

Daily Regimen

Morning:

1. Facial Shampoo
2. Ice 2-15 minutes
3. Purifying Trio
4. Ultra light Spf 30 Sunscreen



Afternoon:

1. Ice 2-10 minutes
2. Moisturize or Sunscreen

Evening

1. Facial Shampoo
2. Pumice Cleanser (Start 3 times a week)
3. Ice 2-15 minutes
4. Purifying Trio (Skip if feeling too dry)
5. Calming Fluid
6. Restore Sleeping Mask (Sample)(1-2 times a week)

Mini Facial at home (not included)

Pumpkin Mask—10 minutes

Therapeutic Mask 1-2 times a week 10 minutes

Repair Ointment— (sample) apply on smile lines, sides of nose, chin fold or very dry areas if needed.

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Facial Shampure



- Foaming gel cleanser

Mild cleanser for all skin types. Leaves the skin with a refreshing and immaculate sensation. Use in the morning and night, after working out and to wash off makeup. Directions: Add water to small amount of Facial Shampoo. Lather and massage in circular motion. Repeat if necessary to thoroughly wash off make up.



Clear Polish

- Reduces the appearance of large pores
- Water based foaming scrub
- Can be used for the face and body
- Enhances product penetration

Important to know about scrubs:

Cleanser with grains designed to help remove dead skin cells and allow better product penetration. Leaves the skin feeling smoother.

Always use in gentle circular motion. Over scrubbing can make the skin sensitive and it is not necessary. It's purpose is to gently remove the dead skin build up to allow other product penetration and smoothen the texture of the skin. Avoid drier areas such as under the eyes, smile lines and under the lip fold. At times you may just need to scrub only the problem areas. Start using every other day. 1-7 times a week. Start with 3 times a week. It is important to NOT over scrub to avoid irritation. MORE IS NOT BETTER

Purifying Trio

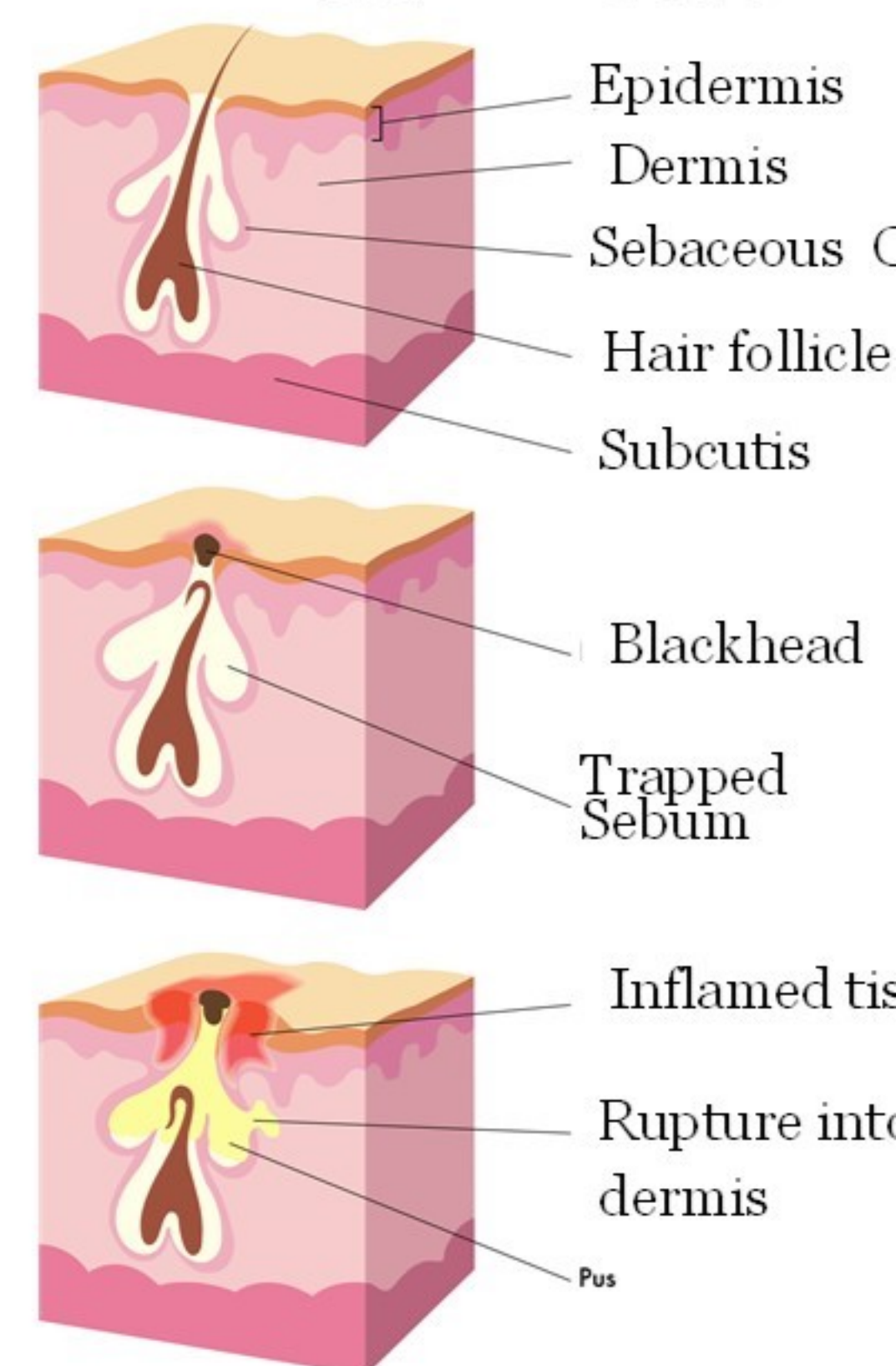


A Mandelic Acid based multi functional toner used to help remove dead skin cells, reveal fresh skin, brighten unwanted skin

discolorations and purify clogged pores.

- Fights break outs
- Reduces redness and irritations
- Deep pore cleansing after exercise
- Brightens the skin

Blackhead



Important to know about Purifying trio:

The benefits of using Glycolic Acid, enhances better product penetration. Use carefully since it may over dry the skin.

Avoid drier areas such as under the eyes, smile lines and under the lip fold. Use 1X

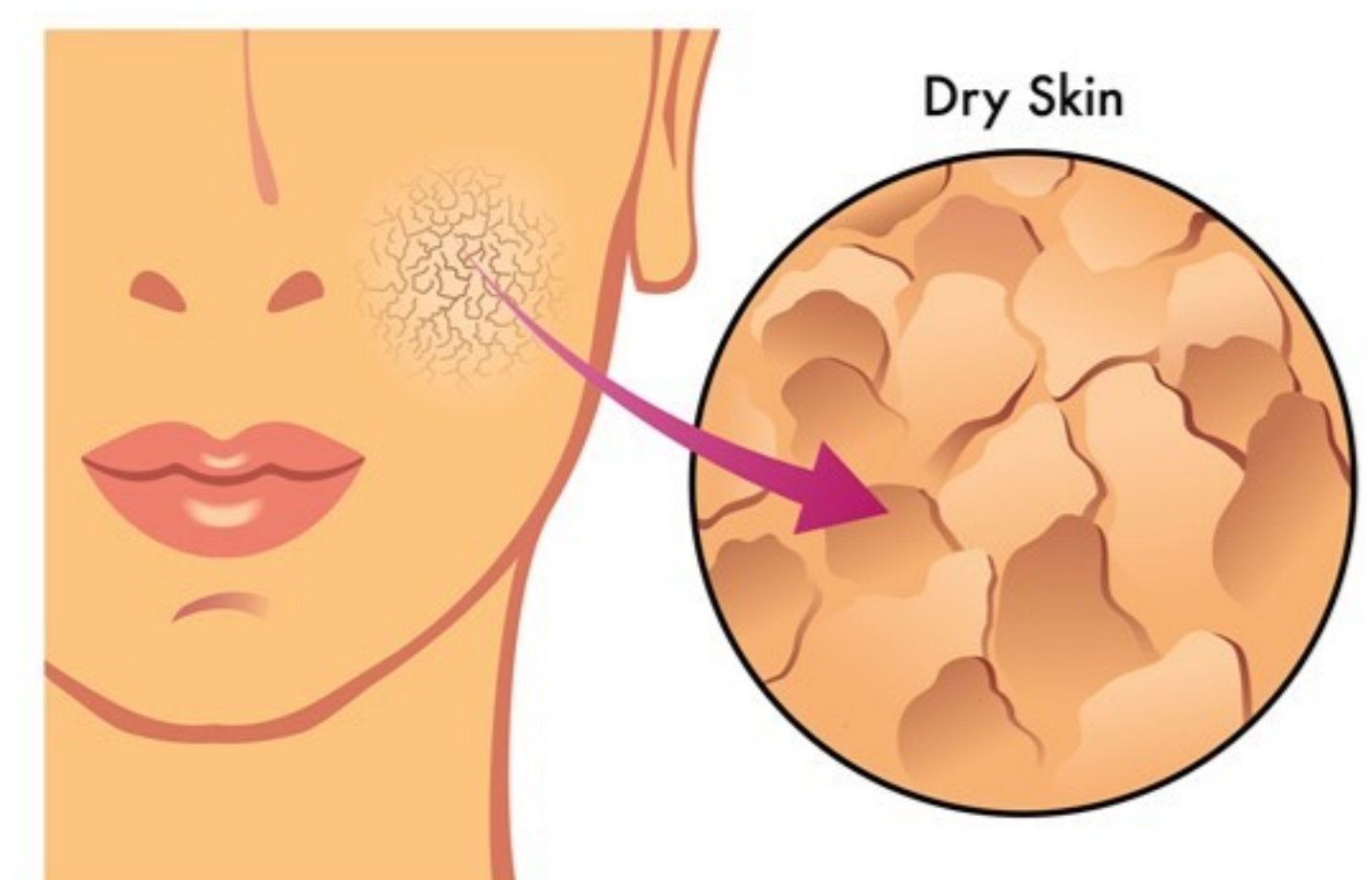
Calming Fluid



Lightweight moisturizer with natural skin repair Ingredients to help moisturize and replenish the skin's barrier.

- Moisturizing & Hydrating
- Light weight
- Soothing
- Non comedogenic

A lightweight moisturizer that replenishes the needs of compromised, dehydrated & dry skin. Apply in the morning and night as needed.





Ultra lite SPF30

- Light weight sun protection lotion
- Broad-spectrum protection from burning UVB and aging UVA rays
- Refreshing citrus scent
- Fast absorbing and non greasy. Perfect for guys and teenagers



Beware on
Cloudy
days

Light weight sunscreen- Absorbs both UVA and UVB from wrinkle causing rays. Full spectrum with aloe vera and chamomile properties for soothing and healing. Quick absorbing and non greasy for those who do not like the heavy cream feel. Formulated of all types of skin especially men and teenagers.

A three-in-one luxurious wash-off hydrating masque, hybrid sleeping masque and moisturizing crème that infuses the skin with powerful antioxidants as it delivers maximum hydration and encour-



5 KEYS TO CLEAR SKIN

1. **Exfoliate** dead skin
2. **Reduce** bacteria growth
3. **Reduce** inflammation
4. **Protect** skin from the sun
5. **Nourish** the skin