



Post-Microdermabrasion Skin System Home Care Regimen

AM Compliance

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

Step 2: Hydrate and calm. Use **Advanced Hydrating Serum** for intense hydration or **Advanced Calming Serum** for calming and soothing. These may be rotated.

Step 3: Nourish, protect, and replace moisture in your skin with **Light Recovery Complex**.

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

Step 5: Total Eye Care. Apply **Eye Youth** or **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, 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. **Purifying & Calming Masque** helps keep your pores purified and clean and reduces inflammation and redness. **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: (Optional) Exfoliate with **Skin Resurfacing Crème 12%** or **Skin Resurfacing Gel 12%** as tolerated.

Step 5: Nourish, protect, and replace moisture in your skin with **Light Recovery Complex**.

Step 6: 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: _____