

The Four Miessence Skin Profiles



BALANCING - Normal/Combination Skin

*Even skin tone, with fine to average pore size
May have enlarged pores with T-zone oiliness
Occasional breakouts
Some blackheads*

Some herbs used:

Organic Calendula - soothes, heals, restores
Organic Chamomile - antimicrobial, calms, soothes
Organic Marshmallow - softens, revitalises, emollient, hydrates
Organic Olive Leaf - repairs, tones, firms, antioxidant
Organic St Johns Wort - moisturises, astringent, refreshes, tones
Organic Lavender - soothes, relaxes, regenerates
Organic Rosehip Seed - regenerates, moisturises, heals



REJUVENATING - Dry/Mature Skin

*Needs extra nourishment
Some loss of elasticity*

May have some dry patches

*Dull complexion / no sheen
May have surface capillaries*

Some herbs used:

Organic Gotu Kola - anti-wrinkle, anti-aging, heals
Organic Hops - stimulates, tones, dark circle treatment
Organic Horsetail - stimulates, tones, firms, anti-free radical
Organic Nettle - circulation enhancer, anti-inflammatory, astringent
Organic Geranium - tones, softens, soothes, balances
Moroccan Rose - anti-wrinkle, regenerates
Organic Avocado - moisturises, nourishes, softens
Organic Rosehip Seed - regenerates, moisturises, heals



SOOTHING - Sensitive Skin

*May have surface capillaries and flaky patches
Can feel irritated and itchy
Can appear blotchy
Allergic reactions are common
Flushed and red easily*

Some herbs used:

Organic Chamomile - antimicrobial, calms, soothes
Organic Horsechestnut - decongests, drains broken capillaries, strengthens
Organic St Johns Wort - moisturises, astringent, refreshes, tones
Organic Witch Hazel - drains, astringent, anti-free radical, protects
Carrot seed - regenerates, tones, heals
German Chamomile - anti-bacterial, wound-healing and pain-relieving
Organic Rosehip Seed - regenerates, moisturises, heals



PURIFYING - Oily/Problem Skin

*Can have oily sheen
Breakouts/blemishes
Congestion/clogging*

Open pores, blackheads and redness

Some herbs used:

Organic Burdock - astringent, softens, soothes, purifies
Organic Echinacea - purifies, stimulates, calms
Organic Nettle - anti-inflammatory, astringent, strengthening
Organic Plantain - astringent, soothing, healing
Organic Witch Hazel - draining, astringent, anti-free radical, protective
Organic Tea Tree - astringent, regulates, repairs
Organic Lemon Myrtle - astringent, antibacterial, repairs
Organic Jojoba - nourishes, moisturises, anti-free radical

