

**PRODUCT RECOMMENDATIONS FOR ANTI-AGEING: [AA]**

**For OILY skin:**

Lotus AA Skin Care Range

**For NORMAL SKIN:**

Argan AA Skin Care Range

**For DRY SKIN:**

Collagen AA Skin Care Range

Honey-BEE AA products

Saffron AA Skin Care Range

Neroli AA Skin Care Range

BEE-Pink products

**For ALL SKIN types:** [Also combination skin]

Vit-E AA Products

Myrrh Skin Care Range

Rose Absolute AA products

Jasmine Absolute AA products

\*\*\*\*\*

**Morning and Night Routine:**

1. Cleanse skin with any Diana's soap bar or Cleansing Milk
2. Pat dry with towel.
3. Apply any Diana's Skin Toner
4. Allow to dry completely.
5. Now apply any Diana's Anti-Ageing serum or Natural Tissue serum.
6. Now apply any Diana's Skin Cream. >>> ask us for recommendations.

Follow this routine morning and night.

\*\*\*\*\*

**ADVICE FOR DEEP WRINKLES:**

Here I can recommend any of my ***BEE-Flawless Products.***

**How to use:**

**BEE-Flawless** is a Skin Masque, which you can apply at night, after you have cleansed your skin, pat dry with towel, and applied *Diana's Skin Toner*.  
NOTE that this product has a sticky consistency and gets some getting used to. When getting the hang of this product you will get to love it!

**How to use:**

1. Apply at night and wash off after 1 – 10 hours.
2. Or you can use during the day as well.
3. 1<sup>st</sup> you cleanse your skin, pat dry with towel, and apply *Diana's Skin Toner*.
4. Now you apply a very thin layer of BEE-Flawless.
5. Wait for up to 30 min, you can now apply your Day cream (if you feel the necessity).
6. OR you can now apply your foundation, and the rest of your makeup.

~~~~~

**IMPORTANT to know when you want to fight wrinkles:**

1. Drink 4-6 glasses still water each day – it helps to hydrate your skin from inside
2. NO alcohol! NO nicotine! It dehydrates your skin from inside, also “kills” all natural collagen in your skin!
3. Eat fresh fruit and veg daily.
4. SUGAR & STARCH also “KILL” all natural collagen in skin. Sometimes as soon as your skin reproduces new collagen, it gets killed instantly by sugar and starchy foods.
5. LIMIT your time spend in sun.
6. Certain chronic ailments have a direct negative impact upon your skin.
7. Certain Chronic medications, such as Cortisone, is very bad for skin! Contact your own Medical Doctor to discuss the impact the meds have upon your skin.
8. The correct sleeping position: never sleep on your sides, it creates deep wrinkles on your face

9. Some cosmetics (such as foundations) are not necessarily to the benefit of your skin. I also find that when I am wearing foundation I look way older than what I am. Therefore I never wear foundation.

10. REMEMBER: to fight wrinkles effectively, one has to realize it comes from within. Restoration comes from within. And in some extreme instances, it will take longer, as the wrinkles did not come over night, but through a long process of unhealthy lifestyle, and ailing health.

~~~~~

For any other questions, kindly WhatsApp 074 111 0315 / email  
diana.dhd@gmail.com