



Natural Skin Care Wellness Class

The Importance of Skin Care

- The skin is our largest organ.
- It's our first line of immunity. Our skin serves to protect us.
- Beauty comes from within starting with good nutrition, sleep, & relaxation. Keep your insides and outside healthy.

Reducing Toxins and Increasing Wellness

What you put on you goes inside you because the skin is permeable.

Natural ingredients & essential oils. Latest technology and research.

Examples of Toxic Ingredients:

Vs.

Coal Tar, Diethanolamine (DEA), Formaldehyde, Glycol Ethers, Lead, Mercury, Glucocorticoids, Parabens, Parap
henylenediamine, Cocamidopropyl Betaine, Kohl
Stone, Fragrance, Mineral Oil, Imidazolidinyl &
Diazolidinyl Urea, Sodium Lauryl Sulfate (SLS),
Triethanolamine (TEA), Polyvinylpyrrolidone (PVP),
Copolymer, Lanolin, Benzyldimethylstearylamm
onium Chloride, Propylene Glycol, Phthalates

Neurotoxins, Carcinogens, Endocrine Disruptors
Allergenic, Weakens Immunity, Respiratory
Damaging, Skin Irritant.



Essential Oils For Healthy Skin

There are many essential oils that helps the skin health. Here are an example of some:



- Lavender is very healing to the skin issues.
- Calms redness and soothe skin irritations.



- Melaleuca is cleansing and clarifying to the skin.
- Numbing on the skin.
- Protects the skin against environmental threats.



- Neroli helps with skin texture.
- Softens skin tissues.
- Soothes skin.



- Rose helps balance moisture levels in the skin.
- Reduces the appearance of skin imperfections.
- Promotes an even skin tone and healthy complexion.



- Helps reduce the appearance of fine lines and wrinkles.
- Helps reduce contributing factors to the appearance of aging skin.
- Helps sustain smoother, more radiant, and youthful-looking skin.



- Jasmine reduces the appearance of skin imperfections.
- Promotes a healthy-looking, glowing complexion.
- Great toning properties.

Immortelle/Salubelle Contains:
Frankincense, Sandalwood, Lavender,
Myrrh, Helichrysum, & Rose essential oils.

HD Clear

HD Clear system helps those with skin prone to break outs. Promote a clear complexion. Helps reduce breakouts. Helps keep skin clean, clear, & hydrated. Consider Face Mapping. See www.jadebalden.com/skincare for more information.

1 HD Clear® Foaming Face Wash



- Pump 1 pump into palms, wash face and rinse with water

2 HD Clear® Topical Blend



- Roll a small amount of HD Clear oil on areas of concern

3 HD Clear® Facial Lotion



- Apply a small amount to clean skin

Black Cumin Seed Oil, Ho Wood Leaf, Melaleuca Leaf, Litsea Berry, Eucalyptus Leaf, Geranium Plant essential oils

□ Essential Skin Care Collection

Essential Skin Care Collection is a very popular collection of high quality natural skin care infused with the benefits of CPTG essential oils. Great for anti-aging skin care needs.

1 WASH



- Wash skin with a small amount of either the **Invigorating Scrub** or **Facial Cleanser** or you can use both!

2 TONER



- After cleansing, lightly apply to **Toner** to face and neck using cotton pad. Avoid contact with eyes.

3 TIGHTENING & BRIGHTENING



- Apply **Tightening Serum** to face and neck in an upward, outward motion
- Apply **Brightening Gel** evenly to face and neck or to specific areas of concern.

4 MOISTURIZING



- Pump small amount of **Eye Cream** until cream appears around the rollerball. Using gentle pressure, apply to under-eye area until absorbed. Use morning & night.
- Apply either the **Moisturizer** or **Hydrating Cream** evenly to face and neck.

Reveal Facial System

Give your self a facial at home! Exfoliate and remove old skin tissues.



currently USA only

- Use once or twice a week, morning or night.
- After washing face thoroughly with a dōTERRA cleanser, apply a thin layer of **Step 1: Refining Polish** on damp, freshly cleaned skin. This lifts dead skin off.
- Massage gently in upward circular motions for 1 to 2 minutes. **Do not wash off** until Step 2 is complete.
- Place a thin layer of **Step 2: Peptide Activator** onto the skin over Refining Polish. Continue to massage for an additional 1 to 2 minutes. This step may cause slight foaming and a warm, tingling sensation as it separates dead exfoliated skin from the new surface.
- Rinse off with warm water or a damp towel.
- Proceed with your regular facial routine of **toner, serum, and moisturizer**.
- For best results, use in conjunction with dōTERRA Essential Skin Care products.



Veráge Skin Care

Veráge Skin Care Collection is an ALL Natural range great for normal skin to oily skin. This simple system encourages the skin to return to a healthy, youthful-looking state.

1

Cleanser



- Pump 1 pump into palms.
- Lather & wash face. Rinse with warm water.

2

Toner



- Spritz on face
- Let dry
- Can be used to freshen face

3

Serum



- Pump 1 pump into palms
- Apply to face

4

Moisturizer



- Pump 1 pump into palms
- Apply to face

