



THE GRACES SOOTHING DUO – PART 1 The Graces Soothing Serum & The Graces Soothing Oil

How do you respond when someone with a skin disorder comes to see you?

- If you feel confident and know how to help - great!
- If you feel fear, anxiety or doubt – you're not alone.

“This is how I felt as young therapist because I didn't know what to do. That took me on my 30-year journey of learning how to transform skin.”
~ Janine Tait



Understanding Sensitised Skin

- Sensitised skin is visibly unhappy.
- Can present as red, angry and inflamed or tight, stressed, blemished skin.
- Shows up in skin disorders such as acne, eczema, rosacea and peri-oral dermatitis.

Understanding a Compromised Skin Barrier

- The acid mantle and stratum corneum are two of uppermost parts of skin structure.
- They form a barrier between the external environment and deeper, vulnerable layers beneath.
- When the barrier is damaged, toxins and irritants get into deeper layers.
- This sets up irritation/sensitivity in the skin and allows moisture to escape.
- Sensitised skin is often dry, tight and dehydrated.

What is the Difference Between Sensitised and Sensitive Skin?

Sensitive Skin

- Genetically less robust, but not disordered.
- Requires gentle handling even when healthy.
- A skin type.

Sensitised Skin

- Normal skin that becomes reactive due to a compromised skin barrier.
- Genetically normal, oily or dry skin types can become sensitised.
- A skin state, not a skin type.

Common Causes of Sensitised Skin:

- Over-doing microdermabrasion or chemical peels.
- Using products containing AHA's or BHA's.
- Using grainy exfoliants.
- Using soaps, foaming cleansers or strong toners (these strip acid mantle).
- Internal causes such as nutrient deficiencies or food intolerances.

How to Treat Sensitised Skin:

- Sensitised skin needs careful handling.
- Many products make it worse.
- The skin is capable of repairing and rebuilding the skin barrier - with the right care.
- Requires pure, healing products and a simple skincare routine.





The Graces Soothing Duo

Plant therapy to soothe, repair and strengthen sensitised skin.

- We created these two products to soothe sensitised skin and rebuild skin barrier.
- First-aid remedy products for troubled skin.
- Ask clients to stop using all other skin care.
- Use only these two products until skin barrier heals.

- Skin soothing and nourishing properties.
- Has a calming effect on skin.

Lavender

- Reduces skin redness.
- Re-balances skin.
- Anti-bacterial, anti-fungal and anti-inflammatory.
- Effective for treating acne.

Active Manuka Honey

- Soothes inflamed skin.
- Heals blemishes.

Also contains: rose, chamomile, calendula, marshmallow root, comfrey, vitamin C and grapefruit seed extracts.



The Graces Soothing Serum

- Repairs and strengthens sensitised skin.
- Features calming botanicals to reduce inflammation.
- Contains plants known for their healing qualities.

Hero Ingredients and Benefits:

Aloe Vera

- Promotes rapid healing.
- Reduces inflammation and eczema.
- High in antioxidants.

Mamaku Gel

- New Zealand native.
- Skin hydration booster.
- Promotes healthy skin renewal.
- Internationally sought after.

Kowhai Flower

- New Zealand native.



The Graces Soothing Oil

- Cleanses, soothes and moisturises sensitised skin.
- Rich in healing plant oils to nourish skin and seal in moisture.
- Improves hydration, which stimulates enzyme action – this helps rebuild damaged skin barrier.

Hero Ingredients and Benefits:

Jojoba

- Liquid wax moisturises skin without blocking pores.
- Strengthens and protects skin barrier.

Avocado Oil

- Contains rich feast of nutrients for skin.
- Ideal for treating psoriasis, rosacea and eczema.



Raspberry Seed Oil

- Soothes inflamed skin.
- Rich in linoleic acid, the most important EFA for skin.

Also contains: grapefruit seed extract, passionfruit seed oil, organic lavender essential oil and vitamin E.

