

## specialty products

- QuadDefense Eye Cream with Sea Buckthorn **eye care**
- Hyaluronic Time Erase Complex Eye Cream
- St. John's Wort Eye Contour Cream

- Lemon Citrus Lip Balm **lip care**
- Cool Mint Lip Balm

- Tomato Face & Body Moisturizer for Exposed Skin **body care**
- Calendula & Orange Body Lotion
- Rose Petal Body Lotion
- Grape Stem Cell Solutions Body Lotion
- Circulation Revitalizing Body Lotion
- Soothing Herbs Body Oil
- Firming Grapeseed Body Oil
- Phytolift Neck & Décolleté Cream

- Yogurt Power Peel **hand and foot care**
- Calendula & Orange Hand and Foot Cream

### pre- or post waxing & shaving

- Soothing Herbs Exfoliating Wash
- Soothing Herbs Micro Polish
- Soothing Herbs Serum
- Yarrow Oil
- Stonecrop Toner
- Soothing Herbs Body Oil
- Herbal Clay Spot Treatment



## directions

**cleansing milks** - Apply a small amount over entire face, neck and décolleté and massage it in gently for 30-60 seconds moving your fingertips in circular motions. Wipe off with damp face towel or cotton pad. Repeat step if necessary. Use 1-2 times a day.

**exfoliating washes** - Mix a small amount with water in hands. Apply and massage into skin with fingertips for 1 to 3 minutes in a circular motion covering the entire face and neck and avoiding the eye area. Remove completely with damp face towel. Use 1-2 times a day.

**toners** - **To hydrate:** simply spray toner onto the skin several times a day. **To cleanse:** apply toner over entire cleansed skin surface with a cotton pad and leave on. Use twice a day after cleansing or mask or anytime your skin needs to be refreshed.

**exfoliants/peels** - Apply a thin layer to your skin after cleansing, leave on for 10-15 minutes for optimal results and then wash it off thoroughly. Use 1-2 times a week.

**Yogurt Power Peel & Botanical AHA Peel:** apply a thin layer and leave on for 3-5 minutes. Can be left on up to 20-30 minutes on thickened skin such as elbows and heels. Remove with damp towel and spray on toner to balance the pH level of the skin. Use weekly or biweekly.

**masks** - Apply to clean skin and leave on for 15-20 minutes. Remove with a wet face towel. Use 1-2 times a week.

**serums/face oils** - Apply a small amount of serum under the moisturizer. Use twice a day. Face oils may be applied directly to skin or blended into any moisturizer.

**moisturizers** - Apply a small amount to entire face, neck and décolleté twice a day.

**eye care** - Apply small amount onto clean skin around the eye twice a day.

**body care** - Apply as needed by massaging into clean skin. Use twice a day or after every shower or bath.

Products marked with 🔥 may tingle.  
Products on top of each section are for oilier skin,  
going down the list are for drier skin.



The professional grade **ilike organic skin care** products are designed for specific skin types and conditions. Because the line is so broad several alternative products could be right for you. This guide organizes the products according to the most common skin conditions. The products on top of each section are for oilier skin, going down the list are for drier skin. With specific questions please ask for a full product catalogue or turn to your aesthetician.

## Whole. Raw. Real.

- ✔ certified organic products, all natural ingredients
- ✔ no parabens or other synthetic and harmful ingredients
- ✔ no GMOs
- ✔ gluten free
- ✔ nut free
- ✔ vegan/vegetarian
- ✔ harvested by hand to ensure delicate plant structure not damaged
- ✔ fruits, vegetables and herbs converted into pulps - not extracts! - to retain the full power of the herbs
- ✔ cold processed to maintain the effectiveness of the herbal ingredients
- ✔ no animal testing
- ✔ the original organic skin care line made in Hungary for over 65 years
- ✔ ISO 9001:2001 certification
- ✔ 100% wind energy use (greenpower by IPL)

available at:

- 🌐 [ilikeorganics.com](http://ilikeorganics.com)
- 📷 [ilikeorganics](https://www.instagram.com/ilikeorganics)
- 📍 [ilikeorganicskincare](https://www.facebook.com/ilikeorganicskincare)
- ☎ 317.222.3511



## skin regimen guide



## graceful aging for mature skin

- Grape Stem Cell Solutions Cleansing Milk **cleansers**
- Nettle Exfoliating Wash

- Grape Stem Cell Solutions Hydrating Mist **toners**
- QuadDefense Hydrating Micellar Mist

- Yogurt Power Peel **exfoliants/peels**
- Grape Stem Cell Solutions Polishing Scrub

- Grape Stem Cell Solutions Gel Mask **masks**
- Eco-Peptide Therapy Gel Mask with Aloe and Ginkgo
- Retinal .05% Gel Mask
- Probiotic Day & Night Treatment with Elderflower and Blackberry
- Pumpkin & Orange Mask
- Nettle & Algae Treatment

- Hyaluronic Elixir **serums/face oils**
- Rejuvenation Booster with Carotene Essentials and Copper
- Eco-Peptide Therapy Serum with Aloe and Ginkgo
- Grape Stem Cell Solutions Serum
- Retinal .2% Serum
- Q10 Serum
- Calendula Oil

- Eco-Peptide Therapy Moisturizer with Aloe and Ginkgo **moisturizers**
- Retinal .05% Moisturizer
- Grape Stem Cell Solutions Moisturizer
- Grape Stem Cell Solutions Rich Moisturizer
- AHA Moisturizer with Fruit of Medlar
- AHA Night Cream

- St. John's Wort Eye Contour Cream **eye care**

## hyperpigmentation

- Lemon Cleansing Milk **cleansers**
- Nettle Exfoliating Wash
- Fresh 'N Clean Gel Cleanser for face and body

- Apple & Lemon Toner **toners**
- Stonecrop Toner

- Yogurt Power Peel **exfoliants/peels**
- Rosehip Exfoliator

- Cucumber & Parsley Gel Mask **masks**
- Fibrous Stonecrop Gel Mask
- Retinal .05% Gel Mask

- Vita-C Booster with Apple and Lemon **serums/face oils**
- Retinal .2% Serum

- Apple & Lemon Whipped Moisturizer **moisturizers**
- Brightening Moisturizer for Face, Hands and Body
- Stonecrop Whipped Moisturizer

- Retinal .05% Moisturizer **eye care**
- QuadDefense Eye Cream with Sea Buckthorn

Products marked with **🔥** may tingle. Products on top of each section are for oilier skin, going down the list are for drier skin.

## age prevention for premature skin

- Rose Petal Cleansing Milk **cleansers**
- Nettle Exfoliating Wash
- Fresh 'N Clean Gel Cleanser for face and body

- Rose Petal Toner **toners**
- QuadDefense Hydrating Micellar Mist

- Botanical AHA Peel **exfoliants/peels**
- Sulphuric Exfoliator

- Hyaluronic Time Erase Complex Gel Mask **masks**
- Eco-Peptide Therapy Gel Mask with Aloe and Ginkgo
- Tomato A-C-E Booster Mask
- Retinal .05% Gel Mask
- Nettle & Algae Treatment

- Hyaluronic Elixir **serums/face oils**
- Firming Booster with Rose Petal and Caffeine
- Eco-Peptide Therapy Serum with Aloe and Ginkgo
- Hyaluronic Time Erase Complex Serum
- Retinal .2% Serum
- St. John's Wort Oil

- Eco-Peptide Therapy Moisturizer with Aloe and Ginkgo **moisturizers**
- Hyaluronic Time Erase Complex Moisturizer
- Probiotic Moisturizer with Elderflower and Blackberry
- Retinal .05% Moisturizer
- AHA Night Cream

- Hyaluronic Time Erase Complex Eye Cream **eye care**

## environmental skin damage

- Sour Cherry Cleansing Milk **cleansers**
- Calendula & Orange Exfoliating Wash
- Fresh 'N Clean Gel Cleanser for face and body

- Sour Cherry Toner **toners**
- QuadDefense Hydrating Micellar Mist

- AHA Fruit Peel **exfoliants/peels**
- QuadDefense Gentle Enzyme Refiner with Sea Buckthorn and Pumpkin
- Spinach & Horsetail Exfoliator

- Sour Cherry Gel Mask **masks**
- Blackcurrant Balancing Clay Mask
- QuadDefense Mask with Sea Buckthorn
- Hungarian Paprika Gel Treatment
- Nettle & Algae Treatment

- Hyaluronic Elixir **serums/face oils**
- Vita-C Booster with Apple and Lemon
- Probiotic Serum with Elderflower and Blackberry
- QuadDefense Essence with Sea Buckthorn
- St. John's Wort Oil

- Sour Cherry Whipped Moisturizer **moisturizers**
- QuadDefense Moisturizer with Sea Buckthorn

- QuadDefense Eye Cream with Sea Buckthorn **eye care**

## sensitivity/rosacea

- Rose Petal Cleansing Milk **cleansers**
- Soothing Herbs Exfoliating Wash
- Fresh 'N Clean Gel Cleanser for face and body

- Rosehip Toner **toners**
- QuadDefense Hydrating Micellar Mist

- AHA Fruit Peel **exfoliants/peels**
- QuadDefense Gentle Enzyme Refiner with Sea Buckthorn and Pumpkin
- Soothing Herbs Micro Polish

- Rosehip Gel Mask **masks**
- Cucumber & Parsley Gel Mask
- Rose Petal Gel Mask
- Blackcurrant Balancing Clay Mask
- Hungarian Paprika Gel Treatment

- Hyaluronic Elixir **serums/face oils**
- Rosehip Serum
- Firming Booster with Rose Petal and Caffeine
- Soothing Herbs Serum
- Q10 Serum
- Yarrow Oil
- Calendula Oil

- Ultra Sensitive System Whipped Moisturizer **moisturizers**
- Rosehip Whipped Moisturizer
- Rose Petal Whipped Moisturizer
- Linden & Marigold Rich Moisturizer

- Hyaluronic Time Erase Complex Eye Cream **eye care**

## dry skin

- Rose Petal Cleansing Milk **cleansers**
- Nettle Exfoliating Wash

- Rose Petal Toner **toners**

- Yogurt Power Peel **exfoliants/peels**
- Rolling Face & Body Exfoliator
- QuadDefense Gentle Enzyme Refiner with Sea Buckthorn and Pumpkin

- Tomato A-C-E Booster Mask **masks**
- Pumpkin & Orange Mask
- Probiotic Day & Night Treatment with Elderflower and Blackberry
- Nettle & Algae Treatment

- Hyaluronic Elixir **serums/face oils**
- Rejuvenation Booster with Carotene Essentials and Copper
- Q10 Serum
- Calendula Oil

- Apricot Whipped Moisturizer **moisturizers**
- Carotene Essentials Moisturizer
- Softening Thermal Moisturizer
- AHA Moisturizer with Fruit of Medlar
- Linden & Marigold Rich Moisturizer
- AHA Night Cream

- St. John's Wort Eye Contour Cream **eye care**

## oily, acne, inflamed skin

- Lemon Cleansing Milk **cleansers**
- Mineral Exfoliating Wash
- Fresh 'N Clean Gel Cleanser for face and body

- Rosehip Toner **toners**
- Apple & Lemon Toner

- AHA Fruit Peel **exfoliants/peels**
- Sulphuric Exfoliator
- Rosehip Exfoliator

- Ichthammol & Herbs Mask **masks**
- Seven Herb Mask
- Blackcurrant Balancing Clay Mask
- Hungarian Paprika Gel Treatment

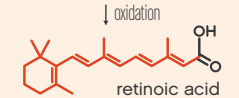
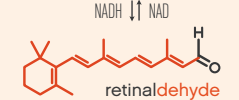
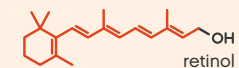
- Sulphuric Balancing Serum **serums**
- Mattifying Serum
- Herb Infusion Serum
- Hyaluronic Elixir
- Probiotic Serum with Elderflower and Blackberry

- Sulphuric Whipped Moisturizer **moisturizers**
- Apple & Lemon Whipped Moisturizer

- Hyaluronic Time Erase Complex Eye Cream **eye care**

- Herbal Clay Spot Treatment **acne care**

## Retinal vs Retinol?



**Retinoic Acid** speeds cellular regeneration and collagen production to reduce wrinkles while also reduces hyperpigmentation.

**Retinol** first converts to **Retinal**, then to **Retinoic Acid**, while **Retinal** requires only one quick conversion step to take effect. Therefore, **Retinal works 11 times faster than Retinol** and exfoliates more for brighter skin.