

How to Use Your Home Care Products

WEEKS 3 - 4:

You will now wear your serum every morning instead of every other morning (in the absence of irritation or severe dryness)

A.M. ROUTINE	P.M. ROUTINE
- Cleanser: - Ice face for 2 minutes - Toner: - Serum: - Hydrator/moisturizer - Sunscreen:	- Cleanser: - Ice face for 2 minutes - Toner: - Hydrator (optional) Advanced Acne Med: - Moisturizer (optional) Sulfur Spot Treatment (optional)

WEEKS 5 - 6:

You will now wear your serum twice daily (in the absence of irritation or severe dryness).

A.M. ROUTINE	P.M. ROUTINE
- Cleanser: - Ice face for 2 minutes - Toner: - Serum: - Hydrator/moisturizer - Sunscreen:	- Cleanser: - Ice face for 2 minutes - Toner: - Serum: - Hydrator (optional) Advanced Acne Med: - Moisturizer (optional) Sulfur Spot Treatment (optional)

WEEKS 7 - 8:

Depending on your skin’s progress, we may ask you to wear your **Advanced Acne Med** in the morning at this point (in the absence of irritation or severe dryness).

A.M. ROUTINE	P.M. ROUTINE
- Cleanser: - Ice face for 2 minutes - Toner: - Serum: - Hydrator **Advanced Acne Med: - Moisturizer (optional) - Sunscreen:	- Cleanser: - Ice face for 2 minutes - Toner: - Serum: - Hydrator (optional) Advanced Acne Med: - Moisturizer (optional) Sulfur Spot Treatment (optional)

**** Allow the Advanced Acne Med to absorb for 60 seconds before applying moisturizer and/or sunscreen**

WEEKS 9 - 10:

A.M. ROUTINE	P.M. ROUTINE
- Cleanser: - Ice face for 2 minutes - Toner: - Serum: - Hydrator **Advanced Acne Med: - Moisturizer (optional) - Sunscreen:	- Cleanser: - Ice face for 2 minutes - Toner: - Serum: - Hydrator (optional) Advanced Acne Med: - Moisturizer (optional) Sulfur Spot Treatment (optional)

**** Allow the Advanced Acne Med to absorb for 60 seconds before applying moisturizer and/or sunscreen**

WEEKS 11 - 12:

A.M. ROUTINE	P.M. ROUTINE
- Cleanser: - Ice face for 2 minutes - Toner: - Serum: - Hydrator **Advanced Acne Med: - Moisturizer (optional) - Sunscreen:	- Cleanser: - Ice face for 2 minutes - Toner: - Serum: - Hydrator (optional) Advanced Acne Med: - Moisturizer (optional) Sulfur Spot Treatment (optional)

** Allow the Advanced Acne Med to absorb for 60 seconds before applying moisturizer and/or sunscreen