

DAILY SKINCARE

Avroy Shlain®

Skincare  
Workshop  
Guide

# HOW TO SET-UP FOR A SKINCARE WORKSHOP

## Workshop Tools

- Headband/ Hair cover
- Facial Sponges / Face Cloth
- Cotton pads
- Avroy Shlain Cleansers
- Avroy Shlain Toners
- Avroy Shlain Moisturizes
- Avroy Shlain Specialized products
- Mirror
- Bowl
- Paper Towel
- Personal Skin Analysis pad



# WORKSHOP GUIDE

## SELECT A VOLUNTEER

## SKIN ANALYSIS

- Conduct a skin analysis using the worksheet.

## SKIN PREPARATION

- Secure hair away from face using the headband/ hair cover.
- Apply Mircella Water to cotton pad, wipe face & neck to remove make.

## CLEANSE

- Massage cleanser using the fingertips over the face & neck.
- Rinse & remove with a warm damp face cloth/ facial sponge.

## SPECIALIZED TREATMENTS

- Apply specialized treatment products onto damp skin.
- Before Toner:
  - Exfoliator - using circular movements, gently exfoliate the face & neck.
  - Mask - apply a thin layer of the mask to the face & neck while avoiding the eye area. Leave mask on for 1-3 minutes.
  - Rinse & remove specialized treatments with a warm damp face cloth/ facial sponge.

## TONE

- Apply toner to a cotton pad & wipe the face & neck to remove excess product & balance the skin's pH.

## SPECIALIZED TREATMENTS

- After Toner:
  - Serums - Apply to affected area

## MOISTURISE

- Finish with a thin layer of moisturizer with SPF.



# 10 TIPS FOR GORGEOUS SKIN



1. Follow a skincare routine twice daily



6. Never sleep with make-up on



2. Apply sunscreen 15 mins before going out daily



7. Change the pillow case weekly



3. Use a mask once a week



8. Avoid junk food



4. Exfoliate regularly



9. Exercise



5. Stay hydrated



10. Get enough sleep




# Personal Skin Analysis

Please take a few moments to complete your personal skin analysis with your consultant. This will enable you to correctly identify your skin type, and match it to the Avroy Shlain Skincare Range specifically formulated to meet your skin's needs.


What is your main skin concern?	Oily skin that is shiny all over	Unbalanced skin, both dry and oily areas	Discolouration, blotchiness and uneven skin tone	Dry skin lacking radiance
	↓	↓	↓	↓
Skin type	<b>Oily Skin</b>	<b>Combination Skin</b>	<b>Uneven Skin Tone</b>	<b>Dry Skin</b>
	↓	↓	↓	↓
Match your skin type to the Avroy Shlain Skincare Range that is perfect for you.	<p><b>Oily skin is characterised by:</b></p> <ul style="list-style-type: none"> <li>• All over shine</li> <li>• Enlarged pores</li> <li>• Frequent break outs</li> </ul>	<p><b>Combination skin is characterised by:</b></p> <ul style="list-style-type: none"> <li>• Skin that is oily in some areas and dry in others</li> <li>• The classic T-zone: skin is oily on the forehead, nose and chin, and dry on other areas.</li> </ul>	<p><b>Uneven skin is characterised by:</b></p> <ul style="list-style-type: none"> <li>• Dark patches on skin</li> <li>• Dark spots and pigmentation</li> </ul>	<p><b>Dry skin is characterised by:</b></p> <ul style="list-style-type: none"> <li>• Small, or invisible pores</li> <li>• Skin that feels tight and lacks moisture</li> </ul>
	 <p><b>SKIN SOLUTIONS®</b></p>	 <p><b>TAHLITA®</b></p>	 <p><b>EVEN TONE</b></p>	 <p><b>NUCELLE®</b></p>
				
	<p>Skin Solutions® is suitable for oily skin types.</p>	<p>Tahlita® is the perfect range for combination skin.</p>	<p>Use Even Tone® Solutions to combat uneven skin tone.</p>	<p>Use Nucelle® to combat dry skin, and to moisturise and hydrate skin.</p>

# CREATE YOUR DAILY SKINCARE ROUTINE.

Your basic daily 3-step routine:



**STEP 1: Cleanse in the morning and evening** to remove make-up and impurities. Without cleansing, pores can become clogged, leading to possible irritation or the formation of blemishes (pimples).



**STEP 2: Tone** to freshen and refine the skin and remove leftover cleanser and impurities. Toners also balance the pH of your skin.



**STEP 3: Moisturise in the morning and evening.** Moisturising provides a barrier to prevent water evaporation. It maintains your skin's suppleness, thereby delaying the ageing process and formation of fine lines. Apply a moisturiser with a SPF of at least 15 in the morning.



Add your targeted treatment products:



**SPECIALISED TREATMENTS:** these address a specific skin concern. Masks and exfoliators are to be used before the toner and other treatments to be applied after the toner and before your moisturiser.

Skin Type/ Concerns	STEP 1			STEP 2		STEP 3		SPECIALISED PRODUCTS
	Cleansers	Toners	Day Moisturisers	Night-time Moisturisers	Treatments			
Combination Skin	Tahlita® Face Wash Avroy Shlain Pure™ Face Wash	Tahlita® Toner Avroy Shlain Pure™ Face Toner	Tahlita® Day Cream SPF 20 Avroy Shlain Pure™ Face Cream for Normal Skin	Tahlita® Night Cream	Tahlita® Exfoliating Scrub			
Dry Skin	Nucelle® Facial Wash Avroy Shlain Pure™ Face Wash	Nucelle® Toner Avroy Shlain Pure™ Face Toner	Nucelle® Advanced Moisturiser Nucelle® Day Cream SPF 15 Nucelle® Probiotic Day Cream Nucelle® Eye Cream Probiotic	Nucelle® Night Cream	Nucelle® Hydration Mask			
Oily Skin	Skin Solutions® Face Wash Skin Solutions® Cleansing Soap Avroy Shlain Pure® Mattifying Soap	Skin Solutions® Toner Avroy Shlain Pure™ Face Toner	Skin Solutions® Day Cream SPF15 Avroy Shlain Pure™ Skin Vanishing Cream	Skin Solutions® Night Gel	Skin Solutions® Spot Clearing Gel Skin Solutions® Charcoal Mask			
Uneven Skin Tone	Even Tone® Face Wash Avroy Shlain Pure™ Facel Wash	Even Tone® Toner Avroy Shlain Pure™ Face Toner	Even Tone® Day Cream SPF 20 Avroy Shlain Pure™ Face Cream for Uneven Skin tone	Even Tone® Night Cream	Even Tone® Solutions Dark Spot Corrector			