cells take around a month from formation to becoming visible on the surface, so to see the real benefits of any change to your skin care programme you really need to give it a month. 2 or 3 days is not enough to see the true effect.
3. Cleanse, tone, and moisturise daily, if you need to save time you can leave out toning but do the rest of the routine religiously and your skin will gradually improve.
4. Try to introduce a mini facial in to your routine weekly, even if it is just a facial massage on warm skin. Stress has a huge impact on the skin so by reducing it your skin will reap the benefits. See our routine below, all it takes is 10 minutes.
5. Diet has a huge impact on your skin; feed your skin from within by introducing a vitamin and mineral supplement and taking cold pressed plant oils as a supplement or on your salad daily. Adding fruits and vegetables with a high water content also rehydrates the skin and helps digestion, both of these have an effect on the skin.

So Organic Mini Facial:

This mini facial is perfect to help you wind down after a long day, try to use slow gentle movements as you apply and inhale gently after each stage of the facial to calm the mind. For a longer treat apply a mask or treatment after your cleanse.

Prepare a warm basin of water; two drops of Lavender essential oil gives a wonderful fragrance.

Warm face with flannel or muslin cloth; when face is warm apply cleanser or balm in upward circular movements, then remove with the warm cloth for a mild exfoliation.

Apply facial toner; either spray on the whole face or apply to cotton pads for deep hydration.

Make sure skin is dry; apply an appropriate moisturiser in upwards smoothing movements, avoiding the eyes.

Tapping your eye cream on gently relives puffiness and swelling, ensure you do not put too close to the eye, on the bone is perfect.

At night apply your night oil, oils are deeply nourishing and give the skin a real glow.

Sip a warm cup of organic herbal tea, we use organic hibiscus in our treatment rooms which is packed with antioxidants to boost skin function.