



## ACNE

### AM REGIME ACNE

**Step One:** Blemish + Age Cleansing Gel / Foaming Cleanser / Simply Clean

Follow with toner if required - Equalizing Toner / Blemish + Age Solution

**Step Two:** Prevent - Phloretin CF gel or serum

**Step Three:** Correct - Blemish + Age Defense Serum / Phyto Corrective / Retexturing Activator

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

**Step Five:** Protect -Ultra Facial Defense SPF 50/ Sheer Mineral UV Defense SPF50/ Brightening UV Defense SPF 30/Mineral Radiance UV Defense SPF 50

### PM REGIME

**Step One:** Blemish + Age Cleansing Gel / Foaming Cleanser / Simply Clean

**Step Three:** Correct - Blemish + Age Defense Serum / Phyto Corrective / Retexturing Activator or Retinol cream

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

Eye products – Am AOX Eye gel Pm - Eye Balm / Eye cream / A.G.E Eye

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

---

## HYPERPIGMENTED SKIN

### AM REGIME

**Step One:** Blemish + Age Cleansing Gel / Foaming Cleanser / Simply Clean/Gentle cleanser

Follow with toner if required - Equalizing Toner / Blemish + Age Solution

**Step Two:** Prevent - Phloretin CF®

**Step Three:** Advanced Pigment Corrector

**Step Four:** Hydrating – Daily moisture / Emollient / Hydrating B5

**Step Five:** Protect - Brightening UV Defense SPF 30

### PM REGIME

**Step One:** Blemish + Age Cleansing Gel / Foaming Cleanser / Simply Clean

**Step Three:** Correct – advanced pigment corrector and or Retexturing Activator / Retinol cream

**Step Four:** Hydrating - Daily moisture / Emollient / Hydrating B5

Eye products – Am AOX Eye gel Pm - Eye Balm / Eye cream / A.G.E Eye

---

## MATURE

### AM REGIME

**Step One:** Blemish + Age Cleansing Gel / Foaming Cleanser / Simply Clean/Gentle cleanser

Follow with toner if required - Equalizing Toner / Blemish + Age Solution

**Step Two:** Prevent - Phloretin CF® / C E Ferulic® Serum

**Step Three:** Correct - Blemish + Age Defense Serum / Retexturing Activator

OR Corrective moisturiser – Face Balm/A.G.E Interrupter /Face cream

**Step Four:** Hydrating – Daily moisture / Emollient / Hydrating B5

**Step Five:** Ultra Facial Defense SPF 50/ Sheer Mineral UV Defense SPF50/ Brightening UV Defense SPF 30/ Mineral Radiance UV Defense SPF 50

### PM REGIME

**Step One:** Blemish + Age Cleansing Gel / Foaming Cleanser / Simply Clean/ Gentle cleanser

**Step Three:** Correct - Retexturing Activator or Retinol cream

OR Corrective moisturiser – Face Balm/A.G.E Interrupter /Face cream

**Step Four:** Hydrating - Daily moisture / Emollient / Hydrating B5

Eye products – Am AOX Eye gel Pm - Eye Balm / Eye cream / A.G.E Eye

---

## SENSITIVE (redness)

### AM REGIME

**Step One:** Gentle cleanser

**Step Two:** Prevent - serum 10

**Step Three:** Correct -Skinceuticals Redness Neutralizer / Retexturing Activator/ Phyto Corrective

OR Corrective moisturiser – Face Balm/A.G.E Interrupter /Face cream

**Step Four:** Hydrating – Daily moisture / Emollient / Hydrating B5

**Step Five:** Ultra Facial Defense SPF 50/ Sheer Mineral UV Defense SPF50/ Brightening UV Defense SPF 30/ Mineral Radiance UV Defense SPF 50

## PM REGIME

**Step One:** Gentle cleanser

**Step Three:** Correct - Skinceuticals Redness Neutralizer /Phyto Corrective /Retexturing Activator

OR Corrective moisturiser – Face Balm/A.G.E Interrupter /Face cream

**Step Four:** Hydrating - Daily moisture / Emollient / Hydrating B5

Eye products – Am AOX Eye gel Pm - Eye Balm / Eye cream / A.G.E Eye

---

## DRY

### AM REGIME

**Step One:** Gentle cleanser

**Step Two:** Prevent - C E Ferulic® Serum

**Step Three:** Correct- Retexturing Activator

OR Corrective moisturiser – Face Balm/A.G.E Interrupter /Face cream

**Step Four:** Hydrating –Emollient / USE Hydrating B5 prior if needed

**Step Five:** Protect - Ultra Facial Defense SPF 50/ Sheer Mineral UV Defense SPF50/ Brightening UV Defense SPF 30/ Mineral Radiance UV Defense SPF 50

### PM REGIME

**Step One:** Gentle cleanser

**Step Three:** Correct - Retexturing Activator

OR Corrective moisturiser – Face Balm/A.G.E Interrupter /Face cream

**Step Four:** Hydrating - Emollient / USE Hydrating B5 prior if needed

Eye products – Am AOX Eye gel Pm - Eye Balm / Eye cream / A.G.E Eye

Hydrating b5 Mask can be used once a week

---

## OILY

### AM REGIME

**Step One:** Blemish + Age Cleansing Gel / Foaming Cleanser / Simply Clean/Gentle cleanser

Follow with toner if required - Equalizing Toner / Blemish + Age Solution

**Step Two:** Prevent - - Phloretin CF gel or serum

**Step Three:** Correct- Retexturing Activator/ Blemish + Age Defense Serum

**Step Four:** Hydrating –Daily moisture / Hydrating B5 / Phyto Corrective

**Step Five:** Protect - Ultra Facial Defense SPF 50/ Sheer Mineral UV Defense SPF50/ Brightening UV Defense SPF 30/ Mineral Radiance UV Defense SPF 50

#### PM REGIME

**Step One:** Blemish + Age Cleansing Gel / Foaming Cleanser / Simply Clean/Gentle cleanser

**Step Three:** Correct - Retexturing Activator or Retinol cream

**Step Four:** Hydrating - Daily moisture / Hydrating B5/ Phyto Corrective

Eye products – Am AOX Eye gel Pm - Eye Balm / Eye cream / A.G.E Eye

---

Please note the sunscreens are light enough to apply as a moisturiser.

\*If you are using a SkinCeuticals corrective cream such as Face Cream, face balm, A.G.E Interrupter apply it in place of a moisturiser in Step Four

With all these regimes it is recommended that you get advice from a skincare specialist in order to ascertain what is the very best routine for you.