

Cicco. Body Care

*Honoring Your Microbiome
and Mother Nature*



Daily Facial Regimens and Applying Serum

The daily regimen you choose for yourself is entirely based on how much time you have to dedicate, your willingness to keep up with it and of course the products available to you. Applying a serum is, (in an ideal world), the third step of four in a complete morning and nighttime care regimen. After cleansing and toning, your skin cells are ready to receive nourishment through open pores. Apply to clean, dry skin in the morning (Sunrise Serum) and at night (Sunset Serum) before bed. Play around with what works for you, but a few drops will go a long way! Feel free to apply to the neck and chest as well! After a serum is applied, it should be left to soak in completely, (for at least 15 minutes), before applying a moisturizer over it, (the fourth step). You want serums to have maximum contact with skin because they are full of lovely oils that are easily and deeply absorbed and rich in all things that skin craves.

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It is best to open pores before applying a serum. This can be done by washing with a cleanser and following with the application of a toner. Draping a warm cloth over your face, (allowing steam to open pores), or first indulging in an herbal facial steam are other ways to achieve this.

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Never allow water to mix into your serum as this provides a breeding ground for bacteria that we don't want! Likewise, never apply with unclean hands.

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Oils in serums are delicate. To prolong the life of your serum, keep it out of direct sunlight and in a cool, dry place. You may also choose to keep it in the refrigerator while not in use.

“Your Body Is Your Temple.
Keep It Pure And Clean For The Soul To Reside In”
- B. K. S. IYENGAR