



## **Anti-Aging Skin Rejuvenation System Home Care Regimen For Normal to Dry Skin**

### **AM Compliance**

**Step 1:** Cleanse with **Ultra Gentle Enzyme Cleanser**.

**Step 2:** Hydrate and calm. Use **Advanced Hydrating Serum** for intense hydration or **Advanced Calming Serum** for calming and soothing. These may be rotated.

**Step 3:** Exfoliate, nourish, and stimulate with **Skin Resurfacing Crème 12%** or **Lactic Nutrient Crème**. If used only once a day, use at night.

**Step 4:** Nourish, protect, and replace moisture in your skin with **Light Recovery Complex** or **Phytosome Nutrient Crème**.

**Step 5:** Protect with **Ultra Protection SPF 30**.

**Step 6:** Total Eye Care. Apply **Eye Youth** or **Botanical Eye Crème** around the delicate eye tissue.

**Step 7:** (Optional) Apply makeup.

### **PM Compliance**

**Step 1:** Cleanse with **Ultra Gentle Enzyme Cleanser**.

**Step 2:** Exfoliate, calm, and hydrate. Use **Double Enzyme Masque** to exfoliate and soften your skin. Rotate with **Skin Soothing Masque** to calm and hydrate your skin. Use one or both at least once a week.

**Step 3:** Stimulate with **Collagen-C Young Skin Complex**.

**Step 4:** Resurrect and maintain with **Resurrection™**.

**Step 5:** Nourish and exfoliate with **Skin Resurfacing Crème 12%** or **Lactic Nutrient Crème**. If you are using Retin-A or Renova, mix a pea-sized portion of Retin-A or Renova with a pea-sized portion of either **Skin Resurfacing Crème 12%** or **Lactic Nutrient Crème** and then apply the mixture evenly over your skin.

**Step 6:** Correct hyperpigmentation as needed with **Skin Lightening Crème** for more sensitive, dry skin or **Skin Lightening Serum** for more oily skin.

**Step 7:** Nourish, protect, and replace moisture in your skin with **Light Recovery Complex** or **Phytosome Nutrient Crème**.

**Step 8:** Total Eye Care. Apply **Eye Youth** or **Botanical Eye Crème** around the delicate eye tissue.

**Note:** Not all of the products listed in these steps are included in this system. While this system contains amazing products that will achieve dramatic Visual Changes® in your skin, the additional products mentioned in the above steps will help produce even more dramatic results. Additionally, your doctor may recommend a prescription to use in conjunction with this Home Care Compliance Program.

**If you have any questions, please call your skin care specialist:** \_\_\_\_\_