

# Your Sensitive Skin Survival Guide

*A simple guide to help women achieve calm, clear, healthy skin*

By Louise Paterson



**Simple steps to calm, clear, healthy skin – using gentle, organic products**

**Created for women with little time who want confidence and clarity in their skincare**

## Welcome — You're in the Right Place

If your skin feels reactive, unpredictable, or easily irritated, you're not alone.

Sensitive skin is incredibly common — especially for women over 40 as hormones shift, stress increases, and the skin barrier becomes more delicate.

This guide will help you understand your skin, avoid common triggers, and build a simple routine

**My promise to you:** No overwhelm. No harsh ingredients. Just gentle, organic skincare that works with your skin, not against it.



# WHAT SENSITIVE SKIN REALLY MEANS

## Understanding Sensitive Skin

Sensitive skin isn't a "type" – it's a reaction.

It simply means your skin becomes irritated more easily than others.

### Common signs:

- Redness or flushing
- Stinging or burning
- Tightness or dryness
- Breakouts from gentle products
- Reactions to fragrance or harsh actives
- Dry skin
- Flaking Skin
- Eczema
- Psoriasis

### Why it happens:

- Hormonal changes (perimenopause/menopause)
- Stress
- Weather changes
- Over-exfoliation
- Using too many products
- A weakened skin barrier
- Environmental factors
- Genes

### The good news?

With the right routine, sensitive skin can become calm, strong, and beautifully balanced.

# THE 5 BIGGEST SENSITIVE SKIN MISTAKES

## 1. Using harsh cleansers

Foaming or stripping cleansers damage the skin barrier.

Be careful as this includes many expensive products and some advertised for sensitive skin!

## 2. Over-exfoliating

Scrubs, acids, and retinols can trigger flare-ups.

Exfoliation is good but gentle is best!

## 3. Using too many products

Layering lots of actives overwhelms sensitive skin.

Adding in products too quickly can also create reactions.

## 4. Fragrance-heavy skincare

Synthetic fragrance is a major irritation trigger.

Essential oils can also be problematic.

## 5. Chopping and changing routines

Sensitive skin loves consistency.

# WHAT YOUR SKIN NEEDS

Sensitive skin thrives when you focus on:

## **Gentle cleansing**

No stripping, no foaming, no tight feeling.

Both oil based (for make up removal) and water based (for gentle cleansing) products can work

## **Hydration**

Water + moisture = calm, plump, comfortable skin.

Drinking water and adding hydration to your skin through products.

## **Barrier support**

Ingredients that strengthen and soothe.

## **Consistency**

A simple routine you can stick to.

# YOUR SIMPLE 3-STEP ROUTINE

A routine designed specifically for sensitive skin.

## 1. Cleanse (AM + PM)

Use a creamy, non-foaming cleanser to remove impurities without irritation.

### Tropic recommendation:

- Smoothing Cleanser – Unscented oil based - general cleansing and make up removal
- Hydrating Cleanser - water based - gentle and calm

## 2. Hydrate + Soothe (AM + PM)

Use a hydrating serum or mist to calm and comfort the skin.

### Tropic recommendations:

- Rainforest Dew (hydration)
- Comfort Food (soothing)

## 3. Moisturise + Protect (AM + PM)

Choose a gentle moisturiser that supports the skin barrier.

### Tropic recommendations:

- Skin Releaf (gentle nourishment)
- Tamanu Balm (for flare-ups or dry patches)

# EXTRA SUPPORT FOR FLARE-UPS

When your skin feels reactive:

## **Keep your routine ultra-simple**

Cleanser → Serum → Moisturiser

Nothing more.

Ensure all products are natural and contain no chemicals

## **Avoid exfoliants and actives**

No acids, scrubs, retinol, or vitamin C.

## **Use calming ingredients**

Aloe, tamanu, oat, green tea, hyaluronic acid.

## **Try a “skin reset”**

Stick to the same 3 products for 7 days.

# INGREDIENTS TO LOVE & AVOID

## Ingredients your sensitive skin will love:

- Aloe vera
- Tamanu
- Oat extract
- Hyaluronic acid
- Green tea
- Plant oils
- Prebiotics

## Ingredients to avoid:

- Synthetic fragrance
- Harsh foaming agents
- Alcohol-heavy toners
- Strong acids
- Retinol (unless guided)
- Essential oils (for some people)

# YOUR 7-DAY CALM SKIN CHALLENGE

**A simple, gentle reset to soothe your skin.**

Day 1: Switch to a gentle cleanser (Unscented smoothing cleanser)

Day 2: Add hydration (Rainforest Dew)

Day 3: Remove fragrance-heavy products

Day 4: Focus on barrier repair

Day 5: Avoid exfoliation

Day 6: Keep routine to 3 steps

Day 7: Notice how your skin feels

# **Want a personalised sensitive skin routine?**

Send me a message with the word SENSITIVE and I'll create a simple, gentle Tropic routine tailored to your skin's needs.

**I want you to love your skin and your skin care.**

**Louise**