

# SKIN CARE TROUBLE SHOOTING GUIDE (Version 6 - 15-08-2023)

Skin care recommendations for specific concerns

Note: These recommendations below are in addition to the following:

with the skin appropriate cleanser, Rinse with Rooibos, Moisturise several times a day, use sun protection, freshener (according to your skin type) as the last step to your skin care routine.

Cleanse at night

Bi-Weekly Skin Care Routine: Exfoliator and Masque according to your skin type

	Skin concern/Issue	1	2	3	Tea - Other products	Supplement
1	Acne	Skin Detox	Liquid Skin Nutrition	Spotless	Rooibos & Jasmine tea	OptiFlora+, Superfood Yellow, OptiDerm, OptiC
2	Acne: Scarring	Miracle Tissue Oil	Liquid Skin Nutrition	Revitalising Cream		OptiMega, OptiC, Bone Broth
3	Anti-Ageing (Preventative)	Anti-Ageing Serum	Revitalising Cream	Derma Protect SPF 20		OptiMega, NAD, OptiC, Bone Broth
4	Wrinkles	Bo-Serum	Returnyouth	Eye Therapy		NAD, OptiC, Bone Broth, OptiMega
5	Allergic reaction/rash (face)	Sensi Crème	Liquid Skin Nutrition	Resque Crème	Rooibos & Jasmine Tea	OptiDerm, OptiFlora+, Zerotox
6	Blackheads (Comedome)	Skin Detox	Liquid Skin Nutrition	Spotless		OptiDerm
7	Boils	Resque Crème			Rooibos & Jasmine Tea	OptiDerm, OptiC, Superfood White
8	Burns (Superficial)	Resque Crème	Miracle Tissue Oil	Sensi Crème	Green Rooibos Tea	OptiDerm, OptiC
9	Chloasma (Hormonal Pigmentation)	Returnyouth	Miracle Tissue Oil	Derma Protect SPF 20		OptiC, OptiMega
10	Dull skin	Q10 Therapy	Moisture Serum	Liquid Skin Nutrition		OptiMega, OptiFlora+
11	Dermatitis	Resque Crème	Sensi Crème	Liquid Skin Nutrition	Rooibos and Jasmine	OptiMega, OptiDerm, Zerotox
12	Eczema	Resque Crème	Sensi Crème	Liquid Skin Nutrition	Rooibos and Jasmine	OptiMega, OptiDerm, Zerotox
13	Enlarged pores	Q10 Therapy	Revitalising Cream			OptiC, OptiDerm
14	Fever blisters (Cold Sores)	Spotless	Resque Crème	Resque Concentrate		Zerotox, Superfood White, OptiC
15	Pigmentation	Miracle Tissue Oil	Returnyouth	Derma Protect SPF 20		OptiMega, OptiC
16	Psoriasis	Resque Crème	Sensi Crème		Green Rooibos Tea	OptiFlora+, OptiMega, OptiDerm
17	Redness	Sensi Crème	Resque Crème		Rooibos & Jasmine Tea	OptiDerm, OptiMega, Superfood Yellow
18	Scarring	Miracle Tissue Oil	Liquid Skin Nutrition	Revitalising Cream		OptiDerm, OptiMega, Bone Broth
19	Sensitive skin	Sensi Crème	Sensitiv Moisturiser	Resque Crème	Rooibos Tea	OptiMega, OptiDerm, OptiFlora+
20	Shaving rash	Sensi Crème	Resque Crème	Revitalising Cream	Rooibos & Jasmine Tea	OptiDerm
21	Shingles	Resque Crème	Resque Mist		Green Rooibos Tea	OptiC, OptiBoost, OptiDerm, OptiCalm
22	Sunburn	Resque Crème	Liquid Skin Nutrition	Revitalising Cream	Rooibos Tea	OptiDerm, OptiC
23	Vitiligo	Derma Protect SPF 20	Safe in the Sun SPF 30 with DN-Age®			OptiDerm, OptiMega
24	White heads/Milia	Skin Detox	Liquid Skin Nutrition			OptiDerm, OptiFlora+