



# skin care regime organizer

Our organic skin care products are designed for specific skin types and conditions but because our line is so broad several alternative products could be right for you. The following chart organizes our products by skin type and condition with those for oily skin to the left and dry skin to the right. We hope it helps you decide which of the **ilike organic skin care** cosmetics are right for you and which you would like to try next!

## TONERS

FOR OILY SKIN			FOR DRY SKIN	
<b>Rosehip Toner</b>	<b>Stonecrop Toner</b>		<b>Blackthorn Toner</b>	<b>Rose Petal Toner</b>
Oily, Problematic, Sensitive, Rosacea Skin Types	All Skin Types, especially for Pigmented and Sensitive Skin		Skin Types Lacking Tone, Elasticity and Vitamins	Normal to Dry Skin Types

**Directions:** To hydrate: simply spray toner on the skin several times a day. To cleanse: apply toner over entire cleansed skin surface with a cotton pad and wipe the skin. Use twice a day after cleansing or mask or anytime your skin needs to be refreshed.

## CLEANSING MILKS AND CLEANSING CONCENTRATES

FOR OILY SKIN			FOR DRY SKIN	
<b>Mineral Exfoliating Wash</b>	<b>Lemon Cleansing Milk</b>		<b>Nettle Exfoliating Wash</b>	<b>Rose Petal Cleansing Milk</b>
Oily, Problematic, Acne Prone Skin Types, Inflamed Follicles, Sensitivity, Face & Body	Combination/Normal to Dehydrated Skin Types		Normal to Dry, Itchy, Dehydrated Skin Types, Face and Body	Normal to Dry Premature, Sensitive, Mature Skin Types
				<b>Grapeseed Cleansing Milk</b>
				Mature, Dry and Loose Skin Types

**Directions:** **Cleansing Milks:** Apply a small amount of cleansing milk suited to your skin type over entire face and neck area and massage it in gently for 30-60 seconds moving your fingertips in circular motions, then wipe off with damp face towel or cotton pad. **Cleansing Concentrates:** Mix a small amount of exfoliating wash with water in hands. Apply and massage into skin with fingertips for 1 to 3 minutes in a circular motion covering the entire face and neck and avoiding the eye area. Remove completely with damp face towel. Use 1-2 times a day. Use also on problematic areas of the back, décolleté and body.

## EXFOLIATORS

FOR OILY SKIN			FOR DRY SKIN	
<b>Rosehip Exfoliator</b>	<b>Spinach and Horsetail Exfoliator</b>		<b>Rolling Face &amp; Body Exfoliator</b>	<b>Sulphuric Exfoliator</b>
Oily, Combination, Normal and Sensitive, Acne Prone and Rosacea Skin Types	Normal to Combination or Dehydrated Skin		Non-Sensitive Dehydrated Premature Skin Types (Stimulating Effect)	Dehydrated Premature, Mature Skin with Fine Lines or Sensitive, Inflamed Skin
				<b>Yogurt Power Peel</b>
				All Skin Types, except Hypersensitive and Acne Prone

**Directions:** **Exfoliators:** Apply a thin layer of exfoliator to your skin after cleansing and leave on for 10-15 minutes for optimal results. Gently scrub off with a damp face towel or rub off with your fingertips. **Peel:** Apply a thin layer to clean skin and leave on for 3-5 minutes. Can be left on up to 20-30 minutes on thickened skin such as elbows and heels. Remove with damp towel and spray on toner to balance the pH level of the skin.

## MASKS AND SPECIAL TREATMENTS

FOR OILY SKIN							FOR DRY SKIN								
<b>Ichthammol &amp; Berbs Mask</b>	<b>Seven Herb Mask</b>	<b>Apple &amp; Lemon Gel Mask</b>	<b>Rosehip Gel Mask</b>	<b>Fibrous Stonecrop Gel Mask</b>	<b>Blackthorn Gel Mask</b>		<b>Sour Cherry Gel Mask</b>	<b>Nettle and Algae Treatment</b>	<b>Magnetic Skin Therapy</b>	<b>Phytoestrogen Gel Mask</b>	<b>Rose Petal Gel Mask</b>	<b>Quince Apple Gel Mask</b>	<b>Peach Mask</b>	<b>Rich Carrot Mask</b>	<b>Pumpkin &amp; Orange Mask</b>
Oily, Seborrhea, Acne, Prone to Inflammation, Rosacea Skin Types	Combination, Problematic, Sensitive Skin Types Prone to Inflammation	Oily, Combination, Acne Prone, Non-sensitive Skin with Hyperpigmentation	Oily, Seborrhea, Acne, Sensitive, Prone to Inflammation Skin Types	All Skin Types Especially Blotchy, Sunburnt Skin with Hyperpigmentation	Normal and Combination, Loose, Pale, Anaemic Skin Types		Dehydrated Normal/Combination, Premature Skin Types	All Skin Types and Problems	All Skin Types, Especially Inflammation, Rosacea, Eczema, Psoriasis and Wrinkles	Menopausal, Perimenopausal Hormonal Imbalances	Dry, Dehydrated Premature, Mature, Sensitive Skin Types	Normal to Dry, Premature Skin Types, Puffy Eyes	Dry, Dehydrated Premature, Mature Sunburn	Water- and Oil Deficient Mature, Sensitive Skin Types	Deep Layer and Surface Water- and Oil Deficient Mature Skin Types
Calm, Healing, Toning, Controls Oiliness, Anti-inflammatory	Soothing, Healing, Nourishing, Prevents Blemishes	Vitalizing, Skin Lightening, Firming, Tightens Pores	Vitamin Cocktail, Anti-inflammatory, Soothing	Lightening, Regenerating, Hydrating, Calming	Vitalizing, Firming, Hydrating, antioxidant and Iron Supplement		Hydrating, Anti-Aging, Firming, Tightens Pores	Vitalizing, Regenerating, Detoxifying, Firming with Phytoestrogens (Stimulating Effect)	Repair Mask Enhancing Circulation and Cell Reproduction, Decreasing Inflammation, Oxygenating	Anti-Aging, Lifting, Hormone Balancing (Slightly Stimulating Effect)	Vitalizing, Hydrating, Regenerating, Increases Elasticity	Hydrating, Firming, Vitalizing, Nourishing	Nourishing, Hydrating, Vitalizing	Calm, Nourishing, Rejuvenating	Nourishing, Lifting, Vitalizing, Rejuvenating (Slightly Stimulating Effect)

**Directions:** Apply to cleansed skin and leave on for 15-20 minutes. Remove with a wet face towel. Follow with moisturizer possibly supplemented with a serum or herbal oil concentrate. Use masks 1-2 times a week. Exfoliation increases the effect of masks.

## SERUMS AND OIL CONCENTRATES

FOR OILY SKIN										FOR DRY SKIN		EYES					LIPS		SPOTS	
<b>Herb Infusion Serum</b>	<b>Rosehip Serum</b>	<b>Brightening Serum</b>	<b>Phytoestrogen Serum</b>	<b>Tomato Suntan Gel</b>	<b>Age Defense Bioflavonoid Serum</b>	<b>Skin Power</b>	<b>Wrinkle Eliminator Serum</b>	<b>Antioxidant Grapeseed Serum</b>	<b>Q10 Serum</b>	<b>Yarrow Oil</b>	<b>Calendula Oil</b>	<b>Fenugreek Gel for Wrinkles</b>	<b>St. John's Wort Eye Contour Cream</b>	<b>Lemon Citrus, Cool Mint and Spicy Cinnamon Lip Balm</b>	<b>Paprika Spot Treatment</b>	<b>Herbal Clay Spot Treatment</b>				
Oily, Problematic Skin Types Prone to Acne and Inflammation	All Skin Types with Acne, Rosacea or Other Skin Sensitivity	All Skin Types with Hyperpigmentation	Perimenopausal, Menopausal, Premature Skin Types	Sunscreen for Face, Neck and Décolleté	Stressed, Tired, Devalitized or Premature Skin Types	All Skin Types with Fine Lines and Wrinkles	All Skin Types with Wrinkles	Premature and Mature, Dry and Loose Skin Types	Oil- and Water Deficient, Rosacea, Sensitive, Scaly, Chapped Skin Types	Sensitive, Inflamed, Rosacea, Water- and Oil Deficient Skin	Oil- and Water Deficient, Scaly Seborrhea Skin Types	Anti-Wrinkle Gel for Fine Lines and Deep Wrinkles, Tired Eyes, Neckline; for Dehydrated to Combination Skin Types	Rich Anti-Wrinkle Cream for All Skin Types	Hydrating and Anti-Aging balms for All Lips	Blotchy Skin, Closed Pores, Hard to Reach Areas, Stubble Rash	Acne, Seborrhea, Inflamed Follicles				
Healing, Calming, Anti-Inflammatory	Vitamin C Supplement, Soothing, Tightening, Decreases Inflammation	Lightening, Hydrating, Vitalizing	Hormone Balancing, Anti-Aging, Firming	Protects from Damaging Rays	Antioxidant and Vitamin Supplement, Improves Complexion	Hydrating, Regenerating, Vitalizing, Anti-Aging	Regenerating, Tightening, Toning, Smoothing	Anti-Aging, Rejuvenating, Firming	Nourishing, Rejuvenating, Antioxidant	Soothing, Strengthening, Hydrating	Calming, Regenerating, Healing, Hydrating	Increases Elasticity, Hydrates, Tightens	Increases Elasticity (Also a Pregnancy Cream)	Spicy Cinnamon Version Has Stimulating Effect!	Anti-inflammatory, Skin Softening, Detoxifying	Drying, Healing, Anti-inflammatory and Concealing Effects				

**Directions:** Apply a small amount of serum under the moisturizer as the last step of your skin care regime. Use 2-3 times daily. **Q10 Serum:** Enrich moisturizers and creams with a few drops of oil. Can be massaged into cuticles. Can also be used under the eyes by gently massaging a drop into the fine lines. **Calendula Oil:** Enrich moisturizers and creams with a few drops of oil or use as otherwise directed. For face and body.

**Directions: Eye Care:** Apply a thin layer of cream onto clean skin around the eye. Use twice daily, in the morning and the evening. **Lip Balms:** Apply a thin layer onto your lips after eating, drinking or as needed. **Spot Treatments:** Apply a thicker layer on spots for the night. Wash off in the morning with rubbing movements. Can also use Herbal Clay Spot Treatment as a concealer during the day.

## MOISTURIZERS

FOR OILY SKIN										FOR DRY SKIN						
<b>Sulphur Whipped Moisturizer</b>	<b>Apple &amp; Lemon Whipped Moisturizer</b>	<b>Rosehip Whipped Moisturizer</b>	<b>Sour Cherry Whipped Moisturizer</b>	<b>Blackthorn Whipped Moisturizer</b>	<b>Stoncrop Whipped Moisturizer</b>	<b>Rose Petal Whipped Moisturizer</b>	<b>Apricot Whipped Moisturizer</b>	<b>Softening Thermal Moisturizer</b>	<b>Age Defense Bioflavonoid Moisturizer</b>	<b>Phytoestrogen Moisturizer</b>	<b>Antioxidant Grape Moisturizer</b>	<b>Rich Carrot Moisturizer</b>	<b>Glycolic Medlar Rejuvenating Treatment</b>	<b>Linden &amp; Marigold Rejuvenating Treatment</b>	<b>Rich Antioxidant Grape Moisturizer</b>	
Oily, Acne, Seborrhea, Prone to Inflammation Skin Types	Oily, Combination, Acne Prone, Non-sensitive Skin with Hyperpigmentation	Acne/Seborrhea, Rosacea, Sensitive, Prone to Inflammation Skin Types	Combination to Dehydrated, Large Pore, Premature Skin Types	Pale or Anemic, Seborrhea, Sluggish, "City Woman" Skin Types	Dehydrated, Normal and Combination, Fracked, Pigmented, Sunburnt Skin Types	Dehydrated, Premature, Mature and Sensitive Skin Types	Normal to Dehydrated, Premature, Mature Skin Types	Normal to Dry, Scaly, Dehydrated Skin Types, Eczema, Psoriasis, Dry Spots	Stressed, Devalitized, Tired, Dehydrated, Premature Skin Types	Water- and Oil Deficient, Premature, Mature, Menopausal Skin Types	Loose, Dehydrated, Premature, Mature Skin Types	Oil- and Water Deficient, Premature, Mature and Sensitive or Sunburnt Skin	Premature and Mature Skin Types with Wrinkles	Dry Mature, Sensitive, Thick Skin Types, Elbow, Knee, Feet	Dry and Mature Skin Types with Deep Layer Dehydration	
Healing, Balancing, Reduces Sebum Production	Vitalizing, Skin Lightening, Firming, Tightens Pores	Soothing, Hydrating, Vitalizing, Tightening	Vitalizing, Nourishing, Firming, Anti-Aging, Tightens Pores	Vitamin, Antioxidant and Iron Supplement, Tightening	Soothing, Regenerating, Lightening, Hydrating	Nourishing, Lifting, Mineralizing	Vitalizing, Hydrating, Antioxidant Supplement	Softening, Regenerating, Mineral Supplement, Contains Thermal Water	Supplies Antioxidants and Vitamins, Hydrates, Improves Complexion	Lifting, Anti-Aging, Hormone Balancing	Rejuvenating, Lifting, Vitalizing, Regenerating, Soothing	Vitalizing, Elasticizing, Rejuvenating, Hydrating, Anti-Wrinkle Cream (Contains Glycolic Acid)	Nourishing, Firming, Regenerating	Nourishing, Anti-Aging, Vitalizing, Night Cream		

**Directions:** Apply a thin layer of moisturizer over entire face and neck area after cleansing and toning skin. Enrich moisturizers with one of our oil concentrates to achieve an even more radiant complexion. Use it as a final step of your daily regime in the morning and the evening. Moisturizers and rich moisturizers might be used as night creams for most skin types. Rich moisturizers are suitable to reduce the appearance of fine lines (eg. around the eye area) or treat lack of elasticity and even prevent stretch marks (eg. during pregnancy).

## ILIKE FOR MEN PRODUCTS

STEP 1	STEP 2	STEP 3
<b>Black Exfoliating Wash</b>	<b>After Shave Gel</b>	<b>Stoncrop Daily Moisturizer</b>
Stubble Rash, Skin Prone to Inflammation and Sensitivity, Oily to Normal Skin	All Men's Skin, from Oily to Dry, Young or Mature Skin	All Men's Skin, Open Pored, Oily to Dehydrated Skin
Deep Cleansing, Anti-Inflammatory, Calming, Healing	Soothing, Calming, Regenerating, Hydrating, Vitalizing, Astringent Effects	Hydrating, Regenerating, Soothing, Lightening, Leaves Matte Finish

**Directions: Wash:** Mix a small amount with a few drops of water in your palm and massage onto skin. Leave on for 1-3 minutes. Rinse off with water or remove with a wet face towel. **After Shave:** Apply a small amount after shaving or whenever the skin feels dry or irritated. Use it under the moisturizer (or in humid and hot climates as a moisturizer replacement). **Moisturizer:** Apply a thin layer onto your skin as the last step of your daily skin care regime twice a day.

## BODY LOTIONS AND BODY OILS

<b>Cantaloupe Body Lotion</b>	<b>Stoncrop Body Lotion</b>	<b>Rose Petal Body Lotion</b>	<b>Circulation Revitalizing Body Lotion</b>	<b>Firming Grapeseed Body Oil</b>	<b>Soothing Herbs Body Oil</b>
All Skin Types	All Sensitive or Pigmented Skin Types	Dehydrated, Dry and Aging Skin Types	For Localized Cellulite Areas or Flabby Skin Only	Normal to Dry or Devalitized, Aging, Loose Skin	Sensitive, Irritated, Sunburnt Skin or After Waxing
Hydrating, Vitalizing, Nourishing	Nourishing, Regenerating, Lightening	Hydrating, Firming and Nourishing	Circulation Boosting, Detoxifying, Firming (Stimulating Effect)	Hydrating, Softening, Firming, Rejuvenating, Antioxidant and Vitamin Booster	Hydrating, Cooling, Calming, Vitalizing, Decreases Inflammation

**Directions: Body Lotions:** Apply body lotion suited to your skin type to clean skin and massage it in. **Body Oils:** Apply a thin layer of body oil on partial or entire area of the body for daily hydration or massage. Use body care twice daily or after every shower or bath.