

SAGEANDYLANG

# biomecare + calm

## HOW TO USE

BIOMECARE RESET +  
PREBIOTIC CALMING MASK

☀️ **AM SKINCARE ROUTINE**



### **1. CLEANSE WITH GENTLE FACE CLEANSER (2 - 3 PUMPS)**

- Wet face
- Apply 2-3 pumps of the cleanser onto your palm
- Lather and massage onto your skin
- Immediately rinse off with water thoroughly

### **2. BEAUTY ESSENCE (1 - 2 PUMPS)**

- Massage into skin

### **3. SOOTHE AND PROTECT MOISTURISER (1 - 2 PUMPS)**

- Massage into skin - suitable for eye area

### **4. SUNSCREEN (OTHER BRAND)**

- Apply layer of preferred sunscreen for protection



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- Wet face
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- Immediately rinse off with water thoroughly

#### 2. PREBIOTIC MASKS (CALMING)

( $\frac{1}{2}$  - 1 TEASPOON)

- add mask into a small bowl
- add water slowly and mix the dry clay into a flowy paste
- apply onto skin (avoid eye area) using brush or fingers
- leave on skin for about 10 mins. Do not let it dry out completely
- once the mask is 70% dry, rinse off the mask

(optional: if exfoliation is needed - wet mask with water again and gently massage the mask on the skin before rinsing off)

- towel dry the skin

#### 3. BEAUTY ESSENCE (1 - 2 PUMPS)

- Massage into skin

#### 4. SOOTHE AND PROTECT MOISTURISER (1 - 2 PUMPS)

- Massage into skin - suitable for eye area

