

# 30 Days to Glow

UNLOCK THE SECRET TO GLOWING SKIN  
The Janesce Skin Soaking Ritual

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# What is skin soaking?

Janesce Skin Soaking is a beautiful self-care ritual which totally transforms your skin, giving you a beautiful, luminous glow.

Most women have dehydrated skin without even knowing it. They have come to accept dull, dry skin as normal.

Air conditioning, sun exposure and over cleansing have a dehydrating effect on the skin. When this happens your skin can exhibit any of the following symptoms:

- Skin looks dull and dry
- Wrinkles & fine lines become more visible
- Increased redness and inflammation
- Skin easily flushes in cold or hot temperatures

- Your skin often feels like it needs exfoliation
- Skin congests easily and is prone to acne and breakouts

Rehydrating the skin's outer layers helps to correct these conditions. The way we achieve this is by embracing the twice-daily Janesce Skin Soaking Ritual. This involves soaking the skin with warm water infused with Janesce Soaking Drops and sealing that precious moisture into the skin with the application of Janesce skincare products.

Skin soaking is truly transformative. It can bring dull skin back to life.

It's never too late to start



# Why we soak

The Janesce Skin Soaking Ritual promotes glowing, luminous skin at any age! There is no need to settle for dry, dehydrated skin - get ready to glow!

- Refines pores, smooths the skin and helps prevent blockages
- Plumps our fine lines and wrinkles
- Improves the effectiveness of skin care products - your products go further and last longer
- Helps slow the visible signs of ageing
- Helps reduce redness and shed skin cells naturally
- Helps skin cope better with extreme temperatures
- Provides vital moisture for great skin function

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# How we soak

## STEP ONE

In the morning fill your sink with warm water, add a few soaking drops to the water. Immerse your Janesce Soaking Cloth in the warm water, wring out the excess and press the damp cloth to your face and neck area. Take five slow, deep breaths and enjoy the process. Repeat this step at least three times to ensure your skin is fully hydrated.

In the evening, begin by cleansing your skin of makeup, sunblock chemicals and pollutants that can build up during the day. Follow with the soaking ritual (as above).

It is essential to soak your skin every morning and evening without fail. After 12 hours, your skin is thirsty for hydration. Devote yourself to this beautiful ritual. Your skin will thank you for it!

## STEP TWO

Immediately after soaking, apply a Janesce botanical mist, serum and/or concentrate. These provide powerful plant therapy to treat your skin. Do not dry your face or let the moisture evaporate as this will undermine the benefits of skin soaking.

## STEP THREE

Apply a Janesce moisturiser or facial oil to seal in all that botanically-enriched hydration. Janesce products have been especially formulated to capture and lock in this moisture.



JENNY BARROW  
SKIN HEALTH COACH

# Bare-faced & beautiful

“Skin soaking is the first thing I teach my clients about topical skincare. When they come for their second session, I can immediately tell whether or not they have followed my advice. With regular soaking, their skin goes from dull and lifeless to hydrated and glowing!

Personally, I have been soaking for ten years and I love it. It was the first step on my skin healing journey and made a dramatic difference to my progress, even within the first month.

Janesce skin soaking keeps my skin healthy, soft and glowing. It has now become something I look forward to doing twice a day as it creates a moment of pause in my busy day.”

Skin soaking gives me the confidence  
to go bare-faced everyday, I love it



# 30 Days to Glow

Devote yourself to skin soaking for 30 days, every morning and evening. Use this chart to tick off your twice-daily ritual and keep yourself on track.

1	2	3	4	5	6	7	
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	30



# Not just skincare, it's selfcare

Janesce Soaking Drops transform skin soaking into a fragrant self care ritual. They soften the water, breaking down its surface tension. This makes it easier for your skin to drink in the much needed hydration. As an added bonus, the essential oils they contain have specific benefits for skin and emotional wellbeing.

Buy a plant, light a candle and set out your Janesce products on display. Allow yourself to enjoy the sensory pleasure of the warm water, the soft cloth, the botanical fragrances. When you breathe... breathe deeply and slowly. This will allow your body to fully relax.

Post your photos, boomerangs and videos on your social channels with #30TOGLOW and tag @janescenz in your posts!

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# Organic, botanical skincare range

With Janesce, powerful plant therapy meets wellbeing wisdom for naturally glowing skin. We can't wait for you to discover the Janesce glow for yourself.

JANINE TAIT  
JANESCE NZ

Janesce Soaking Drops and Soaking Cloth are available from all good Janesce Therapists. Please phone our freephone 0800 455 224 to find your nearest Janesce stockist.

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