

Quick Reference Guide to choosing your homecare products

Skin Issue	Morning Cleanse	Morning Treatment	SPF	Evening Cleanse	Evening Treatment	
Dry skin - under 30	Water	Essential Nutrient Serum + Skin Comfort Cream	SPF30	Skin Comfort Cleanser	Lipid Repair Concentrate + Skin Comfort Cream	
Dry skin - over 30	Water	Hydra Collagen Serum + Skin Comfort Cream	SPF30	Skin Comfort Cleanser	Lipid Repair Concentrate + Skin Comfort Cream Add in Age Slowly Serum as a first step when fine lines start to show.	
Oily Skin under 35	Salicylic Cleanser	Essential Nutrient Serum	SPF30	Skin Comfort Cleanser	Hydrating Cream	

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Oily skin - over 35	Salicylic Cleanser	Hydra Collagen Serum OR Anti-Redness Concentrate (rosacea-prone)	SPF30	Skin Comfort Cleanser	Lipid Repair Concentrate / Age Slowly Serum alternating nights	
Reactive/Sensitised Skin under 30	Water	Essential Nutrient Serum (non-rosacea redness) OR Anti-Redness Concentrate (rosacea-prone)	SPF30	Skin Comfort Cleanser	Skin Comfort Cream (mix in a pump of Lipid Repair Concentrate for dry or dehydrated skin.	
Reactive/Sensitised skin over 30	Water	Hydra Collagen Serum (non-rosacea) OR Anti-Redness Concentrate (rosacea-prone).	SPF30	Skin Comfort Cleanser	Skin Comfort Cream (mix in a pump of Lipid Repair Concentrate for dry or dehydrated skin. Add in Age Slowly Serum as a first step when fine lines start to show.	
Thinning Skin /Crepey or papery texture with lines showing	Water	Lipid Repair Concentrate + Skin Comfort Cream	SPF30	Skin Comfort Cleanser	Hydra Collagen Serum + Overnight Repair Cream.	

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Rosacea under 30 / mild rosacea	Water	Essential Nutrient Serum Add Skin Comfort Cream if skin is also dry	SPF30	Skin Comfort Cleanser	Lipid Repair Concentrate + Skin Comfort Cream	
Rosacea over 30 / moderate grades and above	Water	Anti-Redness Concentrate Add Skin Comfort Cream if required	SPF30	Skin Comfort Cleanser	Lipid Repair Concentrate + Skin Comfort Cream	
Congested skin prone to blackheads and hormonal breakouts	Salicylic Cleanser	Essential Nutrient Serum (Use Hydra Collagen Serum instead over 35)	SPF30	Skin Comfort Cleanser	Blemish Control Cream if blackheads/breakouts are constant. If they are only occasional, Overnight Repair Cream instead.	
Eye area ageing		Hydra Collagen Serum	SPF30		Age Slowly Serum	



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Tendency to flaking or dullness - choose basic skin needs above then add:					Enzyme Exfoliator 1 x week followed by usual night routine	
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Notes:

The above is intended to be used as a guide to choosing homecare products for common skin types and issues. If you need help with your choice or have any special requirements or issues to be addressed, please contact us on info@skinessentialsbymariga.com and we will be happy to help.

All of our products, with the exception of Enzyme Exfoliator and Salicylic Cleanser are formulated to be used on face, eye and neck. You do not need separate products for each area!

Many doctors do not recommend the use of Vitamin A or Salicylic Acid products **while pregnant or breastfeeding**. Please consult your doctor for individual recommendations before using products containing these ingredients. In our range they are: Salicylic Cleanser, Blemish Control Cream, Overnight Repair Cream, Age Slowly Serum.

Apply serums to a damp skin for deeper absorption.

Our products are made from high-quality concentrated ingredients, a little goes a long way. In general, one pump of serum products and a kidney-bean sized amount of cream products are enough for face, eyes and neck. One pump of Skin Comfort Cleanser is adequate and 6 drops of Salicylic Cleanser. Enzyme Exfoliator is the exception, use 3-4 pumps on a clean, dry face.

As with all sunscreen products, reapply our SPF30 day cream every 2 hours if outdoors in sunny conditions.

Shop our products and book a treatment online at skinessentialsbymariga.com, or pop into our Wexford clinic.

SHOP NOW

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