

What to do:



Morning:

1. Use super hydra spray as a cleanser and a toner (this can be used post make up as a make up setter and or throughout the day to refresh yourself.. This will balance your skin and give it a shot of collagen and Q10.
2. Use the clear skin in the T zone or on any acne. Roll it on and just leave it to sit for 3-5 min.
3. Apply daily moisturizer . Age defy for very dry skin, day time age defy for normal skin and for summer use. Or use gentle cream for Rosasae or super sensitive skin.

Evening:

1. Cleanse face with Honey face wash.
 - You can use the clay face mask at this time. Add 2 tsp powder and 2 tsp any liquid and apply and spread over face. Let it dry and wash off.
2. Spray on Super hydra spray as a toner.
3. Go to your refrigerator and mix equal parts vitamin C and Huyluronic Acid. Apply this mixture to face, neck, decollage, and hands. Wait a few minutes and leave on. Do not wash off.
4. Now apply your night moisturizer. Age defy, age defy with hydra or rehydration therapy (especially around the eyes.

A few times a week:

Use the scrub powder (walnut shells). This can be added to your cream, mask, or honey face wash.

Also use the mask a few times a week to do some deep cleansing.