

Sensitive Skin Care Guide

A companion guide to your Sensitive Skin Bundle

Understanding Sensitive Skin

Sensitive, redness-prone or reactive skin usually means the skin barrier needs a little extra support. The goal isn't to use more products — it's to use fewer, gentler ones, consistently. This guide pairs with your Sensitive Skin Bundle to help you build a calm, simple routine your skin can trust.

Daily Habits for Calmer Skin

- Keep it simple — introduce one new product at a time so you know what's working.
- Use lukewarm water — hot water strips natural oils and can worsen redness.
- Pat dry, don't rub — friction irritates sensitive skin.
- Patch test new products — a small area on the inner arm for 24 hours before using on the face.
- Protect from sun and wind — both are common triggers for reactive skin.

Your Core Routine

Aloe & Tea Tree Gel — a light, cooling gel that soothes irritation while Tea Tree supports skin that's prone to breakouts or congestion.

Calm Complexion Balm combines Calendula, Green Tea, Chamomile, Liquorice Root and Witch Hazel infused in Grapeseed, Hempseed, Black Seed and Rosehip oils — formulated specifically for dry, delicate, redness-prone skin, to soothe and support the skin's moisture barrier.

Chamomile Oil — a gentle, calming oil traditionally used to soothe sensitive and easily irritated skin.

Tailor It to Your Skin

Your core routine works well on its own — add one of these if you have a specific concern:

If your skin is...	Add
Dry	Moringa Balm
Prone to outbreaks	Acne Balm
Mature / showing fine lines	Daily Radiance Face Cream

Your Simple 5-Day Calm Skin Reset

Day	Focus
1	Strip back to basics: just Aloe & Tea Tree Gel + Chamomile Oil, morning and night.
2	Add Calm Complexion Balm at night. Patch test any new add-on on your inner arm today.
3	Full core routine, morning and night. Note how your skin feels by evening.
4	Introduce your chosen add-on (Moringa Balm / Acne Balm / Daily Radiance) at night only.
5	Full routine + add-on, morning and night. Skin should start feeling calmer and less reactive.

After day 5, continue with your full routine daily. Give it 2-3 weeks of consistency before judging results.

Your Simple Daily Routine

- Morning: Aloe & Tea Tree Gel, then your chosen add-on if using one.
- Evening: Calm Complexion Balm, finished with a few drops of Chamomile Oil.
- Give it 2-3 weeks of consistent use before judging results — skin needs time to adjust.

This guide is for general educational purposes and reflects traditional herbal use. It is not medical advice and does not diagnose, treat, cure or prevent any skin condition. Please patch test all new products and consult a healthcare provider for persistent or severe skin concerns.