



## Environmental Damage Repair System Home Care Regimen

### AM Compliance

**Step 1:** Cleanse with **Ultra Gentle Enzyme Cleanser** for dryer skin types or **Purifying & Exfoliating Cleanser** for oilier skin types.

**Step 2:** Exfoliate with **Skin Resurfacing Pads** for normal to oily skin. Can be used every other day.

**Step 3:** Hydrate and calm. Use **Advanced Hydrating Serum** for intense hydration or **Advanced Calming Serum** for calming and soothing. These may be rotated.

**Step 4:** Nourish, protect, and replace moisture in your skin with **Light Recovery Complex** for dryer skin or **Retexture Crème** for oilier skin.

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

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

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

### PM Compliance

**Step 1:** Cleanse same as AM.

**Step 2:** Exfoliate, cleanse, hydrate, and soothe. **Derma Scrub Microdermabrasion Crème** eliminates damaged skin, thereby stimulating new, young, healthy, skin cells to emerge. It also enhances the efficacy of professional treatments. **Double Enzyme Masque** helps reduce dead skin cell buildup leaving your skin clean and soft. **Fruit Acid Masque** exfoliates and helps keep your pores from clogging, leaving your skin fresh and clean. **Skin Soothing Masque** is used to calm and hydrate your skin. Use one or all at least once a week.

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

**Step 4:** 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 5:** Correct hyperpigmentation as needed with **Skin Lightening Crème** for more sensitive, dry skin or **Skin Lightening Serum** for more oily skin.

**Step 6:** Nourish, protect, and replace moisture in your skin with **Light Recovery Complex** for the greatest epidermal barrier protection or **Retexture Crème** for oilier skin types.

**Step 7:** Total Eye Care. Apply **Eye Youth** 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:** \_\_\_\_\_