

THE WHITE ROOM

Bespoke Cosmeceuticals

REFRESHED + CALMER | HOME CARE TREATMENT

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STEP	1	2	3	4
INGREDIENTS	<p>WATER/AQUA/EAU LAURAMIDOPROPYL BETAINE</p> <p>SODIUM LAURYLGLUCOSIDES HYDROXYPROPYLSULFONATE GLYCERIN SODIUM LAUROYL SARCOSINATE SODIUM HYDROXIDE LACTIC ACID PEG-150 DISTEARATE SODIUM HYDROXYMETHYLGLYCINATE ALOE BARBADENSIS LEAF JUICE</p>	<p>SALICYLIC ACID (2%) GLYCERIN COCOS NUCIFERA (COCONUT) OIL ELAEIS GUINEENSIS (PALM) KERNEL OIL RICINUS COMMUNIS (CASTOR) SEED OIL WATER/AQUA/EAU SODIUM HYDROXIDE CARATHMUS TINCTORIUS (SAFFLOWER) SEED OIL SORBITAN OLEATE AZELAIC ACID EUCALYPTUS GLOBULUS LEAF OIL TSUGA CANADENSIS LEAF OIL GLYCINE SOJA (SOYBEAN) PROTEIN ALOE BARBADENSIS LEAF JUICE POWDER TOCOPHEROL GLYCINE SOJA (SOYBEAN) OIL</p>	<p>ASCORBIC ACID OLEA EUROPAEA (OLIVE) FRUIT OIL POLYSORBATE 60 POTASSIUM CETYL PHOSPHATE STEARYL ALCOHOL PHENOXYETHANOL RETINYL PALMITATE BHT SODIUM HYDROXIDE ALLANTOIN PANTHENOL POTASSIUM SORBATE DISODIUM EDTA LENS ESCULENTA (LENTIL) SEED EXTRACT TOCOPHEROL ETHYLHEXYLGLYCERIN GLYCINE SOJA (SOYBEAN) OIL HYDROGENATED LECITHIN MAGNESIUM ASCORBYL PHOSPHATE ESCIN RUSCUS ACULEATUS ROOT EXTRACT CALENDULA OFFICINALIS FLOWER EXTRACT ALTHAEA OFFICINALIS LEAF/ROOT EXTRACT AMMONIUM GLYCYRRHIZATE ALCOHOL ALOE BARBADENSIS LEAF JUICE CENTELLA ASIATICA EXTRACT HYDROLYZED YEAST PROTEIN LECITHIN VEGETABLE OIL VITEX AGNUS-CASTUS EXTRACT ASCORBYL TETRAISOPALMITATE CYCLODEXTRIN GLYCINE SOJA (SOYBEAN) SEED EXTRACT XANTHAN GUM</p>	<p>WATER/AQUA/EAU GLYCERIN BUTYROSPERMUM PARKII (SHEA BUTTER)</p> <p>CAPRYLIC/CAPRIC TRIGLYCERIDE CETYL ALCOHOL GLYCERYL STEARATE CYCLOPENTASILOXANE DIMETHICONE THEOBROMA CACAO (COCOA) SEED BUTTER C12-15 ALKYL BENZOATE STEARIC ACID POTASSIUM CETYL PHOSPHATE CETEARYL ALCOHOL PHENOXYETHANOL POLYSORBATE 60 ALLANTOIN ROSMARINUS OFFICINALIS (ROSEMARY) LEAF EXTRACT ORIGANUM VULGARE LEAF EXTRACT THYMUS VULGARIS (THYME) FLOWER/LEAF EXTRACT CINNAMOMUM ZEYLANICUM BARK EXTRACT ETHYLHEXYLGLYCERIN HYDRASTIS CANADENSIS (GOLDENSEAL) EXTRACT LAVANDULA ANGUSTIFOLIA (LAVENDER) FLOWER EXTRACT LAVANDULA ANGUSTIFOLIA (LAVENDER) FLOWER/LEAF/STEM EXTRACT SODIUM HYDROXIDE HYDRASTIS CANADENSIS (GOLDENSEAL) ROOT EXTRACT</p>

REFRESHED + CALMER | TREATMENT STEPS

THIS TREATMENT IS PERFECT FOR OILY OR CLOGGED SKIN THAT NEEDS A MULTI FACETED EXFOLIATION + RESTORE

- APPLY GLOVES (OPTIONAL) THEY MAYBE PREFERRED. ANY REMAINING PRODUCT CAN BE USED ON THE BACK OF THE HANDS, HOWEVER GLOVES PREVENT ANY ABSORPTION, IN TO THE HANDS SO WILL MAKE THE PRODUCT GO FURTHER IF YOU ARE NEW TO AT HOME TREATMENTS
- STEP 1: USING THE FIRST PRODUCT (POT 1) THOROUGHLY WASH YOUR FACE, RINSE WITH WARM WATER AND PAT DRY. DO NOT SCRUB YOUR FACE.
- STEP 2: USING THE CLEANSING PAD ENCLOSED, DAMPEN WITH WARM WATER AND CREATE A LATHER WITH THE BALM (POT 2). APPLY TO THE FACE (NECK, DÉCOLLETAGE, + SCALP OPTIONAL) IN CIRCULAR MOTIONS FOR 2-3 MINUTES UNTIL THE WHOLE FACE, NECK + DÉCOLLETAGE IS COVERED IN A FOAMED PRODUCT. LEAVE TO SIT ON THE SKIN FOR 2 MINUTES, (IT MAY DRY) BEFORE RINSING WITH WARM WATER, PAT DRY.
- STEP 3: THE THIRD PRODUCT (POT 3) NEEDS DOTTING EVENLY ON THE FACE AND BLEND OUT, ENSURING IS APPLIED EVENLY AND THIN. THERE IS NO NEED TO MASSAGE, AS LONG AS IT IS THOROUGH. ALLOW TO COMPLETELY ABSORB BEFORE MOVING ON TO THE NEXT STEP.
- IF YOUR SKIN IS PARTICULARLY TROUBLESOME, OILY OR CONGESTED, YOU MAY WANT TO LEAVE THE NEXT STEP (STEP 4) FOR A FEW HOURS/ UNTIL THE NEXT MORNING DEPENDENT ON WHEN YOU CARRY OUT THE TREATMENT, TO ALLOW A MORE EFFECTIVE TREATMENT
- STEP 4: DOT THE FOURTH PRODUCT (POT 4) ALL OVER THE FACE + SMOOTH OVER THE SKIN. THERE POSSIBLY WILL BE ENOUGH CREAM FOR A SECOND USE EITHER MORNING OR NIGHT DEPENDENT ON WHEN YOU USE THIS TREATMENT.

DAYTIME USE:

IF YOU HAVE PURCHASED OR HAVE SPF, MAKE SURE YOU APPLY THIS NOW. THE RETINOL IN STEP 4 WILL MAKE YOUR SKIN SENSITIVE TO THE SUN AND UV RAYS THROUGH GLASS, CLOUDS AND FROM SCREENS SUCH AS PHONES AND LAPTOPS.

ITS ADVISED NOT TO WEAR MAKEUP FOR A FEW HOURS POST PROCEDURE TO ALLOW IT TO PENETRATE. PREFERABLE ALL DAY.

NIGHTTIME USE:

DO NOT WASH OFF THE PRODUCTS, ALLOW THEM TO DO THERE THING THROUGH THE EVENING/ NIGHT AND WAKE WITH SUPER SOFT SKIN.. USE YOUR PURCHASED OR ALREADY OWNED SPF THE NEXT MORNING FOR 7 DAYS.

REFRESHED + CALMER | PRE-TREATMENT ADVICE | AFTERCARE

FOR A FULL LIST OF INGREDIENTS GO TO : WWW.THEWHITEROOMDC/AFTERCARE OR SCAN THIS LINK ->



THERE MAYBE A SLIGHT WARMTH, GLOW POST TREATMENT, BUT NO DISCOMFORT WHATSOEVER. DO NOT CARRY OUT ON INFLAMED / SUNBURNT SKIN

THE NEXT MORNING YOU CAN CLEANSE AND MOISTURISE AS NORMAL

BE AWARE NOT TO USE ANY PRODUCT THAT IS ABRASIVE, AN ACID OR CONTAINS RETINOL FOR 3-5 DAYS.

ENSURE YOU WEAR AN SPF (MIN FACTOR 30) DAILY FOR AT LEAST 7 DAYS POST TREATMENT AS THE AREAS YOU TREAT WILL BE SENSITIVE TO UV LIGHT.
SUNLIGHT ON THESE UNPROTECTED AREAS WILL INCREASE THE RISK OF SKIN DAMAGE/ PIGMENTATION. .

OVER THE NEXT 3-5 DAYS THERE IS A CHANCE YOU MAY SEE A LITTLE PEELING WERE THE PRODUCT HAS EXFOLIATED THE SKIN. THIS IS RARE BUT POSSIBLE IF
YOUR SKIN IS IN NEED OF A DEEPER EXFOLIATION.

DO NOT PICK OR EXFOLIATE ANY PEELING SKIN, THIS MAY CAUSE SENSITIVITY OR EVEN SCARRING.

SIMPLY APPLY MOISTURISING CREAM MORE FREQUENTLY IF NEEDS BE.

IF YOU REQUIRE ANY FURTHER ADVICE RE YOUR SKIN, THE PRODUCTS USED, A FURTHER SKINCARE PLAN OR WOULD LIKE TO OFFER FEEDBACK RE THE
TREATMENT, PLEASE GET IN TOUCH. ID LOVE TO KNOW IF YOU ENJOYED THE TREATMENT AS MUCH AS I DO.

THESE ARE MY PERSONAL TREATMENT HACKS I USE IF MY SKIN IS FEELING UNLOVED OR I'VE GOT PLANS (NOT MUCH OF THE LATTER ATM!) IN BETWEEN THE
CHEMICAL AND RETINOL PEELS I OFFER IN MY CLINIC.

THANK YOU FOR TRUSTING ME WITH YOUR SKIN.

AMIE X