



## Step-by-step After-Sun Routine

Get the most out of your sunny days with my simple, soothing after-sun routine. My Oceanic Cleansing Balm and Exfoliating Balm are here to help keep your skin refreshed and smooth all summer long.

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“Hi, I’m Mandy Hawtin and I’m a cosmetic chemist who is obsessed with skincare, the environment and science.

I love luxury skincare that doesn’t contain any nasty petrochemicals or fossil fuels”

*Mandy Hawtin*

What’s a fossil fuel?

Things like crude oil that come from the ground, and while they’re useful, they’re not so great for the Earth.

A lot of skincare products out there use ingredients made from fossil fuels, but not me! I’m all about keeping things natural and clean and environmentally friendly!





# Step-by-Step After-Sun Routine

## Step One: Soothe with Oceanic Cleansing Balm

- **Prep:** Place the balm in the fridge for about 10 minutes before using to create a cooling effect.
- **Apply:** Gently massage a small amount of the chilled balm onto your sun-exposed skin.
- **Rinse:** After a minute, rinse with lukewarm water to feel refreshed and calm.

Key Ingredients - Marine algae for antioxidant protection, nourishing plant oils to restore hydration.



# Step-by-Step After-Sun Routine

## Step Two: Refresh with Oceanic Exfoliating Balm

- **When:** Wait a day or two after sun exposure, then use the balm to gently lift away peeling skin.
- **Apply:** Place a thin layer on areas with peeling or dry patches, avoiding sensitive spots.
- **Time:** Usually, I'd recommend leaving the balm on for up to 30 minutes, but for sun-exposed skin, leave it on for just 5-10 minutes to be extra gentle.
- **Rinse:** Rinse off to reveal fresh, smooth skin.

Key Ingredients - Australian caviar finger lime for natural exfoliation, jojoba spheres for gentle polishing.

# Always Remember Sunscreen

Sunscreen is your skin's best friend. Apply SPF before sun exposure and remember to reapply within 2 hours for continued protection.

Thank you for choosing Seadragon Organic to support your skin this summer. Keep this guide handy and enjoy healthy radiant skin all season long.

If you have questions or just want to reach out you can find me here:  
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