

Cleansing the skin using a natural, oil based cleanser

A natural oil cleanser works by attracting like to like - i.e. oil dissolves oil. The skin naturally creates its own oil as lubrication, protection and as a natural healer, by processes which are interfered with by applying mainstream skin care products. Applying more (natural, organic) oil to the face will not bring about blemishes, cysts, blackheads, whiteheads etc, in fact it will help do the opposite. Skin becomes clogged due to many factors including hormonal imbalance, bacteria and the build up of dead skin cells. Applying a natural oil cleanser deals with this clogging without upsetting the skins natural balance; in other words, it will not encourage the skin to produce more oil than is required or desirable.

Bare Necessity Organic Facial Cleanser when applied correctly will dissolve oil which has become hardened with impurities and found itself stuck in your pores. You may not need to use it every day. If your skin is basically clear and you only feel it becomes dull or dirty in certain situations e.g. a trip to the city, airplane travel, working in the garden or in a dry, dusty atmosphere etc then use it only when required. If you suffer from blackheads or spots, or need to remove make-up then use it daily.

The orange colour of the product is from the sea buckthorn pulp it contains. It may look slightly bright but is non-staining to the skin, protects, rejuvenates and has anti-inflammatory properties. It is therefore suited to all skin types including those affected by acne, rosacea, eczema and psoriasis.

Instructions for use

Pour or spray the oil into the palm of your hand - aim for an amount about the size of a £1 coin. Gently rub your hands together to slightly warm the oil then massage it into your face with your fingertips. Leave for a minute or so then remove with cotton wool or a flannel dampened with warm water or rosewater. For maximum benefit, tone with rosewater after use.

If you require a really deep cleanse then once a week only, apply the oil as above, leave for two minutes then cover your face with a cloth soaked in hot water and wrung out. Leave the cloth to cover the face until it has cooled down to skin temperature (this doesn't take long at all) then repeat the process one more time. Make sure the water is as hot as you can handle from the tap (not from a boiled kettle!). Remove any remaining oil with the cloth then tone with rosewater if required.

You may experience a feeling of slight dryness or tingling after you have used the cleanser a few times. If this happens to you then persevere with it as this will be the sloughing off of dead skin cells and should be short-lived. In the highly unlikely event of a more severe reaction then discontinue use immediately.