Anti-Aging Skin Rejuvenation System Home Care Regimen

AM Compliance

Step 1: Cleanse with Ultra Gentle Enzyme Cleanser.

Step 2: Hydrate/Calm either with 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 5%. 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, clean, and Hydrate with Double Enzyme Masque to clean 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 with a pea-sized portion of Skin Resurfacing Crème or Lactic Nutrient Crème and then apply the mixture evenly over your skin.

Step 6: Correct Hyperpigmentation as needed with Skin Lightening Crème or Skin Lightening Serum.

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: ________________________________