

Solutions for sensitive skin

Ingredients to look for:

- [Redacted]
- [Redacted]

Strengthen skin's barrier

Balance Gut Flora

- [Redacted]
- [Redacted]

Natural anti-inflammatory toner

[Redacted]

[Redacted]

[Redacted]

Solutions for sensitive skin Part II

Vitamins & Minerals

- [blurred text]
- [blurred text]
- [blurred text]
- [blurred text]

Foods

- [blurred text]
- [blurred text]

Recommendations Skincare Products

- **Cleansers:**

[Redacted content]

- **Face mists:**

[Redacted content]

- **Serums:**

[Redacted content]

- **Moisturisers:**

[Redacted content]

- **Oils:**

[Redacted content]

- **Exfoliators & Masks**

[Redacted content]

Skincare routine (steps to follow in this order):

Cleanser:

- [Redacted]
- [Redacted]

Exfoliant/mask

Serum

Moisturiser

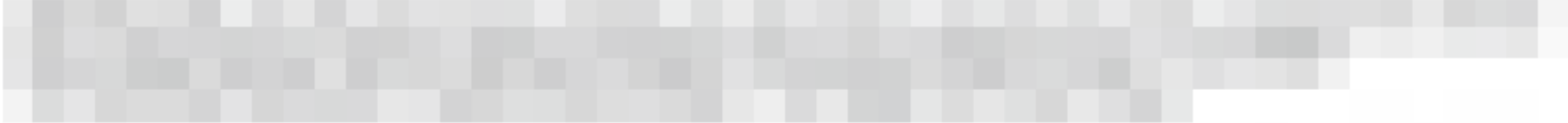
Oils

SPF

Toners/Mists:

Other Recommendations

Books:



Adaptogens

