



THE GRACES

SOOTHING DUO – PART 2

The Graces Skin Soothing routine is a gentle routine for sensitized skin.

Instruct your clients to follow this routine morning and evening until their skin barrier is repaired.



Benefits of the Graces Soothing Routine:

- Calms reactive, sensitised skin.
- Gently hydrates dry, tight skin,
- Helps skin to repair natural protective barrier.
- Nurtures skin without overstimulating it.
- Strengthens skin and builds resilience.
- Soothes and smoothes skin.
- Softens wrinkles and fine lines.
- Fosters a healthy glow.

Introducing Skin Bathing:

- Involves soaking soft cloth in warm water and pressing to skin.
- Precious moisture is absorbed in upper layers of epidermis.
- Apply Soothing Duo products immediately to seal in moisture.

Why Skin Bathing is a Game Changer for Skin:

- Moisture activates enzyme action in skin, which helps rebuild skin barrier.
- No water, no enzymes, no healing!
- Hydration affects cells in stratum corneum. Instead of being dry and shriveled, they flatten out, plump up and fit together, forming a protective shield.
- Skin structure becomes organized and strong. This enables skin to reflect light.
- Regular skin bathing results in glowing, silky-feeling skin with great barrier function.

Why We Don't Cleanse in the Morning:

- Over-cleansing is a key cause of sensitised skin.
- Cleanse only in the evening to remove pollutants, make up and sunblock chemicals.
- In morning, simply wipe skin with warm, damp cloth.
- Perspiration, dust and traces of night care products rinse away with water
- A damp cloth removes excess oil/perspiration without stripping skin barrier.

The Graces Skin Soothing Routine:

A twice-daily routine to hydrate and heal your skin.

Feature Products: The Graces Soothing Duo

Feature Technique: Skin Bathing.

Morning

No cleansing is necessary in the morning.

Bathe

Immerse Bestow bathing cloth in warm water, wring out and press to skin for five deep breaths. Repeat three times.

Treat

Massage one pump of The Graces Soothing Serum into damp skin.

Moisturise

Immediately massage one pump of The Graces Soothing Oil into skin to seal in hydration.



Evening:

Cleanse

Massage one pump of The Graces Soothing Oil into damp skin. Gently remove with a warm, damp cloth.*

Bathe

Immerse Bestow bathing cloth in warm water. Wring out and press to skin for five deep breaths. Repeat three times.

Treat

Massage one pump of The Graces Soothing Serum into damp skin.

Moisturise

Immediately massage one pump of The Graces Soothing Oil into skin to seal in hydration.

** If skin is very irritated, even a soft cloth may be too abrasive for skin. In this case, damp cotton wool is good alternative. Dip cotton wool in warm water and lightly squeeze out. Apply one pump of Soothing Oil to cotton wool and use to gently cleanse face.*

Skin Bathing: Extra Notes

- Skin can hold onto topical hydration for only 12 hours. It is vital to bathe skin morning and evening.
- In extreme cases of dryness (eczema or rosacea), they may need to repeat routine in middle of day. As skin heals, it holds moisture better, and bathing twice daily is enough.



Getting Started with the Soothing Routine:

Week 1-2

- Use The Graces Soothing Oil only – not The Graces Soothing Serum.
- Sensitised skin is highly reactive. It's best to introduce one product at a time so you can identify if it is too challenging for the skin.
- The Graces Soothing Oil is gentle. It is unlikely skin will react.

Temporary Routine:

Morning: Bathe skin and apply The Graces Soothing Oil.
Evening: Cleanse with The Graces Soothing Oil, bathe skin and apply the oil again as moisturiser.

Week 3

- Introduce The Graces Soothing Serum and the full Soothing Routine.
- If client reacts to the serum, it means their skin is not strong enough yet.
- If they react, return to temporary Soothing Oil routine. After several weeks, introduce the serum again.

Diet & Lifestyle Factors:

Topical skincare remedies are only half the story. Skin barrier issues also reflect nutrient deficiencies and food sensitivities. Healing skin disorders from within requires skin nutrition support, supplementation and dietary/lifestyle changes. Contact us at hello@bestowbeauty.com to find out what learning opportunities are available to upskill in this area.

FAQ's

How long should clients use The Graces Soothing Duo for?

Use exclusively for a minimum of three months. May need longer if skin is particularly damaged or if client cannot implement all of your nutritional and lifestyle recommendations.

How will I know when their skin barrier has healed?

It will be visible. Redness will calm. Instead of being tight and dry, skin will be soft and plump to touch. Blemishes and inflammation will be noticeably improved.



What products should client use once skin barrier has healed?

Your client needs good quality, pure products to continue the journey to healthy skin. Try them on your preferred skincare range, introducing just one product at a time. If skin is not happy with any product it will tell you! If skin reacts, get back on Soothing Duo until skin recovers. You can then try again with another product.

Are there any products from The Graces range they could use?

The Graces Nourishing Oil is a good option. It contains 12 botanical oils. It is very nourishing and more active than Soothing Oil. It can take up to a year for sensitised skin to be strong enough to use Nourishing Oil.

