



## **Rosacea & Sensitive Skin Advanced Calming System Home Care Regimen**

### **AM Compliance**

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

**Step 2:** Hydrate and Calm with **Advanced Calming Serum** - for calming and soothing.

**Step 3:** Nourish, protect, and replace moisture in your skin with **Light Recovery Complex** or **Phyto-some Nutrient Crème**.

**Step 4:** Protect with **Ultra Protection SPF 30**.

**Step 5:** Total Eye Care. Apply **Botanical Eye Crème** around the delicate eye tissue.

**Step 6:** (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:** (Optional) Exfoliate with **Lactic Nutrient Crème** as tolerated.

**Step 5:** Nourish, protect, and replace moisture in your skin with **Light Recovery Complex** or **Phyto-some Nutrient Crème**.

**Step 6:** Total Eye Care. Apply **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: \_\_\_\_\_**