

Daily home skin care regimen

Morning:

1. **Cleanse B-5 Wash or Facial Shampoo**
2. **Stem Cell C (wait 1 minute) all over**
3. **Eye Cream**
4. **Restore (or calming cream)**
5. **Tinted Sunscreen**

Evening

1. **Cleanser b-5 wash**
2. **Volcanic Scrub (Start 3 times a week)**
3. **Stem Cell C- (allow a minute)**
4. **Eye Cream- (yes, before the Vita Lotion)**
5. **Mandelic 15% / Retinol (avoid sensitive areas) wait 1 min.**
6. **Restore Sleeping Mask**

Note: Start Retinol every other day for 1 month

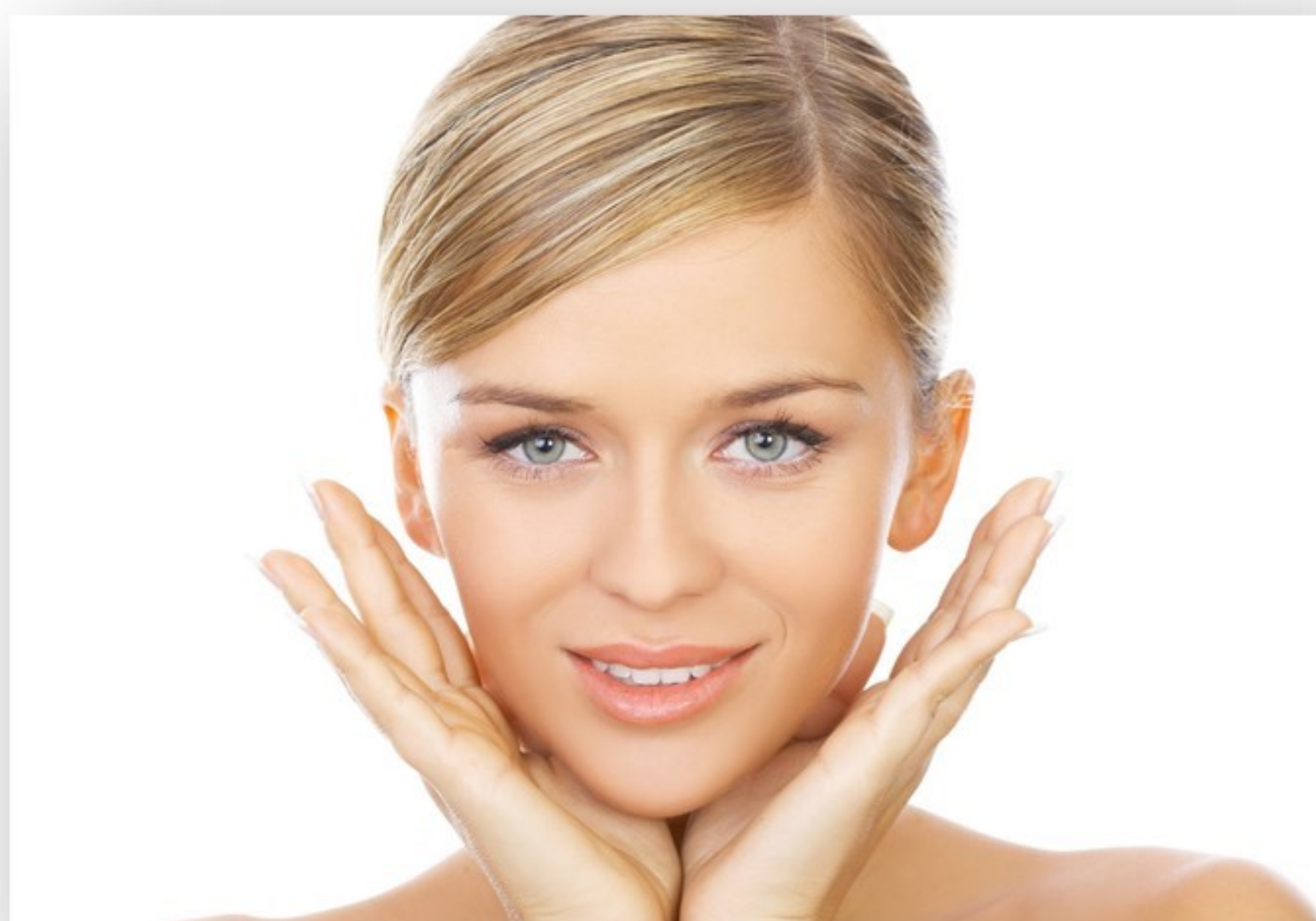


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Ebook

- Why skin ages
- Face exercises
- Skin tips
- Demo and more



Benefits of Dermarolling

Dermarolling, also known as microneedling, involves using a device called a dermaroller, which is a roller covered with tiny needles, to create micro-injuries in the skin. This process is believed to stimulate collagen and elastin production, leading to various potential benefits. It's important to note that while some people report positive outcomes, individual responses can vary, and it's crucial to follow proper hygiene and usage guidelines. Here are some potential benefits of dermarolling:

Collagen Production: Dermarolling is thought to stimulate the production of collagen, a protein that provides structure to the skin. Collagen is essential for maintaining skin elasticity and firmness.

Reduced Appearance of Scars: Dermarolling may help improve the appearance of scars, including acne scars and stretch marks. The micro-injuries created by the needles can trigger the body's natural healing response, leading to the formation of new, healthier tissue.

Fine Lines and Wrinkles: Some studies suggest that dermarolling may help reduce the appearance of fine lines and wrinkles by promoting collagen synthesis, which can improve skin texture and smoothness.

Enhanced Absorption of Topical Products: The micro-channels created by the dermaroller can temporarily enhance the absorption of topical skincare products, allowing them to penetrate the skin more effectively. Some of the benefits

Improved the appearance Skin Texture: Regular use of dermarolling may contribute to a more even skin tone and improved texture. This can be particularly beneficial for individuals with rough or uneven skin.

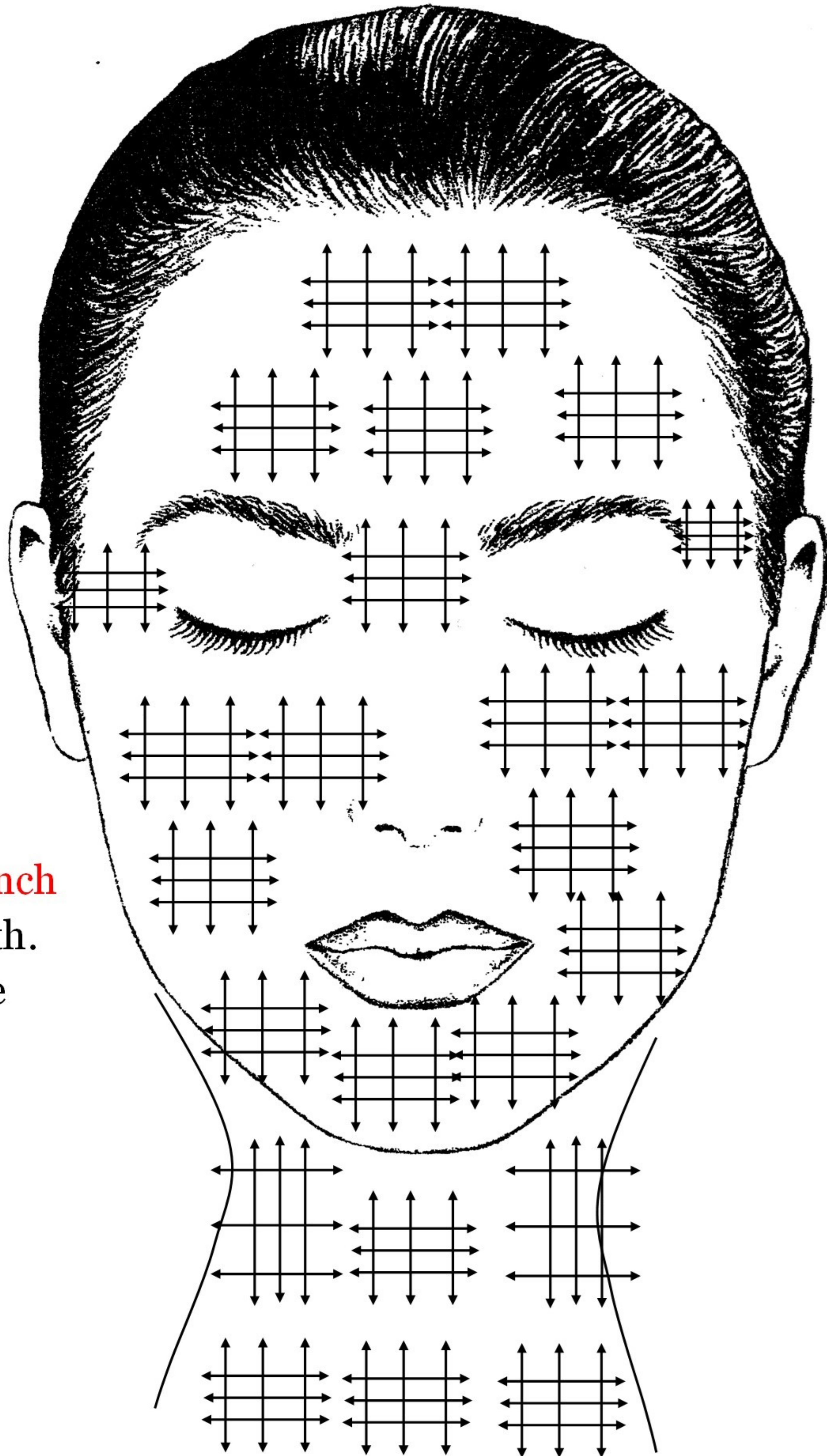
Reduced the appearance of Hyperpigmentation: Dermarolling might help reduce hyperpigmentation by promoting the turnover of skin cells and encouraging the formation of new, evenly pigmented skin.

Hair Growth Stimulation: It is also known to stimulate hair follicles and promote the appearance of hair growth. The micro-injuries may increase blood flow and encourage the production of growth factors.

Minimization of the appearance of Pore Size: Dermarolling could potentially help reduce the size of enlarged pores by promoting collagen production and improving skin tightness.

It's important to approach dermarolling with caution and follow proper hygiene practices to avoid infection. Additionally, individuals with certain skin conditions or those taking specific medications should consult with a dermatologist before incorporating dermarolling into their skincare routine. Please consult your physician for personalized medical advice.

Roll up to 1 inch
back and forth.
Gentle stroke



Start with gentle pressure in a vertical back and forth motion. 5 times then switch to Horizontal back and forth 5 times. Gentle Pressure.

Do not use on sensitive or broken skin



1. Cleanse
2. Apply Serum
3. Perform Microneedle in gentle strokes
4. Apply Gel mask. Leave 20 minutes
5. Apply Restore during the day. Repair Ointment at night



Notes:

Should the skin feel dry. Continue the next day with Repair Ointment



Disinfect microneedle headpiece only in alcohol for 20 minutes. Use cotton pad inside cup to protect the needles. Rinse & air dry.



Go to videos for demos on face exercises: These are Lorena's favorites.

- ◆ DermaRoller
- ◆ Peptrix Serum
- ◆ Hydrating Mask
- ◆ After care (Repair Ointment)



DermaRoller Care

**DO NOT THROW AWAY
THE PLATIC BOX**

- 1. Fill container with alcohol**
- 2. Soak for 20 minutes.**
- 3. Dump the alcohol**
- 4. Reinsert the DermaRoller back in plastic container and back into the box to dry and store.**
- 5. Toss when needle get dull (about 30 uses)**