

Esse Retail Cheat Sheet - Oily Skin

Retail Routine Suggestions for an Oily Skin



Lifestyle and Treatment Recommendations

- Where possible, ensure you get around 15 minutes of uninterrupted, unprotected sun exposure per day – the production of Vitamin D has an underestimated positive effect on the skin.
- Avoid abrasive exfoliators. Choose a gentle exfoliator to use once a week at most.
- Use products containing Probiotics and Hyaluronic Acid to increase hydration levels.
- Take a good quality oral probiotic and apply a probiotic skincare treatment that contains live strains of beneficial microbes to improve the skin barrier and minimise transepidermal water loss (TEWL).
- Supplement with Magnesium and Zinc to support Hyaluronic Acid production.
- Avoid artificial atmospheres and extreme temperatures where possible. If these are unavoidable, supplement the skin by spritzing any of the Esse Mists onto the skin throughout the day.
- Ideally, avoid foaming cleansers containing surfactants as this can contribute to dehydration.

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STEP	OILY SKIN	OILY & DEHYDRATED	OILY WITH AGEING CONCERNS	OILY WITH PIGMENTATION CONCERNS	OILY & BREAKOUT PRONE	OILY & SENSITIVE
Cleanse	Refining Cleanser, Make-up Remover, Sensitive Cleanser	Sensitive Cleanser	Sensitive Cleanser	Refining Cleanser	Refining Cleanser, Clarifying Cleanser	Sensitive Cleanser
Mist	Sensitive Mist, Hydrating Mist, Biome Mist	Sensitive Mist, Hydrating Mist, Biome Mist, Live Probiotic Mist	Sensitive Mist, Biome Mist, Live Probiotic Mist	Hydrating Mist, Biome Mist	Sensitive Mist, Biome Mist, Live Probiotic Mist	Sensitive Mist, Live Probiotic Mist
Moisturise	Light Moisturiser, Hydro Moisturiser, Omega Light Moisturiser	Light Moisturiser, Hydro Moisturiser, Omega Light Moisturiser	Defence Moisturiser	Omega Light Moisturiser	Light Moisturiser	Hydro Moisturiser
Eye Treatment	Eye & Lip Cream, Sensitive Eye Cream	Eye & Lip Cream, Sensitive Eye Cream	Sensitive Eye Cream (Oilier Eye Area), Eye Contour Cream (Drier Eye Area)	Sensitive Eye Cream (Oilier Eye Area), Eye Contour Cream (Drier Eye Area)	Eye & Lip Cream, Sensitive Eye Cream	Sensitive Eye Cream
Treatment	Hyaluronic Serum, Protect Oil, Sensitive Serum, Probiotic Serum	Hyaluronic Serum, Protect Oil	Hyaluronic Serum, Protect Oil, Probiotic Serum	Repair Oil, Resurrect Serum	Hyaluronic Serum	Protect Oil, Sensitive Serum
Exfoliator	Cocoa Exfoliator, Microderm Exfoliator	Cocoa Exfoliator	Microderm Exfoliator	Microderm Exfoliator	Microderm Exfoliator	Microderm Exfoliator
Mask	Clay Mask	Cream Mask	Cream Mask	Cream Mask	Clay Mask	Cream Mask

Esse Professional Cheat Sheet - Oily Skin

Professional Routine Suggestions for an Oily Skin



General Treatment Recommendations

- Massage with essential fatty acids.
- Maintain/restore the acid mantle.
- Use hydrating masks and products containing high levels of hydrating ingredients.

