



self



” self care is  
not a luxury.  
It’s a necessity.”





There is nothing more wonderful than taking care of yourself and enjoying a wonderful spa treatment. Protecting your skin during a day of wellness is very important. As relaxing a spa is for your body and mind, it still makes your skin endure a lot – chlorine and temperature fluctuations will dry out and damage your skin barrier. Treat your skin therefor on a well-deserved me-time moment.

1. Taking care of your skin begins before you start your relaxing wellness ritual. Start off with a lukewarm shower and cleanse your skin with our Fine Delight Body Wash. This gently wash will nourish your skin and prevent it from drying out. Secondly, use the Fine Deluxe Body Scrub to remove all dead skin cells so you can start your wellness ritual with a soft and even skin. Enjoying the sun afterwards? Be sure to use our sunscreen to protect your skin without harming your jacuzzi or water.

2. After a wellness day, your skin feels often tight and dry. Take care of your skin with an intensely nourishing and restorative body cream. The Fine Delicate Body Butter gives your skin a boost of vitamins and antioxidants, that gives your skin the nourishing and love it deserves.

3. There is nothing more fulfilling than a relaxing day off, doing nothing except bathing and mudding. Unfortunately, those spa-moments are pretty damaging for your hair. It affects the natural oils, making your roots become porous, brittle with a visible dry and rough look. Our Fine Restoring Hair Shampoo and Fine Nourishing Hair Shampoo contain no silicones, parabens, or chemical sulfates, creating radiant and vibrant locks.



At SELF our pledge is 100% natural and nontoxic in our entire skincare line. We believe that nobody should have to compromise their health for beauty. After all, your skin is your largest organ, so the products you are using, and absorbing into your system, are key components of maintaining your health and vitality. This means no toxins, no synthetic chemicals, and the use of only all-natural materials. All our products are dermatologically tested, and therefor suitable for all skin-types, including the sensitive and problematic skin. SELF provides your skin with the vitamins and antioxidants that nourishing and protects your skin barrier.







## 1. FINE DELIGHT BODY WASH + FINE DELUXE BODY SCRUB

### INSTRUCTIONS

**Fine Delight Body Wash:** Squeeze a small amount on your palm or on the Fine Detox Honeycomb Sea Sponge and rub it all over your body. Wash thoroughly and rinse with water.

**Fine Deluxe Body Scrub:** Apply a generous layer to freshly cleaned moist skin and massage all over your body using small circular strokes to let it sit deeply on your skin. Also, suitable to use as a bath salt by applying 2 to 3 spoons in your water.

## 2. HAIR CARE DUO

### INSTRUCTIONS

**Fine Restoring Hair Shampoo:** Squeeze a small amount of shampoo into the palm of your hand and spread it evenly on your scalp and hair. Work the shampoo through your hair and rinse with lukewarm water. Repeat these steps and wash your hair for a second time.

**Fine Nourishing Hair Conditioner:** Squeeze a small amount of conditioner into the palm of your hand and spread it evenly on the ends of your hair. Use a wide-tooth comb to brush your hair and let the cream stay for 1-2 minutes. Rinse off thoroughly with lukewarm water.

### TIP

You can also use the conditioner as an intensive nourishing hair mask. Apply a generous amount of conditioner to damp hair and cover your head with a towel after applying the mask. Leave the mask for 8-10 minutes and rinse out with lukewarm water. Silky-soft locks guaranteed!



## 3. FINE DELICATE BODY BUTTER

### INSTRUCTIONS

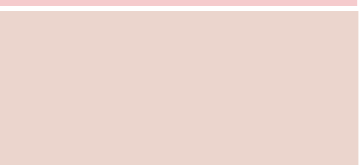
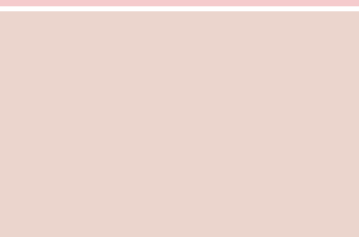
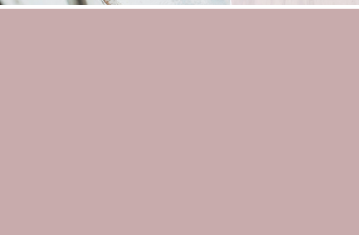
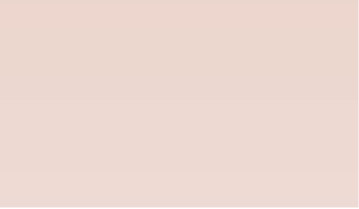
Rub generously on your hands and body until fully absorbed on your skin. Use whenever your skin needs a generous helping of smoothing, comforting hydration.

## 4. BOOST OF PROTECTION SUNSCREEN

### INSTRUCTIONS

Use daily for optimal protection. Generously massage the sunscreen on your face and body after your daily shower. In bright sunlight, swimming or sunbathing, apply an extra layer of sunscreen every two hours to optimally protect your skin.





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