



skin care regime recommendation

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!

2

TONIQUES

FOR OILY SKIN		FOR DRY SKIN
Rosehip Tonique	Wild Plum Tonique	Sweet Red Rose Tonique
Oily, Problematic, Sensitive, Rosacea Skin Types	Skin Types Lacking Tone, Elasticity and Vitamins	Normal to Dry Skin Types

Directions: After cleansing or for refreshment wipe your skin with a cotton pad moistened by tonique, or just pat some tonique into your skin with your hands. Follow with exfoliator, masque and finish with moisturizer possibly supplemented with a serum or herbal oil concentrate. Use tonique as part of your daily skin care regime in the morning and the evening.

4

MASQUES AND SPECIAL TREATMENTS

FOR OILY SKIN							FOR DRY SKIN						
Herbal Clay Treatment	Rosehip Masque	Seven Herb Treatment	Wild Plum Masque	Fibrous Stonecrop Masque	Nettle and Algae Treatment	Sour Cherry Masque	Phytoestrogen Masque	Rowan Sorb Masque	Quince Apple Masque	Peach Masque	Sweet Red Rose Masque	Rich Carrot Masque	Pumpkin & Orange Masque
Oily, Seborrhea, Acne, Prone to Inflammation, Rosacea Skin Types	Oily, Seborrhea, Acne, Sensitive, Prone to Inflammation Skin Types	Combination, Problematic, Sensitive Skin Types Prone to Inflammation	Normal and Combination, Pale, Loose, Anaemic Skin Types	All Skin Types and Problems, Blotchy, Sunburnt Skin with Hyperpigmentation	All Skin Types and Problems	Dehydrated Normal/Combination, Premature Skin Types	All Premature, Mature Skin Types	All Dehydrated Skin Types	Normal to Dry, Premature Skin Types, Puffy Eyes	Dry to Normal, Premature, Mature Skin Types, Sunburn	Dry, Dehydrated Premature, Mature, Sensitive Skin Types	Water- and Oil Deficient Mature Skin Types	Deep Layer and Surface Water- and Oil Deficient Mature Skin Types
Calming, Healing, Toning, Controls Oiliness, Anti-inflammatory	Vitamin Cocktail, Anti-inflammatory, Soothing	Soothing, Healing, Nourishing, Prevents Blemishes	Vitalizing, Hydrating, Firming, Refreshing, Iron Supplement	Calming, Lightening, Regenerating, Hydrating	Vitalizing, Regenerating, Detoxifying, Firming with Phytoestrogens (Stimulating Effect!)	Hydrating, Anti-Aging, Firming, Oil Free	Anti-Aging, Lifting, Hormone Balancing (Slightly Stimulating Effect)	Deeply Hydrating, Vitalizing, Oil Free	Hydrating, Firming, Vitalizing, Nourishing	Nourishing, Hydrating, Vitalizing	Vitalizing, Nourishing, Regenerating, Increases Elasticity	Rich Calming and Nourishing Masque with Phytoestrogens for Rejuvenation	Nourishing, Lifting, Vitalizing, Rejuvenating

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 masques 1-2 times a week. Exfoliation increases the effect of masques.

1

CLEANSERS AND CLEANSING CONCENTRATES

FOR OILY SKIN			FOR DRY SKIN
Mineral Cleansing Concentrate	Lemon Cleanser	Nettle Cleansing Concentrate	Sweet Red Rose Cleanser
Oily, Problematic, Acne Prone Skin Types, Inflamed Follicles, Face, Neck & Decollété	Combination/Normal to Dehydrated Skin Types	Dry, Itchy, Dehydrated Skin Types, Face and Body	Normal to Dry Premature, Mature Skin Types

Directions: Cleansers: Apply a small amount of cleansing milk onto face and neck with circular motions and remove by using a wet cotton pad. Use them as part of your daily skin care regime in the morning and the evening. **Cleansing Concentrates:** Mix a small amount with a few drops of water in your palm and massage onto skin with your fingertips. Leave on for 1-3 minutes. Rub it with a wet face towel before rinsing it off with water or removing it with the wash cloth.

3

EXFOLIATORS

FOR OILY SKIN		FOR DRY SKIN
Rosehip & Maize Exfoliating Masque	Rolling Face & Body Exfoliator	Sulphuric Exfoliating Masque
Oily, Combination, Normal and Sensitive, Acne Prone and Rosacea Skin Types	Non-Sensitive Dehydrated Premature Skin Types (Stimulating Effect)	Dehydrated Premature, Mature Skin with Fine Lines or Sensitive, Inflamed Skin

Directions: Apply a thin layer of exfoliator to your skin after cleansing and leave on for 10 minutes or rub it on your skin till it dries. Gently scrub off with a wet face towel. Continue with masque and finish with moisturizer possibly supplemented with a serum or herbal oil concentrate. Use 1-2 times a week.

5

SERUMS AND OIL CONCENTRATES

FOR OILY SKIN



FOR DRY SKIN

Herbal Spot Serum	Rosehip Serum	Phytoestrogen Serum	Brightening Serum	Skin Power	Wrinkle Eliminator Serum	Q10 Serum	Calendula Oil
Oily, Problematic Skin Types Prone to Acne and Inflammation	All Skin Types with Acne, Rosacea or Other Skin Sensitivity	All Premature and Mature Skin Types	All Skin Types with Hyperpigmentation	All Skin Types	All Skin Types with Wrinkles	Oil- and Water Deficient, Rosacea, Sensitive, Scaly, Chapped Skin Types	Oil- and Water Deficient, Scaly, Seborrhea Skin Types
Healing, Calming, Controls Oiliness	Vitalizing, Soothing, Tightening, Decreases Inflammation	Hormone Balancing, Anti-Aging, Firming	Lightening, Hydrating, Vitalizing, Improves Complexion	Hydrating, Regenerating, Vitalizing, Anti-Aging	Regenerating, Tightening, Toning, Smoothing	Nourishing, Rejuvenating, Antioxidant	Calming, Regenerating, Healing

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.

6

EYE CARE AND SPECIALITIES

Fenugreek Gel for Wrinkles	St. John's Wort Eye Contour Cream	Paprika Spot Treatment	Herbal Clay Spot Treatment
Anti-Wrinkle Gel for Fine Lines and Deep Wrinkles, Tired Eyes, Double Chin, for Dehydrated to Combination Skin Types	Rich Anti-Wrinkle Cream for All Skin Types	Blotchy Skin, Closed Pores, Hard to Reach Areas, Stubble Rash for Men	Acne, Seborrhea, Inflamed Follicles
Increases Elasticity, Hydrates	Increases Elasticity (Also a Pregnancy Cream)	Anti-inflammatory, Skin Softening, Detoxifying	Drying, Healing, Anti-inflammatory and Concealing Effects

Directions: Eye Care: Apply a thin layer of cream onto clean skin around the eye. Use twice daily, in the morning and the evening. **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 for the day.

7

MOISTURIZERS

FOR OILY SKIN



FOR DRY SKIN

Sulphuric Whip Moisturizer	Rosehip Whip Moisturizer	Stoncrop Whip Moisturizer	Wild Plum Whip Moisturizer	Sour Cherry Whip Moisturizer	Apricot Whip Moisturizer	Sweet Red Rose Whip Moisturizer	Antioxidant Grape Moisturizer	Softening Thermal Moisturizer	Phytoestrogen Moisturizer	Naseberry Treatment	Linden Calendula Treatment	Rich Antioxidant Grape Moisturizer
Oily, Acne, Seborrhea, Prone to Inflammation Skin Types	Acne/Seborrhea, Rosacea, Sensitive, Prone to Inflammation Skin Types	Dehydrated, Normal and Combination, Freckled, Pigmented, Sunburnt Skin Types	Pale or Anaemic, Seborrhea, Sluggish, "City Woman" Skin Types	Combination to Dehydrated, Large Pore Premature Skin Types	Normal to Dehydrated, Premature, Mature Skin Types	Dehydrated Premature, Mature and Sensitive Skin Types	Loose, Dehydrated Premature, Mature Skin Types	Normal to Dry, Scaly, Dehydrated Skin Types, Eczema, Dry Spots	Water- and Oil Deficient Premature, Mature Skin Types	Premature and Mature Skin Types with Wrinkles	Dry Premature, Mature, Thick Skin Types, Elbow, Knee, Feet	Dry and Mature Skin Types with Deep Layer Dehydration
Healing, Balancing, Reduces Sebum Production, Day or Night Cream	Soothing, Hydrating, Vitalizing, Tightening, Day or Night Cream	Soothing, Regenerating, Lightening, Hydrating, Day or Night Cream	Vitalizing, Iron Supplement, Increases Elasticity, Day or Night Cream	Vitalizing, Nourishing, Firming, Anti-Aging, Day or Night Cream	Revitalizing, Hydrating, Vitalizing, Day Cream	Nourishing, Lifting, Regenerating, Day or Night Cream	Rejuvenating, Lifting, Vitalizing, Day or Night Cream	Softening, Regenerating, Mineral Supplement, Contains Thermal Water, Day or Night Cream	Lifting, Anti-Aging, Hormone Balancing, Day or Night Cream	Rejuvenating, Day-, Night- or Eye-Contour Cream (Contains Glycolic Acid)	Nourishing, Firming, Regenerating, Day or Night Cream	Nourishing, Anti-Aging, Vitalizing, Day or Night Cream

Directions: Apply a thin layer of moisturizer after cleansing skin and applying treatments. Use moisturizer possibly supplemented with a serum or herbal oil concentrate as the final step of your daily skin care regime in the morning and the evening.

8

ILIKE FOR MEN PRODUCTS

STEP 1

Black Exfoliating Wash

Stubble Rash, Skin Prone to Inflammation and Sensitivity, Oily to Normal Skin

Deep Cleansing, Anti-inflammatory, Calming, Healing

STEP 2

After Shave Gel

All Men's Skin, from Oily to Dry, Young or Mature Skin

Soothing, Calming, Regenerating, Hydrating, Vitalizing, Astringent Effects

STEP 3

Stoncrop Daily Moisturizer

All Men's Skin, Open Pored, Oily to Dehydrated Skin

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 it 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 at humid and hot climate without the moisturizer for the day). **Moisturizer:** Apply a thin layer onto your skin as the last step of your daily skin care regime twice a day.

9

BODY LOTIONS AND SUNTAN PRODUCTS

Cantaloupe Body Lotion

All Skin Types

Hydrating, Vitalizing, Nourishing

Stoncrop Body Lotion

All Sensitive or Pigmented Skin Types

Nourishing, Regenerating, Lightening

Cinnamon Paprika Body Lotion

for Localized Cellulite Areas or Flabby Skin Only

Circulation Revitalizing, Detoxifying

Tomato Suntan Gel

Sunscreen for Face, Neck and Décolleté

Tomato Suntan Lotion

Moisturizing Sunscreen for Face and Body

SPF 12 and SPF 22

Directions: Apply a thin layer of lotion onto clean skin. Use it for massage or as needed. **Suntan products:** Reapply after swimming or showering.



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