



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/Calm either with **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/Clean/Hydrate/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 with a pea-sized portion of Skin Resurfacing Crème 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 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: _____