



# skin care regime organizer

Our organic skin care products are designed for specific skin types and conditions but because our line is so broad several alternative products could be right for you. The following chart organizes our products by skin type and condition with those for oily skin to the left and dry skin to the right. We hope it helps you decide which of the **ilike organic skin care** cosmetics are right for you and which you would like to try next!

## TONERS

FOR OILY SKIN		FOR DRY SKIN	
<b>Rosehip Toner</b>	<b>Stonecrop Toner</b>	<b>Blackthorn Toner</b>	<b>Rose Petal Toner</b>
Oily, Problematic, Sensitive, Rosacea Skin Types	All Skin Types, especially for Pigmented and Sensitive Skin	Skin Types Lacking Tone, Elasticity and Vitamins	Normal to Dry Skin Types

**Directions:** To hydrate: simply spray toner on the skin several times a day. To cleanse: apply toner over entire cleansed skin surface with a cotton pad and wipe the skin. Use twice a day after cleansing or mask or anytime your skin needs to be refreshed.

## CLEANSING MILKS AND CLEANSING CONCENTRATES

FOR OILY SKIN		FOR DRY SKIN		
<b>Mineral Exfoliating Wash</b>	<b>Lemon Cleansing Milk</b>	<b>Nettle Exfoliating Wash</b>	<b>Rose Petal Cleansing Milk</b>	<b>Grapeseed Cleansing Milk</b>
Oily, Problematic, Acne Prone Skin Types, Inflamed Follicles, Sensitivity, Face & Body	Combination/Normal to Dehydrated Skin Types	Dry, Itchy, Dehydrated Skin Types, Face and Body	Normal to Dry Premature, Sensitive, Mature Skin Types	Mature, Dry and Loose Skin Types

**Directions:** **Cleansing Milks:** Apply a small amount of cleansing milk suited to your skin type over entire face and neck area and massage it in gently for 30-60 seconds moving your fingertips in circular motions, then wipe off with damp face towel or cotton pad. **Cleansing Concentrates:** Mix a small amount of exfoliating wash with water in hands. Apply and massage into skin with fingertips for 1 to 3 minutes in a circular motion covering the entire face and neck and avoiding the eye area. Remove completely with damp face towel. Use 1-2 times a day. Use also on problematic areas of the back, décolleté and body.

## EXFOLIATORS

FOR OILY SKIN		FOR DRY SKIN		
<b>Rosehip Exfoliator</b>	<b>Spinach and Horsetail Exfoliator</b>	<b>Yogurt Power Peel</b>	<b>Sulphuric Exfoliator</b>	<b>Rolling Face &amp; Body Exfoliator</b>
Oily, Combination, Normal and Sensitive, Acne Prone and Rosacea Skin Types	Normal to Combination or Devitalized Skin	All Skin Types, except Hypersensitive	Dehydrated Premature, Mature Skin with Fine Lines or Sensitive, Inflamed Skin	Non-Sensitive Dehydrated Premature Skin Types (Stimulating Effect)

**Directions:** **Exfoliators:** Apply a thin layer of exfoliator to your skin after cleansing and leave on for 10-15 minutes for optimal results. Gently scrub off with a damp face towel or rub off with your fingertips. **Peel:** Apply a thin layer to clean skin and leave on for 3-5 minutes. Can be left on up to 20-30 minutes on thickened skin such as elbows and heels. Remove with damp towel and spray on toner to balance the pH level of the skin.

## MASKS AND SPECIAL TREATMENTS

FOR OILY SKIN						FOR DRY SKIN						
<b>Ichthammol &amp; Herbs Mask</b>	<b>Seven Herb Mask</b>	<b>Rosehip Gel Mask</b>	<b>Fibrous Stonecrop Gel Mask</b>	<b>Blackthorn Gel Mask</b>	<b>Nettle and Algae Treatment</b>	<b>Sour Cherry Gel Mask</b>	<b>Phytoestrogen Gel Mask</b>	<b>Quince Apple Gel Mask</b>	<b>Peach Mask</b>	<b>Rose Petal Gel Mask</b>	<b>Rich Carrot Mask</b>	<b>Pumpkin &amp; Orange Mask</b>
Oily, Seborrhea, Acne, Prone to Inflammation, Rosacea Skin Types	Combination, Problematic, Sensitive Skin Types Prone to Inflammation	Oily, Seborrhea, Acne, Sensitive, Prone to Inflammation Skin Types	All Skin Types and Problems, Blotchy, Sunburnt Skin with Hyperpigmentation	Normal and Combination, Loose, Pale, Anaemic Skin Types	All Skin Types and Problems	Dehydrated Normal/Combination, Premature Skin Types	All Premature, Mature Skin Types	Normal to Dry, Premature Skin Types, Puffy Eyes	Dry to Normal, Premature, Mature Skin Types, Sunburn	Dry, Dehydrated Premature, Mature, Sensitive Skin Types	Water- and Oil Deficient Mature, Sensitive Skin Types	Deep Layer and Surface Water- and Oil Deficient Mature Skin Types
Calming, Healing, Toning, Controls Oiliness, Anti-inflammatory	Soothing, Healing, Nourishing, Prevents Blemishes	Vitamin Cocktail, Anti-inflammatory, Soothing	Calming, Lightening, Regenerating, Hydrating	Vitalizing, Hydrating, Firming, Refreshing, Iron Supplement	Vitalizing, Regenerating, Detoxifying, Firming with Phytoestrogens (Stimulating Effect!)	Hydrating, Anti-Aging, Firming, Oil Free	Anti-Aging, Lifting, Hormone Balancing (Slightly Stimulating Effect)	Hydrating, Firming, Vitalizing, Nourishing	Nourishing, Hydrating, Vitalizing	Vitalizing, Nourishing, Regenerating, Increases Elasticity	Calming and Nourishing with Phytoestrogens for Rejuvenation	Nourishing, Lifting, Vitalizing, Rejuvenating

**Directions:** Apply to cleansed skin and leave on for 15-20 minutes. Remove with a wet face towel. Follow with moisturizer possibly supplemented with a serum or herbal oil concentrate. Use masks 1-2 times a week. Exfoliation increases the effect of masks.

## SERUMS AND OIL CONCENTRATES

FOR OILY SKIN						FOR DRY SKIN				
<b>Herb Infusion Serum</b>	<b>Rosehip Serum</b>	<b>Brightening Serum</b>	<b>Phytoestrogen Serum</b>	<b>Wrinkle Eliminator Serum</b>	<b>Skin Power</b>	<b>Antioxidant Grapeseed Serum</b>	<b>Q10 Serum</b>	<b>Yarrow Oil</b>	<b>Calendula Oil</b>	<b>Phytoestrogen Massage Oil</b>
Oily, Problematic Skin Types Prone to Acne and Inflammation	All Skin Types with Acne, Rosacea or Other Skin Sensitivity	All Skin Types with Hyperpigmentation	Perimenopausal, Premature Skin Types	All Skin Types with Wrinkles	All Skin Types with Fine Lines and Wrinkles	Premature and Mature, Dry and Loose Skin Types	Oil- and Water Deficient, Rosacea, Sensitive, Scaly, Chapped Skin Types	Sensitive, Inflamed, Rosacea, Water- and Oil Deficient Skin	Oil- and Water Deficient, Scaly, Seborrhea Skin Types	For the Body or Very Dry Skin
Healing, Calming, Controls Oiliness	Vitalizing, Soothing, Tightening, Decreases Inflammation	Lightening, Hydrating, Vitalizing	Hormone Balancing, Anti-Aging, Firming	Regenerating, Tightening, Toning, Smoothing	Hydrating, Regenerating, Vitalizing, Anti-Aging	Anti-Aging, Rejuvenating, Firming	Nourishing, Rejuvenating, Antioxidant	Soothing, Strengthening, Rejuvenating	Calming, Regenerating, Healing	Firming, Anti-Aging, Vitalizing

**Directions:** Apply a small amount of serum under the moisturizer as the last step of your skin care regime. Use 2-3 times daily. **Q10 Serum:** Enrich moisturizers and creams with a few drops of oil. Can be massaged into cuticles. Can also be used under the eyes by gently massaging a drop into the fine lines. **Calendula Oil:** Enrich moisturizers and creams with a few drops of oil or use as otherwise directed. For face and body.

## Eye Care, Lip Care and Specialities

EYES	LIPS	SPOTS
<b>Fenugreek Gel for Wrinkles</b>	<b>St. John's Wort Eye Contour Cream</b>	<b>Lemon Citrus, Cool Mint and Spicy Cinnamon Lip Balm</b>
Anti-Wrinkle Gel for Fine Lines and Deep Wrinkles, Tired Eyes, Neckline; for Dehydrated to Combination Skin Types	Rich Anti-Wrinkle Cream for All Skin Types	Hydrating and Anti-Aging balms for All Lips
Increases Elasticity, Hydrates	Increases Elasticity (Also a Pregnancy Cream)	Spicy Cinnamon Version Has Stimulating Effect!
		<b>Paprika Spot Treatment</b>
		Blotchy Skin, Closed Pores, Hard to Reach Areas, Stubble Rash
		<b>Herbal Clay Spot Treatment</b>
		Acne, Seborrhea, Inflamed Follicles
		Anti-inflammatory, Skin Softening, Detoxifying
		Drying, Healing, Anti-inflammatory and Concealing Effects

**Directions:** **Eye Care:** Apply a thin layer of cream onto clean skin around the eye. Use twice daily, in the morning and the evening. **Lip Blams:** Apply a thin layer onto your lips after eating, drinking or as needed. **Spot Treatments:** Apply a thicker layer on spots for the night. Wash off in the morning with rubbing movements. Can also use Herbal Clay Spot Treatment as a concealer during the day.

## MOISTURIZERS

FOR OILY SKIN						FOR DRY SKIN							
<b>Sulphuric Whipped Moisturizer</b>	<b>Rosehip Whipped Moisturizer</b>	<b>Stonecrop Whipped Moisturizer</b>	<b>Blackthorn Whipped Moisturizer</b>	<b>Sour Cherry Whipped Moisturizer</b>	<b>Apricot Whipped Moisturizer</b>	<b>Rose Petal Whipped Moisturizer</b>	<b>Softening Thermal Moisturizer</b>	<b>Antioxidant Grape Moisturizer</b>	<b>Phytoestrogen Moisturizer</b>	<b>Rich Carrot Moisturizer</b>	<b>Glycolic Medlar Rejuvenating Treatment</b>	<b>Linden &amp; Marigold Rejuvenating Treatment</b>	<b>Rich Antioxidant Grape Moisturizer</b>
Oily, Acne, Seborrhea, Prone to Inflammation Skin Types	Acne/Seborrhea, Rosacea, Sensitive, Prone to Inflammation Skin Types	Dehydrated, Normal and Combination, Freckled, Pigmented, Sunburnt Skin Types	Pale or Anaemic, Seborrhea, Sluggish, "City Woman" Skin Types	Combination to Dehydrated, Large Pore Premature Skin Types	Normal to Dehydrated, Premature, Mature Skin Types	Dehydrated Premature, Mature and Sensitive Skin Types	Normal to Dry, Scaly, Dehydrated Skin Types, Eczema, Dry Spots	Loose, Dehydrated Premature, Mature Skin Types	Water- and Oil Deficient Premature, Mature Skin Types	Oil- and Water Deficient Premature, Mature and Sensitive or Sunburnt Skin	Premature and Mature Skin Types with Wrinkles	Dry Premature, Mature, Thick Skin Types, Elbow, Knee, Feet	Dry and Mature Skin Types with Deep Layer Dehydration
Healing, Balancing, Reduces Sebum Production	Soothing, Hydrating, Vitalizing, Tightening	Soothing, Regenerating, Lightening, Hydrating	Vitalizing, Iron Supplement, Increases Elasticity	Vitalizing, Nourishing, Firming, Anti-Aging	Vitalizing, Hydrating, Antioxidant	Nourishing, Lifting, Mineralizing	Softening, Regenerating, Mineral Supplement, Contains Thermal Water	Rejuvenating, Lifting, Vitalizing	Lifting, Anti-Aging, Hormone Balancing	Vitalizing, Elasticizing, Regenerating	Rejuvenating, Night Cream or Eye-Contour Cream (Contains Glycolic Acid)	Nourishing, Firming, Regenerating	Nourishing, Anti-Aging, Vitalizing, Night Cream

**Directions:** Apply a thin layer of moisturizer over entire face and neck area after cleansing and toning skin. Enrich moisturizer with one of our serums or oil concentrates to achieve an even more radiant complexion. Use it as a final step of your daily regime in the morning and the evening. Moisturizers and rich moisturizers might be used as night creams for most skin types. Rich moisturizers are suitable to reduce the appearance of fine lines (eg. around the eye area) or treat lack of elasticity and even prevent stretch marks (eg. during pregnancy).

## ILIKE FOR MEN PRODUCTS

STEP 1	STEP 2	STEP 3
<b>Black Exfoliating Wash</b>	<b>After Shave Gel</b>	<b>Stonecrop Daily Moisturizer</b>
Stubble Rash, Skin Prone to Inflammation and Sensitivity, Oily to Normal Skin	All Men's Skin, from Oily to Dry, Young or Mature Skin	All Men's Skin, Open Pored, Oily to Dehydrated Skin
Deep Cleansing, Anti-Inflammatory, Calming, Healing	Soothing, Calming, Regenerating, Hydrating, Vitalizing, Astringent Effects	Hydrating, Regenerating, Soothing, Lightening, Leaves Matte Finish

**Directions:** **Wash:** Mix a small amount with a few drops of water in your palm and massage onto skin. Leave on for 1-3 minutes. Rinse off with water or remove with a wet face towel. **After Shave:** Apply a small amount after shaving or whenever the skin feels dry or irritated. Use it under the moisturizer (or in humid and hot climates as a moisturizer replacement). **Moisturizer:** Apply a thin layer onto your skin as the last step of your daily skin care regime twice a day.

## BODY LOTIONS AND SUNTAN PRODUCTS

<b>Cantaloupe Body Lotion</b>	<b>Stonecrop Body Lotion</b>	<b>Rose Petal Body Lotion</b>	<b>Circulation Revitalizing Body Lotion</b>	<b>Tomato Suntan Gel</b>	<b>Tomato Suntan Lotion</b>
All Skin Types	All Sensitive or Pigmented Skin Types	Dehydrated, Dry and Aging Skin Types	for Localized Cellulite Areas or Flabby Skin Only	Sunscreen for Face, Neck and Décolleté	Moisturizing Sunscreen for the Body
Hydrating, Vitalizing, Nourishing	Nourishing, Regenerating, Lightening	Hydrating, Firming and Nourishing	Circulation Boosting, Detoxifying, Firming		SPF 12 and SPF 22

**Directions:** **Body lotions:** Apply body lotion suited to your skin type to clean skin and massage it in. Use twice daily or after every shower or bath. **Suntan products:** Reapply after swimming or showering.