



## **Anti-Age & Acne Home care Instructions**

\*Do not use products with iodine - topical or internal

**Follow steps in order of products you have purchased**

### **A.M Routine**

**Step 1: Exfoliating Scrub/ Facial Cleanser** \_\_\_\_\_: Combine a nickel size amount of product with warm water. Emulsify into hands, using a gentle circular motions on the face, neck and chest. Rinse off or use wash cloth to remove, blot dry.

**Step 2: Anti-Age Serum:** Emulsify dime size amount of product in palm of hands, apply a thin coat to face, neck and chest. Allow product to absorb fully before applying the next layer.

**Step 3: C-Repair Serum:** Emulsify dime size amount of product in palms of hands. Apply a thin coat to face, neck and chest. Allow product to dry before applying next layer.

**Step 4: Spritzer** \_\_\_\_\_: Hold bottle 8-12 inches from face, apply a fine mist onto face, neck and chest. Allow product to dry before applying next product.

**Step 5: Moisturizer** \_\_\_\_\_: Use as needed. Emulsify nickel size amount of product in palms of hands and apply to face, neck and chest. Allow product to dry before applying next product.

**Step 6: Eye cream** \_\_\_\_\_: Apply a pea size amount of product on finger tips and stipple around eye area. Massage inward (toward the nose) on the lower lid, and outward on the upper lid. Continue gentle massage until product has been completely worked into the skin.

**Step 7: Sun block** \_\_\_\_\_: Emulsify a nickel size amount of product into palms of hands then apply to face, neck and chest. Re-apply hourly when outdoors, after swimming or after perspiring. To maximize its protective benefits sun block should be applied thirty minutes before sun exposure.

Follow up with non-comedogenic makeup. Have one of us at Corrective Skin Care check your product ingredients before use. ([LINK](#) to comedogenic chart)

### **P.M Routine**

**Step 1: Facial Cleanser** \_\_\_\_\_ Combine a nickel size amount of product with warm water. Work into a lather using gentle circular motion on the face, neck and chest. Rinse with water or wash cloth.

**Step 2: Masque** \_\_\_\_\_: Apply a liberal amount of product to face and neck and wear for 15-20 minutes. If skin is oily, allow masque to dry. If skin is dry, spray with D20 or Berry Spritzer to keep moist. Remove with warm water and wash cloth. Should be used 1-2 times per week. Can be used A.M or P.M.

**Step 3: Night serum A: Glycolic \_\_\_\_\_%** Saturate a flat cotton pad with Glycolic then using a stroking technique apply to face, neck and chest. Do not scrub the product into skin, do not rinse off. There may be a slight itching, prickling sensation for 3-5 minutes as the product penetrates. Use every night or every other night if alternating with Supreme A (do not use together).

**Step 3: Night serum B: Supreme A:** Apply a dime size amount to face, neck and chest. Allow product to penetrate before applying next layer. Use every night or every other night if alternating with Glycolic (do not use together).

**Step 4: Night Cream A&B: Epidermal Growth Factor (EGF):** Emulsify nickel size amount into palms of hands and massage onto face, neck and chest (including eyelids). Massage gently until product is completely worked into skin.

**Step 4: Night Cream A&B: ReJuvea Cream:** Emulsify nickel size amount into palms of hands and massage onto face, neck and chest (including eyelids). Massage gently until product is completely worked into skin.

**Step 5: Benzoyl Peroxide Medication (BPO) \_\_\_\_\_%:** Apply a thin layer to the entire face, avoiding the eye area. Allow to dry, then leave on overnight. If you are just starting to use BPO, please alternate and only use every other night for 2 weeks before using nightly on top of EGF.

**Step 6:** Spot treat inflamed lesions with Benzoyl Peroxide Medication. Use a cotton swab to dot the medication directly onto lesion, avoiding the surrounding skin. Allow to dry, then leave on overnight.

**Step 7: Eye Cream \_\_\_\_\_:** Apply a pea size amount to finger tips and stipple around eye area. Massage inward (toward the nose) on the lower lid and outward on the upper lid. Continue gentle massage until product is completely worked into skin.