

SKINCARE

Regimen Guide

MORNING REGIMEN

1. Wash your face with a cleanser
2. Remove any residues from makeup or soap with a toner
3. Apply a Vitamin C serum and let it dry
4. Apply some eye cream
5. Use a moisturizer w/ sunscreen on face and neck (oil-free/water-based)

EVENING REGIMEN

1. Remove makeup with wipes
2. Wash your face with a cleanser
3. Apply toner to clear residual residue and close pores
4. Apply a night-time serum
5. Use a hydrating moisturizer
6. Apply eye cream
7. Apply a neck cream with retinoid (starting in your mid 20's)

WEEKLY REGIMEN

- Exfoliate with scrubs or rotating brush after toning (2x a week is good)
- Apply a face mask (based on skin needs) after toning and/or exfoliating