

# complementary skin care products

To get the most from your daily skin care regime, these complementary Joyce Blok products will greatly enhance your skin care results.



◀ **Daily Skin Care** suited to all skin conditions is available with the four Joyce Blok ranges of cleansers, toners and moisturisers for every-day use. Your therapist will recommend the products best suited to your current skin

needs. Ask for our brochures about the Rose De Luxe, Marigold Natural, Neroli Balm, and Herbal Extra ranges.

▶ **Gentle Facial Exfoliant** is a pleasant exfoliating cream, gentle enough for your face. It can be used wet or dry to remove accumulated dead skin cells and grime.



◀ **Rejuvenating Skin**

**Cream** is a very soft, smooth cream which combines bio-stimulant Proteodermin with Glycolic AHA Acid. Use as a night cream to enhance skin restoration.



▶ **Serum C-10** is a Vitamin C serum, applied to help protect your skin from free radicals and sun damage, stimulate collagen formation, smooth and firm, even the complexion, and heal blemishes.



◀ **Eye Care Cream**

**& Eye Contour Gel** are perfect for the fine skin around your eyes. The cream has rejuvenating ingredients, while the gel is a rehydrating treatment and smoothes your skin.



◀ **Solar Care** products are the most powerful 'anti-aging' agents, because they prevent sun damage, the main cause of skin aging. Joyce Blok clear or tinted sunscreens should be applied (after your moisturiser) every day. If you're out in the sun, reapply every 3-4 hours.

▶ **Joyce Blok AHA Skin Care Cream** contains Aloe Vera gel,

Wheatgerm oil and Vitamin E, as well as AHA complex. It also has broad-spectrum sunscreen filters for an SPF4-5. The cream maintains a gentle exfoliating effect and provides enhanced moisturising benefits. Use morning and night (or use Rejuvenating Skin Cream at night).



▶ **Eye & Lip Cleanser** is a gentle cream for removing eye make-up and lipstick without tugging delicate skin. It also leaves a fine protective film to help retain the natural moisture.



Ask your Joyce Blok beauty therapist about Joyce Blok in-salon treatments, especially our AHA Fruit Acids treatment programme, for the best in total skin care.

Visit the Self Care Group web site at: [www.SelfCareGroup.com](http://www.SelfCareGroup.com)

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## intensive care



Joyce Blok Natural Skin Care products for intensive care of dry, dehydrated, sluggish or overactive skins

# intensive care



*When your skin needs an extra boost towards a normal, healthy and desirable condition, you have two choices to help you achieve the best possible results... ampoules and masks.*

*Examples of when intensive care is recommended include: when your skin has been exposed to the elements (winter - cold, summer - sun); skin shows signs of premature aging; during or after stress, illness, childbirth, weight loss; during hormonal changes or imbalances.*

**Intensive Care Masks** are an effective and convenient way of applying ingredients. A high level of active ingredients is kept in contact with the skin for a longer period of time, which can significantly enhance your skin care. Using a mask at home supports the treatment of your therapist in the salon, but it is not a replacement.

Masks should be considered a normal, regular part of an effective skin care routine. The most important benefits of different masks are calming, soothing, refining, moisturising and stimulating. There are 3 main types of home-care masks available:

**Cream** - a richer, opaque mask, which has more nutrients and active ingredients in a water-in-oil emulsion. This allows for easy penetration of essential oils, vitamins and moisturisers.

**Clay** - a semi-setting mask, which may become quite firm, if left long enough. This allows for excellent cleansing, toning and soothing effects, especially as the clays absorb excess oils and debris.

**Gel** - a translucent, moist gel, is easily applied and easily removed. It feels very refreshing on the skin. Gel provides a good delivery system for applying water-soluble ingredients.

**"Your skin is your body's first line of defence. For this reason alone it's worth looking after!"**

**Aloe Vera and Camphor Gel Mask** has the astringent, soothing benefits of Camphor, combined with the healing, soothing and moisturising benefits of Aloe Vera extract. It can be used in conjunction with other masks and applied to the oily T-zone of the face.

It is especially useful and soothing for oily, overactive or problem skins.



**Aloe Vera and Cucumber Gel Mask** contains Cucumber and Aloe Vera extracts for a refreshing, soothing, moisturising mask suitable for most skin types. It is good for dry, or sun and wind damaged skin, making it an ideal summer refresher and moisturiser, which can be used as often as desired. It is also an excellent eye mask (cover a cotton pad with gel and place over closed eyes for 10 minutes).

**Collagen and Elastin Gel Mask** contains soluble Collagen and soluble cross-linked Elastin. This easy-to-apply gel provides the skin with excellent firming, smoothing and re-hydrating benefits, suitable for most skin types. It is especially beneficial for dry, dehydrated, devitalised and aging tired skin. It also makes an excellent eye mask.

**Linden Refining Mask** is a pleasant smelling, soft-green, refining clay mask suited for all skins. The mask contains Linden extract, Bentonite and Kaolin clays, Vitamins E and F (essential fatty acids), and Zinc Oxide to provide soothing, protective, anti-oxidant, rebalancing, and restorative benefits. It will leave any skin looking and feeling fresher, firmer and smoother.



**Soothing Azulene Clay Mask** is a soothing, calming, balancing and healing mask, which also removes skin impurities and excess oil due to its Kaolin clay content. The healing, antiseptic, protective and emollient properties of Azulene, Lanolin, Oak Root extract, Urea, Vitamin E and Zinc Oxide make it especially suitable for sensitive and problem skins.

**Vitamin Cream Mask** is rich in natural emollients and the vitamins essential for healthy skin, especially Vitamins A and E, which are in an Almond and Wheatgerm oil base. It also contains

Calendula oil, well known for its ability to stimulate healthy new skin growth and to assist healing. This mask is a superb rehydrating and enriching mask suited for most skin types, especially those with any tendency to dryness.

**How to use masks:** Thoroughly cleanse, exfoliate and tone as usual. Apply mask to your face, neck and décolletage with clean fingertips, or a mask brush, to provide a complete coverage. Do not cover the eyes or lips with the mask (use gel mask on a cotton square or gauze for eyes). Leave the mask on your skin for at least 10 minutes, but generally no longer than 15 minutes.

Take off with moist sponges or a clean face cloth and warm water. Remove any remnants with Joyce Blok toner and apply your night cream, or enhance skin restoration with rejuvenating skin cream.

# intensive care ampoules

*Ampoules are sealed, sterile glass containers with a concentrated solution or serum of active ingredients. They are made for us in France, incorporating recent advances in skin care. Each pack contains 5 ampoules, which can be used every day or two for an intense treatment, or weekly for a more prolonged impact.*



**Active Purifying Ampoules** contain Orris Root extract, Zinc Acetate and Vitamin A to give an astringent, purifying, and healing treatment for problem, oily skin.

**Azulene Ampoules** contain Alpha-bisabolol (from Camomile), for a soothing, calming, purifying and hydrating skin care effect.

**Collagen & Elastin Ampoules** contain soluble Collagen, Elastin and Vitamin E to

moisturise skin and help restore and maintain skin firmness, suppleness and smoothness.

**Rejuvenating Ampoules** contain Orange Flower Water and Placental Extract to help nourish, stimulate and revitalise the epidermis.

**Trace Elements Ampoules** contain essential Mineral Trace Elements, Proline (from Collagen), and Horsetail Extract to soothe, moisturise and restore skin freshness.

**How to use ampoules:** Most skin cell growth occurs late at night and the best time to apply an ampoule solution is before going to bed. Cleanse and Exfoliate, before applying the serum.

Tap the ampoules to ensure the contents are in the bottom. Wrap the ampoule in a tissue and snap the top off firmly. Pour serum into the palm of the hand. The liquid will run out easily if the "lip" of the opening touches the skin.

Spread the liquid all over the treatment area with clean finger tips (avoid the skin immediately around the eyes, to prevent liquid entering the eyes). Work the solution into your skin and massage with gentle fingertip pressure for several minutes.

Apply your night cream.

