

## WINTER SKIN CARE



One of the most important things to do in winter is to keep your skin gently stimulated and maintain a healthy circulation. The face has millions of tiny nerve endings, which react to extremes in temperature. By keeping skin stimulated you will encourage the elimination of toxins, ensure a healthy turnover of cells and stimulate muscle tone. This will combat the drying effects of cold and central heating.

It's a cardinal beauty sin not to clean your face, particularly taking care to remove all traces of make up. Constant changes in temperature can cause the skin to over-compensate, making an imbalance in the production of sebum. Keeping the skin stimulated is a delicate balancing act. Too much can be as bad as too little. Never use anything that leaves your skin thirsty. If it feels sore or taught after using a product, stop using it. What the skin misses in winter is emolliency to help stop it losing moisture and keep it soft. Winter is the time to get back to basics and balance oil and moisture levels – we recommend Pevonia Essential Lines for this season.

### Must haves for Winter...

#### **AROMATHERAPY FACE OIL** purely natural aromatic face treatment oil

##### Aromatherapy Face Oil – Dry, Devitalized Skin

##### Ease dryness, fine lines, fatigue and stress.

Highly nourishing and toning it is packed full of hydrating and rejuvenating ingredients including hazel nut oil, jasmine essential oil, ylang ylang essential oil and Vitamin E to counteract dehydration, truly nourish the skin and postpone the aging process. Skin is rendered soft, supple and youthful looking.

##### Aromatherapy Face Oil – Sensitive Skin

##### Calms the skin and helps to regulate moisture balance.

Packed with soothing and hydrating ingredients such as Hazel Nut Oil, Neroli (Orange Blossom Oil), French Rose and Lavender Essential Oils; with Vitamin E, this silky textured face oil will leave skin feeling calm and truly nourished.

##### Aromatherapy Face Oil – Combination Skin

##### Brightens the skin and helps control oil flow.

Packed with zesty ingredients such as Mandarin Essential Oil and Grapefruit Essential Oil, this silky textured face oil will leave skin rejuvenated and brightened! The powerful ingredients normalize sebum secretions without dehydrating the skin, tightening enlarged pores and leaving skin soft and supple.



### MOOD LIFTING...

Does Winter give you the "Moody Blues", research indicates that less sunshine affects our moods and can even lead to mild depression. You need to nurture yourself in Winter with some soothing massage and vital minerals. Two body treatments we recommend this time of year is Pevonia's Black Moor Wrap to soothe aches and pains and elevate the mood and Seaweed Body Wrap to get the blood and lymph circulation moving to eliminate toxicity.



### DEEP HYDRATION

The Anti-Free Radical Mask is Pevonia's most popular skin treatment and a wonderful solution for dehydrated and lack-lustre skin. Soothing and replenishing vitamins A & E combine with delicious Mandarin Oil to penetrate deep into the skin restoring softness and vibrancy. A thermal mask infused with Mint and Lavender increases the circulation rendering the skin bright and full of luminous colour.



## Your skin care solution

Its time to balance oil and moisture levels to ensure the skin does not become reactive and sensitive. Go back to basics with a skin specific kit complete with a three-easy-step-guide. Your Skincare Solution gives you a quick beauty fix whenever, wherever!