

## SKINCEUTICALS REGIMES

Regimes may vary depending on skin type or condition and can be customized for -pre and -post rejuvenation procedures. Some steps contain more than one product.

### AM REGIME

#### Step One: Cleanse and Tone

Use a SkinCeuticals cleanser and toner following the directions on the package.

#### Step Two: Antioxidant Treatment

Apply a thin layer of a SkinCeuticals antioxidant serum to the entire face, neck, and chest, avoiding eye area. Allow 3-5 minutes before applying additional products.

#### Step Three: Hydrate, Lighten, or Calm

Apply 2-3 drops of SkinCeuticals Hydrating B5 Gel, Phyto +, or Phyto Corrective gel to the entire face, neck, and chest, avoiding eye area.

#### Step Four: Moisturize\*

Use a SkinCeuticals moisturizer following the directions on the package.

#### Step Five: Sun Protection

Use a broad-spectrum SkinCeuticals sunblock as following the directions on the package.

\* If you are using a SkinCeuticals corrective cream such as Skin Firming Cream or Face Cream, apply it in place of a moisturizer in Step Four.

### PM REGIME

#### Step One: Cleanse and Tone\*\*

Use a SkinCeuticals cleanser and toner following the directions on the package.

#### Step Two: Exfoliate

Use a SkinCeuticals exfoliator following directions on the package.

#### Step Three: Hydrate, Lighten or Calm

Apply 2-3 drops of SkinCeuticals Hydrating B5 Gel, Phyto +, or Phyto Corrective gel to the entire face, neck, and chest, avoiding eye area.

#### Step Four: Moisturize\*\*\*

Use a SkinCeuticals moisturizer following the directions on the package.

\*\* If you are using SkinCeuticals Clarifying Clay Masque, apply after cleansing and toning in the evening, once or twice weekly.

\*\*\* If you are using a SkinCeuticals corrective cream in the evening, such as Skin Firming Cream or Face Cream, apply it in place of a moisturizer in Step Four.

### BODY REGIME

All SkinCeuticals body products can be used alone, or as a regime. For optimal results, we recommend exfoliating the skin 2-3 times each week with SkinCeuticals Body Polish immediately before using SkinCeuticals Advanced Body Firming Lotion. Integrate Sans Soleil into your body regime as desired.

#### Step One: Exfoliate

Using hands or a washcloth, cleanse skin thoroughly with SkinCeuticals Body Polish. Avoid using loofah sponges or body brushes as they can cause uneven exfoliation.

**Step Two: Treat and Firm**

Massage a liberal amount of SkinCeuticals Advanced Body Firming Lotion into the entire body or desired areas. Wait 3-5 minutes before applying Sans Soleil.

**Step Three: Sunless Tan (optional)**

Apply a small amount of Sans Soleil to the desired area of the face or body. Using circular and vertical motions, spread Sans Soleil evenly on your skin. Repeat until all desired areas are covered. Let stand 15 minutes. After applying to hairline, lightly wipe the area with a damp washcloth or cotton ball. Use sparingly on elbows, knees, ankles and feet. Wash hands with soap and warm water immediately after application.

**Step Four: Protect**

Massage a liberal amount of a SkinCeuticals sunblock to entire face, neck, chest, and other desired areas daily, as well as 20 minutes before sun exposure.