



Home Skincare Guide

How to get the best results from your skincare products

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The aim of great home skincare products is to promote healthy, hard-working skin cells that continue to act, look and feel like youthful cells.

With the right skincare we can protect, repair and fuel the skin's processes so that natural changes that come with age are slowed down, giving you youthful skin for longer.

Having a great skincare routine also preps the skin to best process clinical treatments to get maximum results from advanced cosmetic procedures such as micro needling, radio frequency and cosmetic lifting.

All Skin Essentials by Mariga products are designed to work with your skin to enhance and support smooth, bright. beautiful skin far into the future.

I hope this ebook is useful to you in your skincare journey.

Please let me know if I can help you in any way.

Mariga x



About Skin Essentials by Mariga

Skin Essentials by Mariga is a range of scientific products which are precisely formulated to achieve maximum results. Our products release the rejuvenating and healing power contained in skin cell memory by the application of proven scientific principles combined with the best ingredients from nature. Our therapists are all highly trained and qualified in skin specific qualifications.

We use only the highest grade ingredients from both nature and science, in optimum concentrations for efficacy. We are passionate about protecting skin health and integrity and as such our line is fragrance, colour and sulphate free.

This capsule range is based around powerful serums made with high potency active ingredients which are scientifically proven to impact skin function by providing all the nutrition your skin needs to function at it's best, giving you visible results. Every item in the range is a treatment in itself and designed to be combined, layered, or used alone, creating great skin from deep within the cellular structure.

Our products have been reviewed and recommended by all the top Irish beauty editors including Laura Bermingham, Vivienne Connolly, TV3's Xpose and Beaut.ie

How is Skin Essentials by Mariga different from the rest?

We treat the cause of skin problems, not the symptoms, giving you real, lasting results.

We believe that homecare is the key to long-term skin management and our protocols are build around first rebuilding with home care then correcting with clinical treatments.

We never use an ingredient for 'label value'. A common practice in mass-market skincare at all price points, label value is including an ingredient so that it can be placed on the labelling and marketed as "contains x" even though there is not a high enough percentage of the ingredient to have any impact on the skin. All our ingredients are used at maximum percentages for results.



**Find more information on the
following products, our online shop,
skincare services and consultations
at**

www.skinessentialsbymariga.com

We are always happy to help answer
your questions or to guide you to the
best product choices for your skin.

CLICK HERE



The Basics



The Basics

Every effective skincare routine starts with two absolute basics - a cleanser and a protective moisturiser.

Without these two basics nothing else you use is going to work as well as it should.

Your cleanser should be gentle so as not to strip the essential barrier, yet thorough enough to completely cleanse the skin and leave it prepped for maximum absorption of your serums/creams.

Your daily moisturiser should include sun protection as well as anti-oxidants for skin health.

Skin Comfort Cleanser

Our universal cleanser will remove both makeup and environmental pollutants while supplying anti-oxidants and essential fatty acids to the skin. No more tight skin after cleansing! Highly concentrated as with all our products, just one pump of product is required for normal daily cleansing. Apply to the skin/eye area, massage well in before adding water to your hands to emulsify the product and break down makeup and surface dirt. Remove with a warm, wet facecloth. Pro tip: we highly recommend using a microfibre cloth for the fastest, best result.



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Advanced Protection Daily Moisturiser with SPF30

Mineral SPF, anti-oxidants, moisturiser and vitamin treatment in one. This non-greasy daily moisturiser will layer well over any serums you use and will not leave a white cast. Use alone on clean dry skin or over other skincare products as your last step. Also great under makeup. Pro tip: Apply over Hydra Collagen Serum daily for the best possible anti-ageing and skin protection duo. I like to distribute between my hands then press and glide the product in an upwards and outwards motion over the face. Don't forget your eye contour area, neck and ears!

Broad spectrum UVA UVB protection.



SHOP

The Serums



The Serums

Serums are the most active of all skincare products. They contain concentrated supportive or corrective ingredients that can penetrate deeper into the upper epidermis than creams.

Your moisturiser cares for and protects the outmost layer of the epidermis, sealing in actives and contributing to a good barrier function. Serums are used to work deeper in the skin structure and repair, enhance or correct specific skin functions. They can be water, oil or gel based.

Choose one or more serum to address your skincare concerns such as anti-ageing, skin brightening, barrier repair, colour control.

Our Serums at-a-glance:

Lipid Repair Concentrate. Barrier Repair. Universal, will aid correction of all skin issues.

Hydra Collagen Serum. Ageing Concerns. Supports healthy collagen production for slower visible ageing.

Age Slowly Serum. Vitamin A/Retinol serum for reduction of lines and scars. Normalises cell function for healthy skin.

Anti-Redness Concentrate. Anti-Inflammatory. Reduces redness.

Vitamin C&E Advanced Skin Booster. Exfoliate and brighten for all skin types. Weekly treatment.

Lipid Repair Concentrate

The mix of lipids, ceramides, good cholesterol and fatty acids in this super serum mimic exactly the precise mix of lipids found naturally in healthy, balanced skin.

This means the serum is accepted and utilised by the skin immediately and with no adjustment necessary.

In the short term, this serum protects the epidermal layers and with continued use effects positive changes in the skin's own lipid functions, correcting dryness, tightness, flakiness and irritation at a cellular level. Results will also be seen on the surface of the skin in enhanced plumpness, smoothness and colour.

A universal serum suitable for all skin types, this should be your first serum choice as all other products will work best when the skin barrier and lipid layers are healthy.

Can be used day or night under moisturiser.

Pro tips: I like to use it at night mixed in with my Skin Comfort Cream. If using a water based serum such as Hydra Collagen or Age Slowly Serum then layer creams/oils AFTER.



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Hydra Collagen Serum

Collagen peptides, anti-oxidants, hyaluronic acid, epidermal growth factors, this youth-boosting serum is full of all the ingredients your skin needs to keep up the rate of collagen production. Many processes and factors in the skin naturally slow down as we age, resulting in lines, dullness, laxity and enlarged pores. This key serum can replace what is missing and keep collagen production and integrity high for much longer than would otherwise occur. Use from the first signs of ageing, this is a super prevention choice.

Pro tip: Use one pump in the morning under Advanced Day Cream SPF30 for an enhanced daily protection routine. Don't forget your eye area!



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Age Slowly Serum

Our Age Slowly Serum is a super-smart formula designed to reduce and prevent visible signs of ageing on the skin such as lines, wrinkles and discolouration. Bonus – it fights congestion and pimples too. Highly recommended.

Incorporating ALL of the proven, gold-standard ingredients for reducing the visible signs of ageing as well as stellar anti-oxidants for cellular repair, this serum is at the top of the anti-ageing game. Suitable for all stages of ageing as it will prevent lines and slow the formation of age spots as well as reducing lines and pigmentation that has already formed.

- Vitamin A derivative (line reducing and preventing)
- Collagen Peptides (collagen finer strength and production)
- Hyaluronic Acid (plumping and revitalising)
- Dismutase Super Oxide (naturally occurring super-repair ingredient)
- Multi-anti-oxidant blend (for cellular repair and protection)

Pro Tips:

- Use this serum two to three nights per week for wrinkle prevention. If you already have visible lines/wrinkles use every night under your other products.
- Use Hydra Collagen Serum in the morning for collagen growth and repair deep in the skin structure for long-term structural integrity and firmness and Age Slowly Serum at night for surface results on already-visible signs of ageing.

Use one pump **at night only**, after cleansing, as the first step in your Age Slowly routine. Follow with Lipid Repair Concentrate, Skin Comfort Cream or Hydrating Cream as recommended. **Do not use with our Overnight Repair Cream. Not suitable for use during pregnancy.**



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Anti-Redness Concentrate

This lightweight serum controls redness, flushing and all the symptoms of inflammatory skin conditions from light redness to rosacea.

Our Anti-Redness Concentrate is a beautiful silky, lightweight serum packed full of anti-inflammatory ingredients to calm, sooth and reduce redness in the skin. Perfect for those who tend to redness, flushing or rosacea as well as being the perfect post-shave skincare for men. Can also be used to reduce redness in acne-prone skin. A great all-rounder as it will also supply anti-ageing care for the skin with the inclusion of epidermal growth factors, anti-oxidants and hyaluronic acid.

Use it morning or evening under your usual cream.



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Vitamin C&E Advanced Skin booster

A weekly exfoliation and skin boosting serum treatment.

Benefits:

- Antioxidant Boost for skin protection and repair
- Smooths texture
- Instantly brightens
- Boosts collagen production
- Promotes natural exfoliation
- Reduces formation of dark spots

Who can benefit:

All skins except reactive or very dry.

This is an advanced homecare product designed to take your skincare routine to the next level. It is an intensive and highly active formula that works directly and quickly on many skin processes for great results, but because of this it is not suitable for those with a compromised skin barrier. If you have very dry or sensitised skin we recommend using our calming and moisturising products such as the Skin Comfort Range to get your skin in great condition before adding advanced protocols and products.

Usage:

Incorporate into your current homecare routine twice per week for a surge of anti-oxidant benefits. Shake the bottle then apply a generous amount to clean skin. Allow to absorb for a few moments then follow with your usual day/night oil or cream.

Pro tip: Apply 1 pump of Skin Comfort Oil over your application of C&E to exfoliate and nourish in one step for a home facial treat.

Note: this highly active formulation may tingle a little or your skin may flush a little on application. This is perfectly normal and will subside after a few minutes.



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The Creams



Creams At-A-Glance

Our creams are designed to be lightweight, rich in skin-supportive ingredients and complementary to any cleansers, serums or SPF products you are using.

They will moisturise the skin, aid in maintaining /restoring barrier function and all will sit well under makeup if worn. Choose from lightweight to richer creams and remember always to use SPF30 as a last step during the day.

You can mix any of our oils with your chosen cream at night to customise your skincare.

Advanced Daily Protection SPF30. All skin types.

Hydrating Cream. Normal to combination/oily skin types.

Skin Comfort Cream. Normal to dry skin types.

Advanced Protection Daily Moisturiser with SPF30

Mineral SPF, anti-oxidants, moisturiser and vitamin treatment in one. This non-greasy daily moisturiser will layer well over any serums you use and will not leave a white cast. Use alone on clean dry skin or over other skincare products as your last step. Also great under makeup. Pro tip: Apply over Hydra Collagen Serum daily for the best possible anti-ageing and skin protection duo. I like to distribute between my hands then press and glide the product in an upwards and outwards motion over the face. Don't forget your eye contour area, neck and ears!

Broad spectrum UVA UVB protection.



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Hydrating Cream

Hydrating Cream with Hyaluronic Acid

A rich yet lightweight formula gives great hydration using high-grade hyaluronic acid and natural plant oils, leaving a fresh feeling to the skin.

Use over treatment serum at night and in the morning if required. Choose for skin that does not tend to be dry/tight or flaky.

Pro Tip: If your skin changes with the seasons you can switch between Hydrating Cream in the summer and Skin Comfort Cream in the winter months.



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Skin Comfort Cream

Skin Comfort Cream is designed to comfort, nourish, moisturise and repair even the most fragile, barrier-impaired skin.

Skin Comfort Cream is a beautiful, velvety cream suitable for all skin types except oily. Natural oils, butters, plant sterols and anti-oxidants pack this cream full of nature’s goodness to keep your skin supplied with nutrients and feeling comfortable.

A must-have for dry, fragile, ageing or sun-damaged skin. The longer you use this lovely product, the better your skin will get.

Use day or night over your chosen serum. Can be mixed with Lipid Repair Concentrate or Skin Comfort Oil for a customised experience.



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Specialist Care



Specialist Care Products

There are times in our life when we need extra care for our skin and our specialist are products are designed to address those concerns for you. Whether it is facing the skin challenges brought about by health issues such as cancer or hormonal changes such as menopause, our products are there to help keep your skin balanced.

At-A-Glance

Overnight Repair Cream: Upgrade from Age Slowly Serum at night to Overnight Repair Cream for enhanced anti-ageing benefits in your forties and beyond.

Youth Boost: Add a vial of youth boost to your Overnight Repair Cream to combat effects of oestrogen decline during menopause.

Skin Comfort Oil: Daily use for the management of very dry skin conditions such as after an illness or through chemotherapy. Also makes a great weekly treatment in combination with C & E Advanced Skin Booster for normal and dry skin types.

Overnight Repair Cream

A lightweight cream-gel formula, this deep acting skin repair cream absorbs deep into the skin layers targeting signs of ageing at their source. Containing collagen peptides and amino acids for collagen and elastin firming, retinol/vitamin A derivative for targeting lines, wrinkles and pigmentation and many cutting-edge anti-oxidants for cellular health and repair, this is the product to choose for all-round anti-ageing when skin is already showing signs of ageing and you want to see results.

Use instead of Age Slowly Serum as your night time treatment for skin over 40 or when ageing becomes more visible.

Use alone after cleansing at night for normal skin or under Lipid Repair Concentrate for dry skin. Not suitable for use during pregnancy.



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Youth Boost

Targeted anti-ageing boosting complex for women approaching or going through menopause, or experiencing declining oestrogen levels for any reason.

As oestrogen declines in our body with approaching peri/menopause the effects on our skin begin to be seen as thinning, creasing and increased sensitivity. Some may even begin to experience breakouts for the first time in years. Youth Boost's plant extracts mimic oestrogen effects on the skin cell to reduce and slow down the outward effects of peri/menopause on the skin.

Simply add 1 vial of Youth Boost to 120ml of Overnight Repair Cream.



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Skin Comfort Oil

This rich, nourishing, comforting oil has been specially developed to supply nutrients and protection to vulnerable skin.

Particularly recommended to help ease the discomfort of very dry and compromised skin caused by medical treatments such as chemotherapy, it is however suitable for skin that has become very dry for any reason.

Use day/night or as often as you need to combat the effects of dry skin conditions. Mixes very well with Skin Comfort Cream to customise your levels of richness required on a day to day basis.

Pro tip: Use mixed or layered with C&CE Advanced Skin Booster on any skin type (except reactive or during chemo) as a weekly treatment to exfoliate, nourish and brighten.



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Done-For-You Bundles



Done-For-You Bundles

It can be hard to navigate a full skincare range to decide which products are right for your skin's needs, especially when you want the convenience of shopping online.

We have heard your feedback and are introducing our new **Done-For-you Bundles**, a range of pre-grouped products that address some of the most common skin types and concerns. Simply identify your skin category from the list below and see the bundle of homecare products we recommend for you to achieve healthy, radiant skin.

Each kit will include a step-by-step instruction sheet.

For more customised skincare recommendations such as those for compromised skin including adult acne, rosacea or premature ageing due to illness or other factors we still prefer to chat with you to identify your unique skin needs but for everyone else its Done-For-You!

Universal Bundle Level 1

Early Ageing Bundle Level 2

Anti-Ageing Bundle Level 3

Specialist Bundle 1 Peri/menopausal skin

Specialist bundle 2 Dry/compromised skin/chemo care

Universal Bundle Level 1

Choose this Universal skincare bundle as a simple routine when you have normal to dry skin, and you would like to maintain a healthy, youthful complexion as long as possible.

This routine contains everything your skin needs to maintain a healthy barrier, plump skin cells and a smooth texture. Suitable from early twenties and up to when fine lines start to show and you feel ready for the first anti-ageing steps.

Contains:

1. Skin Comfort Cleanser
2. Lipid Repair Concentrate
3. SPF30 moisturiser
4. C & E+ Advanced Skin Booster

Routine

- **Night products:** Skin Comfort Cleanser, Lipid Repair Concentrate
- **Morning Products:** All-in-one Advanced Day Cream with SPF30
- **Weekly Treatment:** Vitamin C&E Advanced Skin Booster

Add ons available

(If your skin is routinely dry, or if it gets dry in winter, add [Skin Comfort Cream](#) over Lipid Repair Concentrate at night).

(If your skin is oily replace Lipid Repair Concentrate with [Hydrating Cream](#) at night).



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Early Ageing Bundle Level 2

Level up to this routine once fine lines start to show, especially around the eyes.

Depending on your own particular skin factors including sun exposure, diet, lifestyle and medical this can be from late twenties to early thirties.

Each 'Done-for-you' bundle includes a how-to guide.

Contains:

1. Skin Comfort Cleanser
2. Lipid Repair Concentrate
3. Hydra Collagen Serum
4. SPF30 Moisturiser
5. C & E+ Advanced Skin Booster

Daily Routine

Night products: Skin Comfort Cleanser, Lipid Repair Concentrate

Morning Products: Hydra Collagen Serum, All-in-one Advanced Day Cream with SPF30

Twice Weekly Treatment: Vitamin C&E Advanced Skin Booster



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Anti-Ageing Bundle Level 3

Choose this anti-ageing bundle when your main target is reducing the signs of ageing.

Adding our Age Slowly Vitamin A Serum at night under your Lipid Repair Concentrate will slow down the processes that deepen fine lines into wrinkles, reduce the appearance and formation of pigmentation and boost cellular energy for a more youthful glow.

For dry skin use every second night, normal and oily can build up to nightly usage.

Contains:

1. Skin Comfort Cleanser
2. Age Slowly Serum
3. Lipid Repair Concentrate
4. Hydra Collagen Serum
5. SPF30 moisturiser
6. C & E+ Advanced Skin Booster

Daily Routine

Morning Products: Hydra Collagen Serum, All-in-one Advanced Day Cream with SPF30.

Night products: Skin Comfort Cleanser, Age Slowly Serum, Lipid Repair Concentrate .

Twice Weekly Treatment: Vitamin C&E Advanced Skin Booster.



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Specialist Bundle 1 Peri/Menopause

As collagen and oestrogen levels begin a more rapid decline in our bodies, the skin can seem to show a sudden, accelerated ageing, which is where our specialist skincare bundle comes in for Peri/Menopausal skin.

Combat this with our specialist menopause bundle including the Overnight Repair Cream to intensively boost cellular reproduction and repair damage with high-dose anti-oxidants, vitamin A, collagen peptides and many other active ingredients. Pair with Youth Boost to replace some factors that oestrogen decline leaves empty in the skin structure.

Use from the earliest signs of hormonal change, even before you think you need to! Often, the oestrogen decline is happening long before we get any symptoms so prevention is key here to reduce the effects on the skin. I recommend starting on this routine from mid-forties on.

Contains:

1. Skin Comfort Cleanser
2. Overnight Repair Cream
3. Youth Boost
4. Lipid Repair Concentrate
5. Hydra Collagen Serum
6. C & E+ Advanced Skin Booster

Routine

- **Night products:** Skin Comfort Cleanser, Overnight Repair Cream with added Youth Boost, Lipid Repair Concentrate.
- **Morning Products:** Hydra Collagen Serum, All-in-one Advanced Day Cream with SPF30.
- **Twice Weekly Treatment:** Vitamin C&E Advanced Skin Booster.

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Specialist Bundle 2

Dry/Compromised/Chemo

At different stages in our life some medical or other factors may mean that we need a more intensive yet gentle nourishing routine, introducing our Specialist Skincare Bundle for dry, compromised skin. This can be from the drying effects of chemotherapy, during breast-feeding, drying effects of many long-term medications. Our Skin Comfort range of products is designed to intensively moisturise and nourish without being stimulating. Use day and night or as often as desired. Can be used on a short term basis to restore skin comfort, or as your everyday routine long-term. Bundle contains: Skin Comfort Oil Skin Comfort Cream SPF30 Skin Comfort Cleanser Daily Routin

Morning Products:

Skin Comfort Oil mixed with Skin Comfort Cream (€52). Follow with All-in-one Advanced Day Cream with SPF30 if going outdoors.

Evening products: Skin Comfort Cleanser, Skin Comfort Oil, Skin Comfort Cream.



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"Mariga, I'm absolutely thrilled with my new products and I'm so excited to start my new journey to achieve great skin for life 😊"

*Lisa,
Sept 2020*

I heard about mariga through a beauty blog, and contacted her at a period when my skin was in dire straits. Hormonal outbreaks of spots had got so bad, it was like being a teenager again. On top of that, my skin looked dull and grotty. I sent mariga photos and details my concerns, and she laid out a plan of action. Now, coming up for a year later, i am delighted with the results. Very quickly my skin settled down so that now I get very few spots, and of much less severity. My skin looks healthy, bright and smooth. I find mariga's products to be very effective, and good value. Before this, I used a whole range of different things on my skin – various brands and various products. These days, I only use what I get from mariga, and I am very happy with the results.

Emily

I started used Skin Essentials over a year ago and am delighted I did so. I previously spent a lot of time and money on so many products and nothing seemed to work for my skin. Mariga gave me great advice, was very thorough and responded quickly. I really felt like I was not just a number. I, as a long distant client, found the service excellent and will hopefully go down to Wexford some day to Skin Esstentials. I am very happy with the routine Mariga has outlined for me and it works. I look forward to placing my next order for her skincare products. Highly recommended!

Cathy

[Read more testimonials on our website here](#)