



Nicci Skin Care Fact Sheets

For Your Inner & Outer Beauty

It's important with any skin care regime to ensure you are drinking enough water daily, at least 8 – 10 eight ounce glasses of water a day to flush away toxins in the body. Your water intake will show in your skin as it becomes clearer and more radiant.

Look at your diet and exercise routines too. Introducing more vegetables, fruits, fish and lean meats into your diet will put your metabolism under less stress as it digests these foods. Gentle walking, yoga and swimming will ease stresses and worries helping to remove tension from your face and will bring in more oxygen to the body. You will notice a brighter and younger appearance.

Sleep is another important factor. Getting a good night's rest is essential for health and beauty to allow your body to recuperate. You can use the Nicci French Lavender essential oil to help you relax before bedtime, which may help you fall asleep more quickly.

Skin care regimes using all natural products are extremely important to your health and beauty care. Nourishing your skin with natural herbal synergies, botanical extracts and wildcrafted essential oils, without any chemical additives, is imperative for your longterm health goals.

Imagine the skin as a giant tea bag! It allows pollutants and chemicals into the body through the pores, and then also sends toxins out through the pores. However, if the body is not functioning well, some of these toxins can become stuck in the body. These toxins can include chemicals from our personal care products which put more stress on the body leading to illness.

So, it's important to feed our skin and bodies with clean, natural products that are chemical free and not tested on animals. The Nicci Collection is formulated to bring you truly effective skin care that's good for you and your skin.

Visit www.skindeep.com to find out the latest research on personal care products and their impact on our bodies.

Directions for Use for the Nicci Face Collection

All of our products are rich and concentrated so that means a little goes a long way. The size of a dime is normally the amount required for each treatment.

Once opened you will find our products need to be used within a 3 month period. We use our signature dark violet glass bottles which are known to protect our products from damaging ultra-violet light. There is no need to refrigerate our products.

As with any skin care products we suggest you skin patch test the products first before using.

Daily use of our products is recommended.

Step 1 - Clean & Cleanse

Nicci Damask Rose Cleanser – 100% natural - is formulated to gently and effectively remove eye and face make-up, and surface skin impurities such as pollutants, excess oil and bacteria. This gentle light crème cleanser can be applied to wet or dry skin to remove all face and eye make up. Remove with a soft tissue and rinse with warm water. In addition, leave the cleanser on your face for up to 5 minutes for a deep cleansing treatment, a slight reddening may occur, lasting for up to 10 minutes following the treatment.

Skin Type: All types and very suitable for sensitive or stressed skin.

Results: Increased cell renewal, radiant, better skin tone and healthier looking skin through a complex blend of multi minerals. Roman Chamomile, French Lavender and Rosewood aid in the soothing, skin softening and anti-bacterial action of the cleanser.

Removing dead surface skin cells without disturbing the delicate moisture and oil balance of the skin is one of the keys to beautiful skin. Cleansers containing synthetic based detergents, mineral oils, petrochemical carbomers, synthetic waxes can throw the skin off balance causing increased production of oil and inflammation, or dehydration.

Step 2 – Hydrate & Tone

Nicci Damask Rose Hydrator – 100% natural – with its main ingredient being steam distilled Rose hydrosol used to tone and hydrate the skin, by misting over cleansed skin, or make-up to set your look. Since the milk amino acids work to provide a fine layer of moisture to the skin, this is an excellent spritzer for hot summer days to cool and tone the skin.

Make-up Artists also find this mist invaluable for outdoor locations on sunny days, since the mist will reduce redness and skin sensitivity.

Skin Type: All types and very suitable for reducing sensitivity, redness and dehydrated skin.

Results: Regulated skin sebum production and smoother healthier skin.

Step 3 – Moisturize

Skin Type: Normal, dry, sensitive

For the daytime

Use Nicci Daily Repair Moisturizer – 99.5% natural – with the main ingredient being calendula in its most potent form provides a deeply moisturizing richly packed nutrient light cream. Smooth a tiny amount over freshly hydrated skin. The crème's beautiful golden color is derived from the powerful anti-oxidant betacarotene.

Results: Skin repairing for softer younger looking skin, revitalizes mature dry skin to reveal smoother skin tone.

For the night time

Use Nicci Rejuvenating Serum – 99.5% natural - as a base for very dehydrated skin and then layer the Daily Repair Moisturizer over the top.

For normal to dry skin, use the Serum only, paying particular attention to the forehead, eye area, jaw line and neck.

Results: Smooths fine lines, particularly beneficial for stress-damaged and weather damaged skin as it rejuvenates the skin and protects with a natural moisture barrier. Stimulates collagen and elastin to improve tone, may diminish age pigmentations, or dark spots (depending on severity).

Skin Type: Oily

Nicci Rejuvenating Serum – 99.5% natural – is formulated using a powerful natural Vitamin C complex and its clean light consistency allows the valuable active ingredients to penetrate the skin directly.

Use a small amount daily and at night to bring moisture to oily skin without blocking the pores, blot any excess with a tissue.

Results: Improved skin tone, balanced sebum production, clearer, softer skin.

Tips for the Summer

Carry the Nicci Damask Rose Hydrator with you in your handbag to fresh and tone during the hot days of summer. You may wish to just use the Nicci Rejuvenating Serum as a moisturizer on hot days, since our skins are apt to change with the seasons and require less heavier moisturizing.

Tips for the Winter

Layer up with a deeply hydrating moisturizer like our Daily Repair Moisturizer to protect against the elements and reduce sensitivities to heating and extreme temperatures. Using our Rejuvenating Serum at night along with the Daily Repair to provide intense hydration and prevent dryness and flaking.

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