



RUAH ORGANIC

Bespoke Facials

THE SCOOP ON GOOP

BOTANICALS HAVE BEEN USED AS MEDICINAL REMEDIES FOR HUNDREDS OF YEARS. FROM ANCIENT EGYP
HERBS AND SPICES, IT MADE MEDICAL AND
OWN PHYSIOLOGICAL AND SKIN SIMILAR BENEFITS.

The authors explore in this section how plants, their essential oils, and their extracts have been used for centuries to improve skin health and prevent aging. From ancient remedies to modern science, the authors explore the benefits of botanicals for skin care and prevention. They also discuss the latest research on the use of botanicals in skin care and prevention.

ALPHA HYDROXY ACIDS (AHAs)

Alpha hydroxy acids (AHAs) are a group of naturally occurring acids found in fruit and milk. AHAs can be used to improve skin health and prevent aging. They are used in a variety of skin care products, including cleansers, toners, and moisturizers. AHAs can help to exfoliate the skin, improve skin texture, and reduce the appearance of wrinkles. They can also help to improve skin hydration and prevent dryness. AHAs are used in a variety of skin care products, including cleansers, toners, and moisturizers. AHAs can help to exfoliate the skin, improve skin texture, and reduce the appearance of wrinkles. They can also help to improve skin hydration and prevent dryness.

AVENUE ACIDS

Avocado acids are a group of naturally occurring acids found in avocado. They can be used to improve skin health and prevent aging. Avocado acids can help to exfoliate the skin, improve skin texture, and reduce the appearance of wrinkles. They can also help to improve skin hydration and prevent dryness.

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the collection of skin treatments
for the modern, elevated woman confident
in her own skin..

thoughtfully designed facial
treatments to be both decadent
and transformative

Each facial is curated and customisable, respecting and working with and for your skin.

With a firm belief in the power of nature and its raw potential to provide inner healing and outer beauty, our skin treatments combine the healing powers of nature and innovative skincare science with intensive relaxation techniques to support the renewal the skin from the inside out following the concept of Corneotherapy.

All Bespoke Treatments include a wellness herbal tisane, carefully selected oils for your massage and an opening & closing Aura cleanse ritual.



01.

CURATED TO YOU

Immerse your skin in the nourishment and deep relaxation of a personalised holistic treatment designed to target your concerns and achieve optimum skin health. A truly nurturing experience using Dermaviduals, a corrective, medical grade skincare that is 100% pure.

Treatment Outline

Begin your visit with a skin assessment to fine tune your facial treatment plan. Customised skincare and home care products are recommended
MAX+ LED Light Therapy Included

A little extra...

Enjoy a herbal tea to support your inner detox journey and innate glow. For your massage, enjoy a complimentary scent journey to help stimulate and recharge the skin for pure radiance.

Suitable for:

All skin types and conditions including acne and sensitive skin including pregnancy skin.

Benefits:

Supports healthy epidermis, promotes a healthy barrier function, leaving skin hydrated and refreshed, supports skin immunity, improves circulation and oxygen delivery, encourages the production of healthy collagen and elastin for firmer-looking skin.

Before & After treatment:

No preparation required before your treatment, your skin will feel fresh, tight and glowing. No increased photosensitivity but the use of SPF is always recommended.



02.

AURA

Formulated to replenish and support bi-layer realignment of your skin, as it is challenged with environmental stressors caused by seasonal changes, our coastal lifestyle or skin conditions. This therapeutic facial treatment strengthens, calms, soothes and rebalances the barrier function of the skin.

MAX+ LED Light Therapy session included.

Treatment Outline

Begin your visit with a skin assessment to fine tune your facial treatment plan. Serum Matrix: HyaluronanNAG, Boswellia & Evening Primrose followed by an Alginate Mask.

A little extra...

Enjoy a herbal tea to support your inner detox journey and innate glow followed by a Scent Journey to enhance your experience.

Suitable for:

All skin types and conditions. Especially those experiencing lipid-dry skin conditions, oxidative stress, erythema (redness) and/or sensitivity.

Benefits:

Helps lock moisture and improve dehydrated skin. Assists in protecting a sensitive and compromised skin barrier. Revitalises and softens the appearance of fine lines and increases production of collagen and elastin.

Before & After treatment:

No preparation required before your treatment, your skin will feel soft, volumised and glowing. No increased photosensitivity but the use of SPF is always recommended.



03.

GAIA

Designed to take you on an indulgent treatment journey towards the center of the earth. Utilising pure, kaolin aqueous gel mask consisting and hydrating minerals, the Gaia facial is sure to bring your skin back to balance. A clarifying and invigorating facial treatment.

Treatment Outline

Begin your visit with a skin assessment to fine tune your facial treatment plan. Serum Matrix: Kigelia, Green Tea, Laminaria Digitata & Jojoba Oil
MAX+ LED Light Therapy session included.

A little extra...

Enjoy a herbal tea to support your inner detox journey and innate glow. For pure radiance, enjoy a complimentary scent journey to begin your experience.

Suitable for:

All skin types and conditions. Especially those presenting with diffused redness, lipid dry, acneic or mature skin

Benefits:

Assists in softening the appearance of fine lines and wrinkles. Improves complexion, tone and texture. Supports a healthy epidermis and reduces signs of photo-ageing, pigmentation, blemishes and scars.

Before & After treatment:

We advise not to use prescriptive retinol 5 days prior, your skin will feel fresh, tight and glowing. You may experience pinkness in the skin, a slight increase in photosensitivity, please use SPF for 7 days post facial.



04.

KAILO

Designed for those experiencing oxidative stress. The infusion of both oil and water soluble antioxidants utilised within this facial treatment are designed as a pick-me-up for those lackluster and devitalized skins to super charge the mitochondria and bring the skin back to vitality. This treatment also targets poor corneocyte compaction and desquamation whilst supporting enzyme activity.

Treatment Outline

Begin your visit with a skin assessment to fine tune your facial treatment plan. Serum Matrix: Isoflavone, CoenzymeQ10, Green Tea, Vit E, Vit C followed by our Epi-Nouvelle Naturelle Face Mask. MAX+ LED Light Therapy Session included.

A little extra...

Enjoy a complimentary herbal tisane and Scent Journey to enhance your experience.

Suitable for:

All skin types and conditions. Especially those presenting with lackluster and devitalized skin with signs of ageing.

Benefits:

Improves hydration levels of the epidermis for a more even and healthy glowing complexion. Assists in softening the appearance of fine lines and wrinkles.

Before & After treatment:

We advise not to use prescriptive retinol 5 days prior, your skin will feel fresh, tight and glowing. You may experience pinkness in the skin, a slight increase in photosensitivity, please use SPF for 7 days post facial.



05.

MEDITATION & MAX+ LED

Enhance your next facial appointment with MAX+ LED

Just like plants, our skin has the ability to absorb light and convert it to energy. MAX+ LED delivers UV FREE light energy that stimulates the skin cells own natural process to build new proteins and regenerate cells.

Each wavelength used offers a different benefit to the skin from helping stimulate collagen and elastin, reduce inflammation, speed healing, increase circulation and destroy acne bacteria.

AMAVI MEDITATION

Experience an Amavi Meditation of your choice.

Suitable for:

All skin types and conditions.

Benefits:

Increased circulation

Restoration of the skins cellular activity

Aids in nutritional elements existing within the skin

Encourages a natural chemical reaction within the skin to create moisture

Promotes collagen production leading to a more youthful skin

Powerful and safe.



06.

COLLAGEN INDUCTION THERAPY

Also known as Skin Needling, the procedure involves our hero EXCEED device gliding over the skin, using tiny needles to cause 'micro traumas' to the skin, triggering growth factors for building new collagen. They will create controlled micro channels in the skin which instigate regeneration of skin cells via natural process of healing.

Treatment Outline

Before the microneedling treatment, your face is thoroughly cleansed and prepared. Following this, the needles only penetrate the top layer of the skin. The speed and depth of penetration can be adjusted based on your level of comfort, ensuring a great experience plus optimal results.

Benefits:

Rejuvenating and tightening skin, reducing hyperpigmentation and enlarged pores, treating stretch marks and scars and regaining a more youthful complexion.

Before & After treatment:

Clients must follow all prior and post protocol and sign a consent form prior to the appointment.

Immediately after your treatment, there will be visible redness. Most inflammation will have disappeared one day after procedure. Direct sunlight should be avoided.

Time Frame:

This is very patient specific, such as your skin type and condition will indicate your number and frequency of treatments determined.



