



BESTOW UNIVERSITY

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BESTOW THE GRACES NOURISHING OIL

key learning points

Bestow The Graces Nourishing Oil is a topical oil which nourishes your skin with 12 beautiful botanicals.

This nourishing topical oil includes 12 beautiful botanical oils personally chosen by Janine Tait. It's bursting with EFA's, vitamins and antioxidants, and is an enriching booster to add to any skincare regime.

THE POWER OF BOTANICAL OILS FOR SKIN

- Botanical oils are rich in phytonutrients, vitamins, and antioxidants - which are all essential for healthy, glowing skin.
- Each botanical oil has its own unique powers and properties to benefit skin.
- Janine Tait experimented with botanical oils on her own skin for over 20 years and Bestow The Graces Nourishing Oil is a blend of her favourite oils.

WHO IS BESTOW THE GRACES NOURISHING OIL FOR?

- Suitable for most skin types, including sensitive skin.
- While rich in consistency, it is noncomedogenic and will not cause pimples.
- Nourishing lipids make it beneficial for dry skin conditions.

HOW TO USE IT

Use Bestow The Graces Nourishing Oil every day for nourishment and protection, or two or three times per week as a skin booster.

THE PROBLEM WITH DEHYDRATED SKIN

- Most women have dehydrated skin without even realising it.
- Dehydration leaves skin looking dull and feeling tight. It compromises the barrier function and prevents the active ingredients in skincare from penetrating into the deeper layers of the skin.
- You will miss out on most of the goodness of Bestow The Graces Nourishing Oil if you apply it to dehydrated skin.
- Topical hydration cannot be solved by drinking more water.

SKIN SOAKING IS THE KEY

- Skin soaking is a game changer for treating dehydrated skin.
- With skin soaking, the skin is hydrated topically and the hydration is immediately sealed into the skin with a moisturiser or oil.
- If you soak your skin everyday, in the morning and evening, your skin will be more soft, radiant and plump within one week.



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MEET THE 12 CHOSEN ONES

ARGAN OIL is 'liquid gold' which brings lack-lustre skin to life. It is high in EFA's and vitamin E, which help to hydrate the skin.

TAMANU SEED OIL has anti-oxidant, anti-inflammatory and skin healing properties and penetrates very deeply into the skin.

BORAGE OIL is nature's richest source of gamma linolenic acid, which helps repair the skin barrier faster than any other EFA. It includes ferulic acid, an anti-oxidant that can repair sun and wind damaged skin, and ellagic acid, which protects collagen.

CALENDULA OIL speeds healing, reduces inflammation and helps improve epidermal differentiation. Very effective for treating acne scarring.

JOJOBA OIL is technically a wax. It is the plant-oil closest to our own natural sebum and really strengthens the skin's barrier function.

ROSEHIP OIL contains tretinoin, a vitamin A derivative that delays the effects of skin ageing and assists with cell regeneration.

AVOCADO OIL is full of vitamins and anti-oxidants.

GRAPSEED EXTRACT helps repair the skin.

VITAMIN E OIL protects the more delicate oils in the blend from oxidising.

ESSENTIAL OILS Sandalwood, Rose Geranium and French Lavender essential oils each have unique gifts to offer our skin and have a beautiful scent.

THE BESTOW THE GRACES NOURISHING OIL SKIN SOAKING RITUAL

1. Firstly, partially fill your hand basin with warm water. Immerse a Bestow Soaking Cloth in warm water, wring out excess water and press the damp cloth to your face.
2. Take three slow, deep breaths.
3. Repeat the previous two steps to ensure your skin is well hydrated.
4. After soaking your skin, immediately apply any toners, mists or serums that you desire.
5. Quickly lock in all that precious moisture by using the tips of your fingers to gently massage 1-2 drops of Bestow The Graces Nourishing Oil into your skin.
6. Apply moisturiser to finish, if you wish.

HOW TO TAKE CARE OF YOUR BESTOW THE GRACES NOURISHING OIL

Keep it in your bathroom cupboard, away from excessive sunlight or heat.

