

# GAIA ORGANICS SKIN CARE PRODUCT SELECTION GUIDELINES

<u>CATEGORIES</u>  & PRODUCTS	<u>SKIN TYPES &amp; CONDITIONS</u>									
	Normal/ Combin	Oily	Spot Prone	Dry	Mature	Sun damage	Vitiligo	Eczema	Sun Protect	Gents/ Shaving
<b>Legend: Asterisks denote recommendation, Xs not. The more symbols the greater the recommendation / contra-indication. The letters 'n.a.' denote that a recommendation is not applicable, but does not mean it is contra-indicated.</b>										
<b>FACIAL CLEANSERS, TONERS, NUTRI-HYDRATOR &amp; NUTRI-UV-PROTECTOR</b>										
Cleansing Wash	****	*****	**	***	***	***	*****	**	n.a.	***/*
Cosmetic Soap	***	**	*****	*	**	**	**	**	n.a.	***/*
Moisturising Cream Cleanser	**	*****	***	*****	*****	*****	***	**	n.a.	*****
All Skin Types Toner	****	*****	**	***	***	**	***	x	n.a.	***/*
Mature Toner	**	**	***	***	*****	***	*	xx	n.a.	***/*
Spot-Prone Toner	**	**	*****	**	**	*	**	xx	n.a.	***/*
Derma-Opti-Mist	***	*****	*****	*****	*****	*****	**	***	**	*****
Bio-Nutricell	**	**	**	***	*****	*****	*****	***	*****	**
<b>FACIAL MOISTURISING CREAMS, EXFOLIATOR &amp; TISSUE OIL</b>										
Day Defense Cream	****	*****	***	*****	***	***	***	**	**	**
Cell Regenerating Cream	***	*****	***	*****	*****	*****	**	**	*	***
Night Nourishing Cream	****	*****	*****	***	***	***	*	**	n.a.	***
Gent's Day Cream	***	*****	***	***	***	***	*	**	*	*****
Exfoliating Scrub	***	*****	**	*****	***	***	*****	xx	n.a.	***
Cell Oil	***	*****	***	*****	*****	*****	***	*****	**	***
<b>BENEFICENT SKIN CREAMS &amp; ORAL CARE (TOOTHPOWDER &amp; LIP OIL)</b>										
Pigment Balance Cream	n.a.	n.a.	n.a.	n.a.	**	***	*****	**	**	n.a.
Ex-Zit Spot Cream	n.a.	n.a.	*****	n.a.	n.a.	n.a.	n.a.	xxxx	n.a.	n.a.
E.F.A. Cream	n.a.	n.a.	n.a.	***	***	**	n.a.	*****	n.a.	**
Comfrey Healing Balm	n.a.	n.a.	*****	n.a.	n.a.	***	n.a.	*****	n.a.	*****
<b>BODY SUN-DEFENSE, MOISTURISING &amp; BENEFICENT LOTIONS</b>										
Extreme UV-Sun-Defense	n.a.	n.a.	n.a.	n.a.	***	***	*	**	*****	n.a.
Nutricell Body Lotion	n.a.	n.a.	n.a.	***	***	***	***	***	*****	n.a.
Body Lotion	n.a.	n.a.	n.a.	***	***	***	**	**	***	n.a.
<b>Note: This is not the complete list of available products, just the revised range facial and body skin care items.</b>										
<b>Please obtain and consult our free catalogue for additional information to fine-tune your product selection.</b>										