

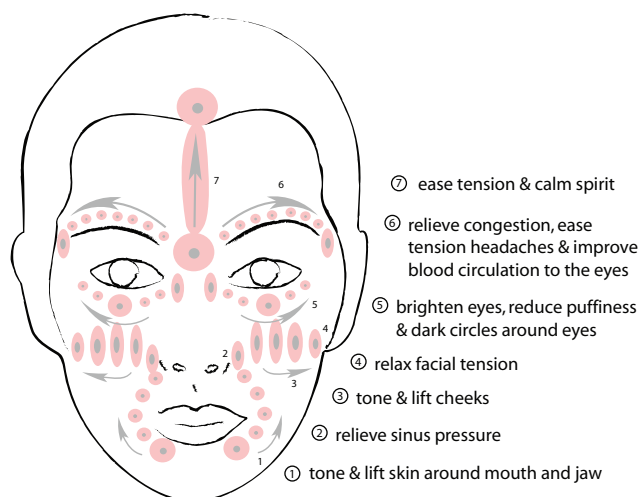
Transform your skin
in just 10 days with our
simple and fuss free
solutions to skincare.

10^{day} face rejuvenation

10 DAY PLAN For ten days follow the following program:

MORNING

- On the first day of the plan, apply a face mask like our *PLANT SERUM FACE MASKS* to ultra hydrate and draw toxins out of your skin.
- After your shower, cleanse your face with a gentle herbal face wash like our *ANGELICA FACE WASH*. Do not use any abrasive cleansers.
- Massage *ROYAL JELLY & REISHI* face cream gently into the skin. Patting around the delicate eye area. Use the face chart and take your time so that the cream is fully absorbed and you generate a good blood supply to the face.
- Close the pores, improve skin tone and reduce eye puffiness by using a *JADE ROLLER*.
- Drink a cup of white tea with your breakfast.



DAY

- Eat a healthy lunch and stay hydrated with water or white tea throughout the day. Snack on the worlds most powerful anti-ageing food *GOU JI BERRIES* if you get peckish.
- If you work a lot in front of the computer take regular breaks and massage the sides of your forehead, temple and top of your head. This eases stress and stimulates circulation to the face.

EVENING

- Go for a walk for 20 minutes to get some fresh air and oxygen to the skin.
- Have dinner with water or white tea.
- Cleanse your face with our *ANGELICA FACE WASH* then gently exfoliate your face with a micro exfoliant like our *GINKGO & BAMBOO FACE SCRUB* and wash off with warm water.
- Massage the *ROYAL JELLY & REISHI* face cream into the face. If you suffer from dark circles then pat a little *GINSENG EYE REJUVENATION* cream under the eyes.
- Close the pores, improve skin tone and reduce eye puffiness by using a *JADE ROLLER*.
- Go to bed early and before going to bed drink an ampoule of *GOLDEN CAMELLIA* tonic.

WHAT SHOULD YOU EAT & DRINK?

Eating and drinking sensibly for 10 days can be a bit of a challenge but the key is to stay hydrated and avoid stimulants, processed food, smoking and alcohol.

SKINCARE DRINKS & SUPERFOODS

WHITE TEA

The highest concentration of powerful tea antioxidants than any other cuppa with very low caffeine. More hydrating than water.

FRESH FRUIT

Stick to mild and cooling fruits like watermelon, papaya and grapefruit.

GOU JI BERRIES

The highest natural source of antioxidants. Great for skin and to help your liver detox which improves the whiteness of your eyes.

FRESH VEGETABLES

Eat lots of greens, especially cucumber, celery and avocado.

SKINCARE HERBS

In the form of a tea (*NATURAL BEAUTY TEA*) or capsules (*GLOW FORMULA*).

WATER, WATER and more **WATER!**

THINGS YOUR SKIN DO NOT LIKE

OILY FOOD - Stay away from fried or fatty foods.

SPICY FOOD - Some people have a skin reaction to chilli and heavily spiced food so it's best to avoid.

PROCESSED FOOD - Full of salt and preservatives that dry and damage your skin.

HEAT - We don't mean warm food, we mean foods that add heat to your body by their very nature. Things like chicken, seafood, peppers should be eaten in small quantities.

DAIRY - Causes damp in the body that can lead to skin conditions like spots and acne.

ALCOHOL & COFFEE - Dehydrates the body.

CIGARETTES & POLLUTION - Try to stay clear of polluted areas.

STRESS & EMOTIONAL INSTABILITY - Your mental and emotional health plays a huge part in the quality of your skin. If you are continuously stressed or upset then seek help with Chinese Medicine.

LACK OF SLEEP - Why do you think your skin looks so good after a holiday?

DRY ENVIRONMENTS - Radiators and air conditioners can make the air very dry. Place a wet towel over the heaters, especially while you sleep.

EXCESSIVE SUN - Avoid skin damage by staying in the shade and applying skin protection if necessary.