

SPECIALIST SKINCARE REGIMES

FOR SPECIFIC SKIN TYPES

ACNE

AM REGIME ACNE

■ **Step One: Simply Clean Cleanser**

Use a small amount of Simply Clean on wet skin massage gentle and rinse off and tone.

■ **Step Two: Antioxidant Serum 10 (Prevent)**

Apply 4-5 drops of SkinCeuticals antioxidant Serum 10 to the entire face, neck, and chest, avoiding eye area. Allow 2-3 minutes, before applying additional products.

■ **Step Three: Phytocorrective (Correct)**

Hydrate, Lighten, and Calm

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

■ **Step Four: Hydrating B5 (Hydrating)**

Apply a small amount of moisturiser using sweeping movements across the skin to hairline.

■ **Step Five: Daily Sun Defense (Protect)**

Use a broad-spectrum SkinCeuticals sun block as directed by your skincare professional or following the directions on the package.

PM REGIME ACNE

■ **Step One: Simply Clean Cleanser**

Use a small amount of Simply Clean on wet skin massage gentle and rinse off and tone.

■ **Step Two: Exfoliate (Intense Line Defense)**

Apply 2-3 drops and massage gentle into the skin, Use once or twice a week.

■ **Step Three: Phytocorrective (Correct)**

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

■ **Step Four: Hydrating B5 (Hydrating)**

Apply a small amount of moisturiser using sweeping movements across the skin to hairline.

Clarifying Clay Mask can be used once a week of on spot in the evening

ACTIVE ACNE/ROSACEA

AM REGIME ACNE

■ **Step One: Simply Clean Cleanser**

Use a small amount of Simply Clean on wet skin massage gentle and rinse off and tone.

■ **Step Two: Antioxidant Serum 10 (Prevent) or C&AHA**

Apply 4-5 drops of SkinCeuticals antioxidant Serum 10 or C&AHA to the entire face, neck, and chest, avoiding eye area. Allow 2-3 minutes, before applying additional products.

■ **Step Three: Phytocorrective (Correct)**

Hydrate, Lighten, and Calm

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

■ **Step Four: Face Cream (Correct)**

Use one pump apply over the red areas of skin, calms and soothes

■ **Step Five: Physical UV Defense (Protect)**

apply over the face, protects from UVB and UVA with no chemicals

PM REGIME ACNE

■ **Step One: Simply Clean Cleanser**

Use a small amount of Simply Clean on wet skin massage gentle and rinse off and tone.

■ **Step Two: Retinol 0.5**

Use five to six pumps, apply a thin layer over the skin, very slow absorption use only once a week while skin is inflamed. Controls and clears sebaceous debris in the follicles.

MATURE SKIN

AM REGIME MATURE SKIN

■ **Step One: Cleansing Cream Cleanser**

Use a SkinCeuticals Cleansing Cream cleanser by applying a small amount and massage into the skin remove with damp cotton wool then tone .

■ **Step Two: Antioxidant Serum CE Ferulic (Prevent)**

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: Emollient Cream or Face Cream (Moisturise Or Correct)**

Apply a small amount of moisturiser using sweeping movements across the skin or following the directions on the package

■ **Step Four: Ultimate UV Defense or Daily Sun Defense (protect)**

PM REGIME MATURE SKIN

■ **Step One: Cleansing Cream Cleanser**

Use a SkinCeuticals Cleansing Cream cleanser by applying a small amount and massage into the skin remove with damp cotton wool then tone.

■ **Step Two: Intense Line Defense (Exfoliate)**

Use a SkinCeuticals Intense Line Defense exfoliator 2-3 drops massage into the skin. ***

■ ■ **Step Three: Emollient Cream or Face Cream (Moisturise Or Correct)**

Apply a small amount of moisturiser using sweeping movements across the skin or following the directions on the package .

SUN DAMAGED SKIN

AM REGIME SUNDAMAGED SKIN

■ **Step One: Cleansing Cream**

Use a SkinCeuticals Cleansing Cream cleanser by applying a small amount and massage into the skin remove with damp cotton wool then tone .

■ **Step Two: Antioxidant Serum CE Ferulic (Prevent)**

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: Phyto + (Correct)**

Apply a 3 to 4 drops into the skin using sweeping movements across the skin or following the directions on the package

■ **Step Four: Emollient Cream or Face Cream (Moisturise OR Correct)**

Apply a small amount of moisturiser using sweeping movements across the skin or following the directions on the package

■ **Step Four: Ultimate UV Defense or Daily Sun Defense (protect)**

PM REGIME SUNDAMAGED SKIN

■ **Step One: Cleansing Cream**

Use a SkinCeuticals Cleansing Cream cleanser by applying a small amount and massage into the skin remove with damp cotton wool then tone.

■ **Step Two: Intense Line Defense (Exfoliate)**

Use a SkinCeuticals Intense Line Defense exfoliator 2-3 drops massage into the skin. ***

■ **Step Three: Phyto (Correct)**

Apply a 3 to 4 drops into the skin using sweeping movements across the skin or following the directions on the package .

■ **Step Four: Emollient Cream or Face Cream (Moisturise OR Correct)**

Apply a small amount of moisturiser using sweeping movements across the skin or following the directions on the package .

HYPERPIGMENTED SKIN

AM REGIME HYPERPIGMENTATED SKIN

Step One: Cleanser of choice to suit skin type

Use a small amount of Cleanser on wet skin massage gentle and rinse off and tone.

Step Two: Antioxidant Serum CE Ferulic (prevent)

Apply 4-5 drops of SkinCeuticals antioxidant Serum to the entire face, neck, and chest, avoiding eye area. Allow 2-3 minutes, before applying additional products.

Step Three: Phyto + (Correct)

Hydrate, Lighten, disperse Melanin and Calms the skin

Apply 2-3 drops of SkinCeuticals Phyto + gel to the entire face, neck, and chest,

Step Four : Face cream or Emollient (Correct)

Apply a small amount of moisturiser using sweeping movements across the skin to hairline.

Step Five: SPF 30 Ultimate or Physical (protect)

Use a broad-spectrum SkinCeuticals sun block as directed by your skincare professional or following the directions on the package.

PM REGIME HYPERPIGMENTATED SKIN

Step One: Cleanser of choice to suit skin type

Use a small amount of Cleanser on wet skin massage gentle and rinse off and tone.

Step Two: Intense Line Defense (Exfoliate)

Use a SkinCeuticals Clarifying Clay Mask; apply a thin layer to the skin leave on for 15 to 30 minutes wash off with cleanser. Use once or twice a week.

Step Three Correct: Phyto + (Correct)

Apply 2-3 drops of SkinCeuticals Phyto+ +gel to the entire face, neck, and chest,

Step Four: Renew Overnight Dry instead of (ILD)

Apply a small amount of moisturiser using sweeping movements across the skin.

******Retinol 0.5 can be used instead of IDL after course of Gel Peels
Twice a week***

DRY SKIN

AM REGIME DRY SKIN

Step One: Cleansing Cream or Gentle Cleanser

Use a SkinCeuticals Cleansing Cream cleanser by applying a small amount and massage into the skin remove with damp cotton wool then tone .

Step Two Prevent: Antioxidant Serum CE Ferulic (prevent)

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: Emollient Cream (Moisturise)

Apply a small amount of moisturiser using sweeping movements across the skin or following the directions on the package

Step Four: Ultimate UV Defence (Protect)

Use a broad-spectrum SkinCeuticals sun block as directed by your skincare professional or following the directions on the package.

PM REGIME DRY SKIN

Step One: Cleansing Cream or Gentle Cleanser

Use a SkinCeuticals Cleansing Cream cleanser by applying a small amount and massage into the skin remove with damp cotton wool then tone.

Step Two: Intense Line Defense (ILD) (Exfoliate)

Use a SkinCeuticals Intense Line Defense exfoliator 2-3 drops massage into the skin. ***

Step Three: Emollient Cream (moisturize) **

Apply a small amount of moisturiser using sweeping movements across the skin or following the directions on the package .

* *Alternative / Renew overnight Dry instead of ILD*

Course of GL Gel peels times 6 once a week for six weeks

*** *Maintenance Retinol 0.5 twice a week*

SENSITIVE SKIN

AM REGIME SENSITIVE SKIN

Step One: Gentle Cleanser

Use a small amount of Gentle Cleanser to face and neck; massage gently and rinse off or remove with damp cotton wool.

Step Two: Antioxidant Serum 10 (Prevent)

Apply 4-5 drops of SkinCeuticals antioxidant Serum 10 to the entire face, neck, and chest, avoiding eye area. Allow 2- 3 minutes, before applying additional products.

Step Three: Hydrating B5 (Hydration)

Apply three drops using sweeping movements across the face and neck.

Step Five: Physical UV Defense (Physical)

Use a broad-spectrum SkinCeuticals sun block as directed by your skincare professional or following the directions

PM REGIME SENSITIVE SKIN

Step One: Gentle Cleanser

Use a small amount of Gentle Cleanser to face and neck; massage gently and rinse off or remove with damp cotton wool.

Step Two Hydration: Hydrating B5 (Hydration)

Apply three drops using sweeping movements across the face and neck.

***FACE CREAM OR EMOLLIENCE CAN BE ADDED TO REGIME TWICE A DAY*

****CALMING FACIAL ONCE A MONTH*

OILY SKIN

AM REGIME OILY SKIN

Step One: Simply Clean Gel Cleanser

Use a small amount of Simply Clean to face and neck; massage gentle and rinse off of remove with water

Step Two: Antioxidant Serum 20 (Prevent)

Apply 4-5 drops of SkinCeuticals antioxidant Serum 20 to the entire face, neck, and chest, avoiding eye area. Allow 2- 3 minutes, before applying additional products.

Step Three: Hydrating B5 (Hydration)

Apply three drops using sweeping movements across the face and neck.

Step Four: Correction – Skin Firming Cream

Apply a small amount of Skin firming Cream to face, neck and décolleté

Step Five: Daily Sun Defense SPF20

Use a broad-spectrum SkinCeuticals sun block as directed by your skincare professional or following the directions

PM REGIME OILY SKIN

Step One: Simply Clean Gel Cleanser

Use a small amount of Simply Clean to face and neck; massage gentle and rinse off of remove with water

Step Two Exfoliation – Intense Line Defense

Apply by massaging in, 2-3 drops of Intense Line Defense

Step Three Hydration: Hydrating B5 (Hydration)

Apply three drops using sweeping movements across the face and neck.

****GEL PEEL TREATMENT ONCE A MONTH*