



Rosacea & Sensitive Skin Advanced Calming System Home Care Regimen For Normal to Dry Skin

AM Compliance

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

Step 2: Hydrate, calm, and soothe with **Advanced Calming Serum**.

Step 3: Nourish, protect, and replace moisture in your skin with **Light Recovery Complex** or **Phyto-some Nutrient Crème**.

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

Step 5: Total Eye Care. Apply **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, calm, and hydrate. Use **Double Enzyme Masque** to exfoliate and soften your skin. Rotate with **Skin Soothing Masque** to calm and hydrate your skin. Use one or both at least once a week.

Step 3: Stimulate with **Collagen-C Young Skin Complex**.

Step 4: (Optional) Exfoliate with **Lactic Nutrient Crème** as tolerated.

Step 5: Nourish, protect, and replace moisture in your skin with **Light Recovery Complex** or **Phyto-some Nutrient Crème**.

Step 6: Total Eye Care. Apply **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: _____