



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: _____