



Beauty Care with Tarika – 100% natural skin care

Tarika Skincare tips – A skin care regimen to keep your skin healthy, glowing and blemish free.

Daily morning regimen for a healthy and beautiful skin

Take 1/3 teaspoon of **Tarika Face Wash**, add a little water to make it into a thin paste. Apply this on your face and gently rub for about a minute. Keep the paste on for a minute or two and wash off with warm water. Follow this up with application of **Tarika Daily Facial** pack (made into a thin paste preferably with milk) and massage it in gently. Keep the paste on for 2 to 3 minutes before washing off with warm water.

*This process deep cleanses the skin pores. It keeps the facial skin healthy, fresh and glowing and protects from weather, pollution. It also helps to prevent pimple and acne eruptions. This works as a **natural sunscreen** as well. During the day whenever required, use **Tarika Face Wash** to cleanse the face.*

Evening and night regimen

Wash with **Tarika Face Wash** as noted above. Wipe your face dry. Apply **Tarika Night oil for face** with a gentle massage. *This tones up the skin, keeps it healthy and improves the skin complexion and imparts a natural glow.*

For treating severe and obstinate pimples and acne

Use **Tarika Ayurvedic Pimple and Acne Remover** twice a day – morning and evening (or as convenient). Regular use will help in reducing the eruptions, make the skin smooth and improve the skin texture. When you apply Tarika Pimple Remover there may be a slight burning sensation – this is totally harmless. It only indicates that the product is working. It is also to be noted that, in severe, old and stubborn cases, as you apply Tarika Pimple Remover the existing pimples / acne will get reduced but there is a chance that new ones will appear because of the impurities and toxins that are there in the skin layers which cause pimples / acne. Without getting impatient one needs to continue using **Tarika Pimple Remover** regularly and diligently. Tarika draws out the toxins from the skin layers and in due course the new eruptions too get reduced which helps the face become free of pimples and acne.

Please note that at no stage should you squeeze, scratch or pick at the pimples – this will only increase the problem and leave scars on the face

Apply Tarika Pimple Remover pack and leave it overnight for a quicker reduction of the pimple / acne swelling. Tarika Pimple Remover can be used on all types of skin and in all climates. Tarika has been clinically tested and found to be completely safe. No side effects have been reported.

Use **Tarika Face Wash** and **Tarika Daily Facial** to keep the skin pores clean while treating your pimple / acne problem.

Pimple and acne scars, marks, pits, craters, dark circles

If there are no pimples / acne, use **Tarika Daily Facial** and **Tarika Night oil for face** regularly to treat your marks, scars, pits etc. **Tarika Night oil** contains special herbs which help in blood

circulation and stimulate new tissue growth. Regular use of this oil will help fill up the acne pits and craters over a period of time.

Facial steam – A face steam helps to get rid of your marks, scars, acne problem quickly. Before steaming, apply **Tarika Face Wash** and gently remove, make ups, dirt etc. from your face skin. Next, steam your face and then dab gently the face dry with a soft cloth or tissue. Follow this up with an application of Tarika Night Oil for face - 6 to 8 drops (or as required). Massage it in gently so that the oil gets absorbed into the skin. (*Tarika Night Oil can be applied during the day too*)

Facial steams followed by Tarika Night oil help to remove marks, scars, acne residues quickly. During steaming the skin pores get cleansed and open up - this helps to absorb the natural goodness and benefits of Tarika Night oil easily and there is a quicker improvement in the tone and texture of the skin. Face steams should be done once or twice a week only. Each steam should be for 5 to 7 minutes at a time. If you have doubts, please take expert advice from a competent person (beauty expert / beautician) before steaming.

Anti-ageing

Tarika Night oil for face (with saffron) is particularly recommended for its anti ageing and anti-wrinkle properties. The enhanced blood circulation properties of saffron stimulate the ageing skin cells, help in new tissue growth. Saffron also possesses anti-ageing and complexion enhancing qualities which in combination with the special herbs of Tarika Night oil make the skin youthful, healthy, radiant and blemish free. *Use Tarika Night oil for face (saffron) after a face steam (as described above) for better results.*