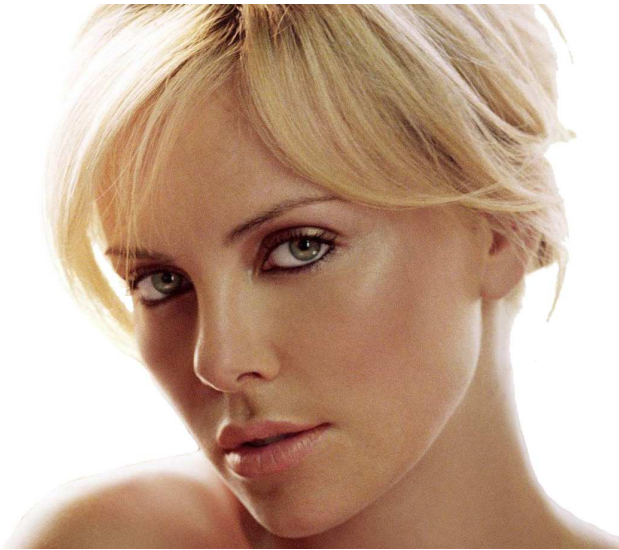




# olive by langlois

pure, natural skincare

## A basic 4 step regime for beautiful skin



### Step 1: Cleanse

Simple is the key here. You should ensure that the bar or liquid cleansers you use are made specifically for the face. Most soaps and cleansers are made with chemical detergents which can dry the skin.

For a safe and natural cleansing regime you need look no further than Olive by Langlois natural Moisturising Cleansing Bar or natural Cream Facial Cleansers to find a good cleanser.



They are all natural, made without detergents and are mild enough for even the most sensitive skin. Be careful not to cleanse too often. Washing at night should be enough.



However, if you have very dry skin, consider using a cream to cleanse the way the French do. Simply apply Olive by Langlois all natural Hand and Body Lotion gently to your face, then wipe off, no water needed.

You can also use the water method: Use warm water to loosen dirt and clogged pores. In the morning, a splash of lukewarm

water is all you need (it's great for removing excess oils after your nightly moisturising).

Never wash your face with very hot or very cold water (both can cause broken capillaries).

Also, be careful about over-cleansing your skin, if your skin starts to feel dry, flaky or tight this is probably what you are doing.

### Step 2: Exfoliate

Exfoliation is the step most people skip in their weekly skincare routine.

But, if you start properly exfoliating your skin, you will notice an almost immediate difference.



One of the reasons men's skin can look more youthful than women's is because men tend to exfoliate daily when they shave.

Scrubs work by removing the top layer of dead skin cells that tend to dull your complexion. Make sure you use a gentle scrub with tiny grains. Chemical peels are a no-no!

The perfect scrub for you may be Olive by Langlois natural Mandarin & Lavender (or Raspberry or Apricot) Facial Scrub with tiny jojoba beads or the Dewberry and Walnut Scrub to exfoliate naturally.

Should you use a toner? Some people swear by toners, but many beauty experts do not (I once read a skincare expert claim, "toners are only for copy machines").

Toners often contain alcohol and are meant to remove all remaining traces of oil, makeup and dirt.

On the other hand a good cleanser will leave a fine layer of moisturiser to help protect the skin after cleansing.

### Step 3: Moisturise

A basic law of beauty is that everyone, no matter her skin type, should moisturise. Even if your skin is oily,

it will benefit from regular moisturising.

Why? because natural moisturisers help to maintain the acid mantle so important for a balanced skin pH.

If you use a natural moisturiser which is rich in antioxidants and vitamins it has the ability to not only restore moisture to skin but also nourish and sustain it.

Olive by Langlois has a wide range of all-natural moisturisers. These include Day and Night Creams, lotions and creams.



So how much should you moisturise?

As a rule of thumb your skin will tell you. When your skin is tight, it's crying out for moisture.

Be careful not to over moisturise -- this can clog pores. The solution, simply wipe off any excess moisturiser with a soft dry cloth.

#### Step 4: Apply Sunscreen

An article featuring interviews with several top skin care experts and dermatologists revealed that every single one of them believe that applying a sunscreen was the most important part of your skincare regimen.

They all said It was the secret they would pass on to their daughters.

The number-1 cause of wrinkles is sun damage, so it's important to use sunscreen from your early years on even in winter and on cloudy days

*Researched and written by Vici Murdoch, October 13, 2010*

## It's New - It's Olive's new anti-acne skincare!

The best skincare regime for acne consists of once-a-day cleansing with a mild natural soap and/or facial scrub to aid in the removal of excess sebum and dead skin cells.

Follow this by using an anti-bacterial lotion.

We have developed a unique anti-bacterial lotion and scrub, which are both rich in olive leaf extract.

Its active ingredient is oleuropein, one of nature's most powerful bactericides to control and prevent acne. We have also added calendula extract and bergamot essential oil to cleanse and soothe.



*Acne is a common human skin condition.*

*It is caused by over production of sebum (oil) and obstruction of the pores.*

*The amount of sebum produced by the skin is regulated by hormones*

*Acne occurs most commonly during adolescence, affecting more than 85% of teenagers, and frequently continues into adulthood.*

*In adolescence, acne is usually caused by an increase in male hormones, which people of both genders accrue during puberty.*

*For most people, acne diminishes over time and tends to disappear or decrease in the early twenties.*

*Acne occurs when a hair follicle and its sebaceous glands become obstructed and an overgrowth of normal skin bacteria, Propionibacterium acnes, causes destruction of the lining of the follicle.*

*This process allows follicular material to enter the skin layer, causing an inflammatory response*