



**Facials
Skincare
Brows
Lashes
Waxing**

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SKINCARE ROUTINE

normal/combo skin

LIST OF PRODUCTS

Cleanser

- Amandola Milk Cleanser by Circadia – [Circadia](#)
(professional cleanser with Lactic Acid, can also be used as a mask)
- La Roche-Posay Toleriane Cleanser – <https://a.co/d/009RyHoG>
- CeraVe Hydrating Facial Cleanser, Moisturizing Face Wash For Dry Skin
– <https://a.co/d/0d5O7rpS>

Moisturizer

- Anua Rice 70 Glow Milky Toner – <https://a.co/d/07X2U35A>
(Perfect for day and night)
- Prequel Skin Half and Half – <https://a.co/d/00ZwEdgd>
- AquaPorin Hydrating Cream by Circadia – [Circadia](#)
(professional moisturizer with Lactic Acid, can also be used as a mask) –

SPF

- Eucerin Sun Age Defense SPF 50 – <https://a.co/d/OdjrZlOA>

If you have **UNEVEN SKIN TONE** or **DARK SPOTS**:

- Eucerin Radiant Tone Daily Face Lotion with SPF 30 –
<https://a.co/d/OboofckQ>

Night treatment

- Prequel Skin Multi-Acid Milk Peel – <https://a.co/d/0gZj2TmO>
(Combination of different acids, perfect for dull skin, congested pores, pigmentation)
- Prequel Skin Retinal Renew – <https://a.co/d/05pcPxpK>
(Your anti-aging starts here. Visibly reduces fine lines/wrinkles, skin texture and pigmentation)

DAY ROUTINE

1. Cleanser
2. Toner
3. Moisturizer
4. SPF

Bonus Tips

- ☆ Always apply products from thinnest to thickest. Apply the toner first, followed by the moisturizer.
- ☆ The Half and Half moisturizer is a great pre-moisturizer. When you're feeling your skin drier than usual, you can use both moisturizers (half and half plus Vanicream) after the milky toner.
- ☆ Reapply sunscreen every 2 or 3 hours if you're outdoors — pigmentation darkens fast with UV exposure since you're exfoliating your skin at night.
- ☆ Allow each product to absorb for 30–60 seconds before applying the next.
- ☆ Keep the morning routine simple and lightweight to avoid congestion in oily areas.

NIGHT ROUTINE

1. Cleanser
2. Toner
3. Exfoliant
4. Moisturizer

Bonus Tips

- ☆ Begin using the exfoliant twice a week (example: Tuesday & Friday).
- ☆ After 2–3 weeks, if the skin is tolerating it well, increase to three times a week.
- ☆ If you're using the **Multi-Acid Milk Peel**, you can use the amount of two shakes. Use your hands or a cotton round to spread to your face and neck. A little tingling sensation is normal when applying.
- ☆ If you're using the **Retinal Renew**, use a pea-sized amount on your entire face and another pea-sized amount for the neck.
- ☆ You can use **Multi-Acid Milk Peel** and **Retinal Renew**, but they should never be used on the same night or combined in the same routine. Alternate between them on different nights, and always include a recovery night in between treatments to allow your skin to rest, repair, and maintain a healthy barrier.

- ☆ Let it sit on the skin for a couple of minutes before applying the moisturizer.
 - ☆ The nights you're not exfoliating the skin, just cleanse the skin, apply toner, and moisturizer. Perfect if you can layer the two moisturizers I recommended.
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IMPORTANT

- ☆ These night products are strong — a mild tingling sensation is normal while applying, and always wash your hands after applying it.
 - ☆ If irritation or sensitivity occurs, reduce use or take a break.
 - ☆ Always listen to your skin.
 - ☆ Apply SPF every morning – exfoliated skin is more sun-sensitive.
 - ☆ If you have dark spots and/or wanna avoid them, re-apply sunscreen during the day.
 - ☆ Any other questions, text me on (503) 741-7265 😊
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